



Italian Stuffed Capsicums with Chorizo & Beans

⌚ Prep time: 10 mins
🍲 Cook time: 30 mins
🍽️ Serves: 2



Ingredients

2 large capsicums (red, yellow or green)

410g can **Wattie's Italian Style Cannellini Beans**

125g pottle Quick Cups Brown Rice

50g chorizo sausage, chopped

¼ cup finely grated Parmesan cheese

Method

1. Preheat oven to 200 °C (fan bake).
2. Halve the capsicums and remove the seeds and white membrane. Brush halves with oil and place in a small oven dish.
3. Mix together **Wattie's Italian Cannellini Beans**, rice and chorizo sausage.
4. Spoon filling into capsicum halves. Sprinkle over Parmesan cheese.
5. Cover dish with foil. Bake for 25-30 minutes until capsicums are tender and filling hot.

Tips

Make it gluten free and or vegetarian by removing the chorizo.