DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Cashews

The cashew tree originated in Brazil. Juicy apples with cashew nuts attached to the bottom hang from its branches!

Stuffed Roast Capsicums
with Sun-Dried Tomato Rice

Oven-roasted capsicums stuffed with brown rice and sun-dried tomato filling, drizzled with a creamy cashew dressing and served with a rocket and pear salad.

Got lemons?

You can use lemon juice instead of vinegar to make the sour cream in this recipe! You could also whisk some lemon juice with olive oil and crushed garlic to make a dressing for the salad.

30 minutes | 2 servings | Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	19g	158g

FROM YOUR BOX

SOUR CREAM MIX	1 packet
GREEN CAPSICUM	1
RED CAPSICUM	1
BROWN ONION	1
SUN-DRIED TOMATOES	1 tub
PRECOOKED RICE AND QUINOA	1 packet
LEBANESE CUCUMBER	1
PEAR	1
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, vinegar of choice

KEY UTENSILS

kettle, oven tray, frypan, stick mixer (or blender)

NOTES

You can dress the salad with a vinaigrette of your choice! Whisk together lemon juice or vinegar of choice with olive oil to make an easy one.

Sour cream mix ingredients: cashew nuts and nutritional yeast

1. SOAK THE SOUR CREAM MIX

Set oven to 220ºC. Boil the kettle.

Place sour cream mix in a jug (for blending). Add **1/4 cup hot water.** Set aside for 10 minutes.

2. ROAST THE CAPSICUMS

Cut capsicums in half lengthways and remove seeds. Coat with **olive oil, salt and pepper.** Roast on a lined oven tray for 20 minutes.

3. SAUTÉ THE FILLING

Heat a frypan with **olive oil** over medium-high heat. Dice and add onion along with **2 tsp oregano.** Cook for 5 minutes. Chop and add sun-dried tomatoes along with rice kit and **1/2 cup water**. Cook for 2 minutes until tender. Season with **salt and pepper.** Take off heat.

4. PREPARE THE SALAD

Slice cucumbers and pear. Toss together with rocket leaves (see notes).

5. BLEND THE SOUR CREAM

Use a stick mixer to blend the sour cream mix to a smooth consistency. Season with **1 tsp vinegar, salt and pepper** to taste.

6. FINISH AND SERVE

Fill the roast capsicum halves with rice and divide among plates with salad. Spoon over sour cream sauce to taste.

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