

ITALIAN STUFFED CAPSICUMS WITH CHORIZO AND BEANS



Serves 2



Prep Time 10 minutes



Cook Time 30 minutes



INGREDIENTS

- 2 large capsicums (red, yellow or green)
- 410 g can **Wattie's Italian Style Cannellini Beans**
- 125 g pottle Quick Cups Brown Rice
- 50 g chorizo sausage, chopped
- ½ 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 Style 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.