


**VEGGIE STUFFED PEPPERS WITH QUORN CRUMBLES**
 4 portions

**INGREDIENTS**

- 4 medium red peppers
- 1 large eggplant
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 medium onion
- 2 cloves of raw garlic
- 1 can tomato puree, 8 oz
- 1 cup of vegetable broth
- 4 tbsps, chopped of basil, fresh
- salt and pepper to taste
- 4 oz of cheese, mozzarella, low moisture, part-skim [113 g]
- 4 tbsps of cheese, parmesan, shredded [20 g]
- 7 ounces of quorn Grounds, Meatless [198 g]

**COOKING METHOD**

<sup>1</sup>° Equipment: Baking sheet, mixing bowl Instructions: 1. Preheat the oven to 400F. 2. Brush the eggplant with a little of the oil, then bake for 15-20 minutes until softened. 3. Meanwhile, saute onions in non-stick pan + 1 tsp olive oil or non-stick spray gently until softened. Stir in the Quorn Grounds, garlic, tomato puree, vegetable stock and basil, then bring to the boil-reduce the heat and simmer for 3-4 minutes. 4. Carefully cut the eggplant in half lengthways and scoop out the flesh. Stir this into the Quorn Grounds mix. 5. Place the peppers upright on a lightly greased baking sheet and carefully spoon in the Quorn Grounds mix until approximately a third full. Place a layer of the sliced mozzarella in each pepper then top with more Quorn Grounds mix. Add another layer of mozzarella and repeat until the mozzarella and mix are used up. Sprinkle with the grated cheese and bake for 35 minutes.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (497 g)	% DRI
ENERGY	60 kcal	296 kcal	15 %
FAT	2 g	12 g	19 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	24 %
CHOLESTEROL	4 mg	22 mg	7 %
SODIUM	114 mg	566 mg	24 %
CARBOHYDRATE	7 g	32 g	11 %
SUGARS	3 g	15 g	—
FIBER	2 g	9 g	34 %
PROTEIN	4 g	20 g	—