

# MEXICAN RICE

# STUFFED CAPSICUMS



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Preparation time: **15 minutes** | Cooking time: **20 minutes** | Serving size: **4**

## INGREDIENTS

- 2 cups cooked low-GI rice, such as Doongara or Moolgiri, or 3/4 cup raw rice, cooked
- 400 g can mixed beans or Mexican beans, drained and rinsed
- 2 zucchini, chopped
- 1 tomato, chopped
- 1 corn cob, kernels removed
- 1/4 cup sweet chilli sauce
- 4 red capsicums
- 1/2 cup reduced-fat grated tasty cheese
- 2 tablespoons toasted pine nuts
- 2 tablespoons chopped parsley or coriander, plus extra to serve
- salad and salsa of choice to serve



## INSTRUCTIONS

- \*Wash all vegetables thoroughly before using
- Preheat the oven to moderate, 180°C (350°F). Line a baking tray with baking paper.
- Combine the rice, beans, zucchini, tomato, corn and chilli sauce in a large mixing bowl and toss together well.”
- Slice the top off each capsicum and remove all seeds and white membrane. Arrange the capsicums on the prepared tray and spoon the rice filling into each one. Sprinkle with the cheese, nuts and parsley.
- Bake for 15–20 minutes until the capsicums are tender. Serve topped with parsley or coriander and with salad and a spicy salsa of your choice.
- Try in a pumpkin to mix it up.