

Baked Peppers



- 4 mixed peppers
- 125g (dry weight) of cooked brown rice
- 2 medium onions, finely chopped
- 4 cloves of garlic, crushed
- 100g pine nut kernels
- 100g raisins
- Chopped oregano
- 1 level teaspoon of cinnamon powder
- 2 tablespoons of olive oil
- Sea salt and freshly ground black pepper to taste

Soften the onions and garlic in a drop of olive oil. Add the pine nuts and raisins and gently cook for a further minute. Stir in the cooked brown rice and oregano, seasoning to taste.

Cut the peppers in half lengthways and remove all seeds and pith. Lightly brush the insides with olive oil and fill with the rice mixture. Place the peppers in a baking tray with 4 tablespoons of water, cover with a lid or baking foil. Cook slowly in a moderate oven for about 20 minutes, and a further 5 minutes uncovered.

Will serve 4 as a main course or 8 as a starter. Delicious served warm or cold with a Greek salad.