

Vegetarian stuffed capsicums

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Ingredients (serves 2)

- 125gm cooked brown [rice](#)
- 2 red or green medium capsicums
- ½ medium red onion, finely diced
- 2 tbsp basil, finely diced
- 1tbsp thyme, finely diced
- 1 medium tomato, finely diced
- 6 tbsp red or green capsicum, finely diced
- Salt and pepper

Method

Pre-heat an oven to 180°C. Cut the tops off both capsicums and de-seed. Place the bottom halves into a baking dish.

Add all other ingredients into a bowl and mix well.

Fill each capsicum with the rice mixture until it reaches the top. Add the tops of the capsicum back and place the baking dish into the oven and cook for about 45 minutes.

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Serve either hot or cold.

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