

?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 flourets
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 severed 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.