

Italian Stuffed Peppers

Ingredients:

1 pepper
1 tbsp British rapeseed oil
120g lean British turkey breast mince
¼ small onion
1/2 tsp ground cumin
2 mushrooms
200g can chopped tomatoes
1/2 tbsp tomato purée
1/2 chicken stock cube
Handful fresh oregano leaves
30g of British cheese e.g. cheddar

Method:

1. Model the bridge and claw cutting techniques using the power point.
2. The children should apply these techniques to chop the onion and slice the mushrooms.
3. Heat oven to 190C/170C fan/gas 5.
4. Model how to safely deseed the pepper and cut it in half lengthways.
5. Rub the pepper with a little oil, place on a baking tray and roast for 15 minutes.
6. Fry the mince for 4 minutes and put to one side.
7. Heat a little oil in a pan and fry the onion for 2-3 minutes, then add the cumin and mushrooms and cook for a further 3 minutes.
8. Add the cooked mince, chopped tomatoes, tomato puree and stock cube and cook for 4 minutes.
9. Stir in the oregano leaves.
10. Remove the peppers from the oven and fill them with the mince mixture.
11. Grate the cheese and sprinkle over the top.
12. Return the stuffed peppers to the oven for 10 minutes.

