

Ready, Steady Cook

Fordbridge Style.

Stuffed Peppers

Ingredients:

Whole peppers (1 pepper per person).
Microwavable rice (half a pouch per person, we went for Mexican flavoured!)
Cooked chicken pieces
Red onion
Tinned chopped tomatoes
Grated cheese (More cheese the better!)

Method:

1.Turn the oven on to 170 ˚, line a baking tray with foil.
2. Now take the whole peppers in half, scoop out all of the seeds inside but leave the stalks on for decoration.
3.Leave the peppers to one side, peel and chop and onion (watch the tears!), be careful with the sharp knife.
4. Once chopped at the onion to a frying pan with a little oil and spices of your choice (make sure a grown up is near by as the pan will be hot). The idea is to soften the onions.
5. Next chop the cooked chicken pieces in bitesize pieces, once done add to the softened onions and keep the mixture moving.
6. Add the chopped tomatoes and some of the grated cheese if you wish. Remember to keep the mixture moving.
7. One combined add the pouch of microwavable rice, mix together until all grains are coated.
8. Now retrieve your pepper halves, spoon the mixture into each half, up to around ¾ full so it doesn't topple when cooking.
9. Sprinkle the remaining cheese onto the top of each pepper, place on the baking tray and ask the adult to put the tray into the open.
10. As all of the ingredients are already pre-cooked the peppers should only need around 15 minutes. Once the cheese is bubbling they are ready. Enjoy!



Here they are! The red peppers were mine, as year 6 know they are the best ones of course!