



?P? in our Vegetarian Alphabet was initially going to be stuffed Peppers but there were packs of Portobello Mushrooms on offer so we added a bit of variety.

Stuffed Peppers

Ingredients:-

2 Red Peppers, halved and de-seeded
Rice
1 Onion, diced
2 Cloves or Garlic, minced
1 Head of Broccoli, chopped into florets
½ an Orange Pepper, cut into cubes
Breadcrumbs (Gluten free in our case)
Milk
Grated Cheese
A couple of drops of Jerk Sauce
1/2 tsp Chilli Flakes
A dash of Nutmeg
½ tsp Fresh Parsley
A sprinkle of Grated Italian style Cheese
Oil
Salt & Pepper

Method:-

(1) Boil the Rice in Salted water, drain and set aside to cool.

- (2) Fry the Onion until softened and add the Garlic.
- (3) Fry gently for a couple of minutes.
- (4) Add the Broccoli, Orange Pepper and fry gently for a couple of minutes.
- (5) Set aside to cool.
- (6) Mix the Italian style grated Cheese, Parsley and Breadcrumbs and set aside.
- (7) Mix the remaining ingredients into the cooked Rice.
- (8) Soften the halved Peppers in the oven covered for 5 minutes.
- (9) Stuff the Peppers with the Rice mixture.
- (10) Sprinkle a handful of grated Cheese over each Pepper.
- (11) Roast in the oven at 180c covered for about 20 minutes.
- (12) Remove from the oven and add the Breadcrumb mix.
- (13) Place under the grill until the breadcrumb mix has browned.

Portobello Mushrooms

Ingredients:-

1 Large flat Mushroom per person

1 Onion, finely chopped

Soy Sauce

Grated Cheese

Breadcrumbs (Gluten free in our case)

Garlic Salt

Chilli Flakes

Margarine

Oil

Spring Onion greens to garnish

Method:-

(1) Remove the stalk from the centre and chop.

(2) Gently fry the Onion, Chilli Flakes and Mushroom stalk in a little Oil and Soy Sauce until softened.

- (3) Set aside to cool.
- (4) Mix the Breadcrumbs, fried Onion and grated Cheese
- (5) Sprinkle a little Garlic Salt into the cavity in the Mushroom and add a small knob of Margarine.
- (6) Press the stuffing mixture into the Mushroom.
- (7) Brush the outer edge of the Mushrooms with a little Oil.
- (8) In an oven proof tray roast at 180c until the stuffing has browned slightly.

We served our creations on a bed of Salted fried Kale with a side of DIY Coleslaw. This was actually a very filling meal and until some Vegetarian dishes we've experimented with we weren't peckish after a couple of hours.