



## **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
No nuts  
Low disaccharides

**Prep time:** 60-75 mins

**Cook time:** 15 mins

**Serves:** 6

## **INGREDIENTS**

- 450g chicken mince (or mince 4 thighs)
- 6 capsicums, medium to large
- 1 tsp garlic, crushed
- 1 tsp ginger, grated
- 1 tsp cayenne pepper
- 1 tsp salt, pepper to taste
- 4 spring onions, finely chopped
- 1 medium zucchini, grated
- 2 stalks celery, finely diced
- 1 small red capsicum, finely diced
- 50g mushrooms, finely chopped
- 50g baby spinach leaves, chopped
- 2 tbsp chia seeds
- 1 can crushed tomatoes
- 1 tbsp coriander, finely chopped

## **METHOD**

- Preheat oven to 180°C (350°F).
- With small sharp knife, cut around stalk of capsicum, and pull it out, removing seeds from inside.
- In blender mince chicken if using thighs or breasts.
- Vegetables can be then diced in the blender together, rather than grating and chopping.
- Mix all ingredients together, except the crushed tomatoes.
- Fill each capsicum with the mixture, pressing to fill completely.
- Stand in baking dish and pour crushed tomatoes over the top.
- Bake in oven for 60-75 minutes, depending on capsicum size.
- Serve hot, or as a cold lunch, garnished with coriander.

## **STUFFED CAPSICUMS**

