

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 23 – Stuffed Peppers and Basil Sauce

**Preparation time: 15 mins – Cooking time: 45 mins**

#### Ingredients

3 peppers  
3 small white button mushrooms, diced  
2 shallots, diced  
2 cloves of garlic, crushed and chopped  
1 small courgette, diced  
1 small carrot, diced  
1 large wine glass of rice  
Olive oil salt and pepper  
Water to cover

#### Method

1. Insert knife into top of pepper, half an inch from the stem and cut around, creating a lid. *Do not slice the top off the pepper as during the cooking process the rice will come out off the pepper.*
2. Remove all seeds, pips and pith from the pepper
3. Put all the vegetables into a pot with the olive oil and cook on a medium heat until soft.
4. Stir in the rice and salt and pepper and remove from heat.
5. Put this mixture into the peppers using a teaspoon. Fill each pepper with the mixture until just over half- full and replace lid. ( Do not over-fill the peppers or they will split during the cooking process)
6. Place peppers in pot, upright with stems showing. Make sure they are wedged in and cannot fall over.
7. Cover with water to the level of the stems. Bring to the boil, place in hot oven for 30 minutes.
8. Remove pot from oven. Allow to stand for 10 minutes.
9. Remove peppers from pot, cut in two length-wise. Place on plate and cover with basil sauce. Glaze under hot grill.
10. See Basil Sauce recipe for sauce

Serves 3

See next page for picture. /

