

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Stuffed Red Peppers

### Ingredients Serves 6

6 large red peppers  
1 onion, finely sliced  
2 Olive oil  
1 garlic clove, peeled and crushed  
225g mushrooms, sliced  
2 x 300g cans flageolet beans  
24 stoned olives  
2 tbsp chopped basil  
Salt and pepper  
2 x 250g packs halloumi cheese, coarsely grated  
Chopped basil or parsley to garnish

### Method

Heat oven to 180°C./350°F. Lightly oil a large shallow ovenproof dish, large enough to fit 12 pepper halves snugly in a single layer.

Cut the peppers in half lengthways, leaving the stalk on but remove the seeds. Put into the dish and season lightly with salt and pepper.

Heat the oil in a medium pan, add the onion and the garlic and cook gently until soft. Add the mushrooms and continue to cook until tender. Add the beans and olives to the pan and season to taste.

Divide the bean and mushroom mixture between the pepper halves, scatter with the chopped basil and top with the cheese.

Bake in the oven for 1 hour or until tender. Place on a serving dish and sprinkle with the chopped parsley.

Serve on its own with a salad and bread or with grilled meat.

**Note:** Mozzarella or feta could be used instead of the halloumi cheese. Feta is slightly salty so bear this in mind when seasoning.