

Greek Style Stuffed Peppers

with Lamb and Feta

Deliciously spiced lamb dish!

hellóchef

Cals 629 • Prot 44 • Carbs 39 • Fat 28

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🕒 cook: 35 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Stuffing	2 ppl	3 ppl	4 ppl	
Lean lamb mince	350	525	700	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Carrot	1	1	2	Piece
Olive oil	1	2	2	Tbsp
Coriander cumin powder	4	4	8	Grams
Cinnamon powder	2	2	2	Grams
Tomato paste	30	50	70	Grams
Tomato passata	200	400	500	Grams
Vegetable stock cube 15*	1	1	2	Piece
Dried oregano	2	2	4	Grams
Chilli powder	2	2	4	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
To serve				
Red pepper	3	4	6	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Feta cheese 4*	50	75	100	Grams
Baby spinach	60	90	125	Grams

Allergens

*15 Celery, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	2898 / 629
Fat (g)	28.3
of which saturates (g)	16.5
Carbohydrate (g)	39
of which sugars (g)	22.2
Fiber (g)	12.6
Protein (g)	43.6
Salt (g)	3.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake peppers

Preheat the oven to 200°C/180°C fan. Slice the **peppers** in half lengthwise, leaving their stems in place. De-seed them. Place the **peppers** onto a baking tray skin side up. Drizzle with **oil** and season generously with **salt**. Bake in the oven for 20 min.



2 Prep

Meanwhile, peel and chop the **onion** and **garlic**. Peel and grate the **carrot**.



3 Fry

Heat a non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **lamb mince** and fry for 5-7 min or until browned. Transfer the **mince** to a plate and return the pan to a medium heat. Add the **onion, carrot** and **garlic** and cook for 5 min. Return the **mince** to the pan with the **coriander cumin** and **cinnamon powder**. Fry for 1 min further.



4 Simmer

Reduce the heat to low. Add the **tomato paste, tomato passata, stock cube, oregano** and **chilli (spicy!)**. Season generously with **salt** and **pepper**. Simmer for 5 min. Add a splash of water if needed!

Tip! Sensitive to spice? Go easy on the chilli powder!



5 Stuff and bake

Spoon the **lamb** stuffing into the pre-baked **pepper** halves. Press the stuffing down firmly to make extra room. Sprinkle with the crumbled **feta**. Return the **peppers** to the oven and roast for 5 min further or until the **feta** has turned golden.

Tip! Switch to the grill setting on your oven for the last 5 min!



6 Serve

Serve the stuffed **peppers** with the **baby spinach** and a drizzle of **olive oil**.