



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 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** 18g **TOTAL FAT** 14g **CARBOHYDRATES** 89g

FROM YOUR BOX

| | |
|---------------------------|----------|
| SOUR CREAM MIX | 1 packet |
| GREEN CAPSICUMS | 2 |
| RED CAPSICUMS | 2 |
| BROWN ONION | 1 |
| SUN-DRIED TOMATOES | 1 tub |
| PRECOOKED RICE AND QUINOA | 1 packet |
| LEBANESE CUCUMBER | 2 |
| PEAR | 1 |
| ROCKET LEAVES | 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



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1. SOAK THE SOUR CREAM MIX

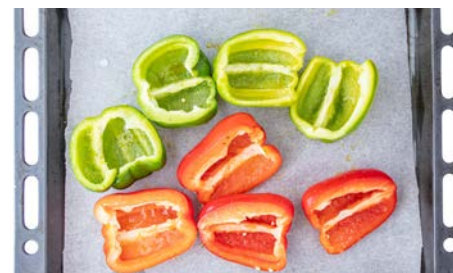
Set oven to 220°C. Boil the kettle.

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



4. PREPARE THE SALAD

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



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.



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.



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.



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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