

Moroccan-style stuffed capsicum

Search:

- [Beef](#)
- [Moroccan](#)
- [Recipes](#)

Moroccan-style stuffed capsicum

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Moroccan-style stuffed capsicum



Rate this recipe

1 person is cooking this [Count me in](#)

Aromatic savoury-and-sweet stuffed capsicums are a satisfying supper.

Ingredients (serves 4)

- 1 1/3 cups cooked brown rice
- 4 medium-to-large capsicums, tops cut off and seeded
- 500 g organic, lean ground beef
- 4 cloves garlic, minced
- 1/2 cup currants
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 2 1/2 cups low-sodium vegetable juice, divided
- 1/4 cup chopped fresh mint, plus more for garnish
- 1 tsp freshly grated orange zest
- Salt and pepper, to taste

Method

Place capsicum upside-down in a microwave-safe round casserole dish just large enough to fit them. Add 1 1/2 cm water to the dish and cover with a lid or inverted dinner plate. Microwave on high until the capsicum are tender but still hold their shape, three to six minutes. Drain the water and turn the capsicum right-side up.

Moroccan-style stuffed capsicum

Meanwhile, cook beef and garlic in a large non-stick skillet over medium-high heat, breaking up the beef with a wooden spoon, until no longer pink, four to six minutes. Stir in currants, cumin and cinnamon; cook for one minute. Stir in the rice and cook for 30 seconds more. Remove from the heat and stir in ½ cup vegetable juice, cup mint, orange zest, salt and pepper.

Spoon the beef mixture into the capsicum. Pour the remaining 2 cups vegetable juice into the dish and cover. Microwave on high until the juice and filling are hot, two to three minutes.

Serve the capsicum with the sauce; garnish with mint, if desired.

Recipe by Kitty Morse

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```