



### Product Spotlight: Cashews

The cashew tree originated in Brazil, and 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.

30 minutes

4/6 servings

Plant-Based

## 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.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	6g	13g	33g/43g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SOUR CREAM MIX	1 packet	2 packets
GREEN CAPSICUMS	2	3
RED CAPSICUMS	2	3
BROWN ONION	1	2
SUN-DRIED TOMATOES	1 tub	2 tubs
PRECOOKED RICE AND QUINOA	1 packet	2 packets
LEBANESE CUCUMBER	2	3
PEAR	1	2
ROCKET LEAVES	1 bag	2 bags

## 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*



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### 1. SOAK THE SOUR CREAM MIX

Set oven to 220°C. Boil the kettle.

Place **sour cream mix** in a jug (for blending). Add **1/2 cup hot water**. Set aside for 10 minutes.

**6P** – use **3/4 cup hot water**.



### 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.

**6P** – use **1 tbsp oregano** and **1 cup water**. Cook for **4-5 minutes**.



### 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 **1/2 tbsp vinegar, salt and pepper** to taste.

**6P** – season with **1 tbsp vinegar, salt and pepper**.



### 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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