



Lamb Baked Peppers

Simple and full of flavour...



Lamb filled, baked red peppers.

Whether hot or cold they are the perfect light lunch or evening snack.

Ingredients...

2 red peppers per person
olive oil
400g lamb mince (or left over roast meat)
1 large onion finely chopped
2 garlic cloves, crushed
1/2 tsp cinnamon
1 tsp of light soy sauce
1 tablespoon of fresh chopped mint
1 tsp of chopped fresh thyme
1 small medium hot chilli chopped finely.
250g of basmati rice (may need more depending on the size of your peppers).
Flat-leaf parsley a small bunch, chopped
250ml chicken or vegetable stock

Option: Add a handful of grated parmesan cheese to the peppers before roasting.

Approach...

Start by getting the oven hot - around 180C then carefully slice the tops off the peppers - you want them to look like lids, so cut down about 20mm from the top and leave the stalk in tact if it has one. Now take out the seeds and rub a little olive oil on the inside and the outside. Sit them in a baking dish or a muffin tray (the cups are deep enough to hold the peppers upright!). Now if your peppers are not old, you can cover with foil and put in the oven to start cooking while you make the filling. If they're older you will not need to do this.

Heat a non-stick pan and cook in a little olive oil the lamb mince until browned all over, then add the onions and garlic. If you are using left over meat from a joint, grind using a food processor first - then add to the pan after you have softened the onions and garlic - make sure you cook it through. Now add the cinnamon and herbs and cook for a minute. Set aside. In another pan boil the rice in the stock, drain into a bowl (keep the stock) and stir the rice into the meat. Now add the chilli and mix together - if it looks a little dry add some of the stock you kept from cooking the rice. Season well and spoon into the awaiting peppers. At this point when the peppers are full, you can add the optional cheese. Put the lids back on and cover loosely with foil and bake in the oven for half an hour. You want the peppers to be really tender and just holding their shape. Serve with salad.



"We're probably in, just about one of the best place in the whole of the UK for game. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."

Charlie Munro, John Munro Limited.

John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

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