



## Roasted Pepper Boats

### Ingredients for

One	Two	
½	1	red capsicum
½ c	1 c	Rice (Cooked)
1 tbsp	2	tbsp olive oil
½	1 sml	onion (diced)
¼ cup	½ cup	finely diced onion
100grms	200grms	lean lamb mince
1 tsp	1 Tbsp.	Tomato paste
1	2	Garlic cloves (crushed)
1/4c	1/2c	Crushed tomatoes
1 tsp	1 1/2 tsp	Ground cumin and cinnamon
1 tsp	1 1/2 tsp	Smoked paprika
1/4c	½ c	grated tasty cheese
1 tbsp	2 tbsp	pine nuts lightly toasted
		Salt and Pepper

### Method

1. Cook the rice and cool.
2. Sauté the diced onion, garlic and lamb mince.
3. Add the spices and tomatoes and cook out till moisture has evaporated.
4. Add the rice, pine nuts, salt and pepper and mix well.
5. fill the halved de-seeded peppers, top with cheese and bake at 180c for 20-30 mins.