

## Mexican stuffed peppers

### Ingredients:

1 pepper  
1 tbsp rapeseed oil  
60g uncooked British quinoa  
1/2 vegetable stock cube  
1/2 red onion, chopped  
1/2 tsp cumin  
1/2 tsp paprika  
80g sweetcorn  
80g cooked British fava beans  
Fresh coriander to garnish

### Method:

1. Model the bridge and claw cutting techniques using the power point.
2. The children should apply these techniques to chop the onion.
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. Make the stock using the packet instructions.
7. Heat a little oil in a pan and fry the onion for 2-3 minutes, then add the cumin and paprika and cook for a further 3 minutes.
8. Add the quinoa and vegetable stock.
9. Bring the mixture to the boil. Cover and simmer for 12- 15 minutes until almost all the water has been absorbed.
10. Mix in the sweetcorn, beans and lemon juice.
11. Fill each pepper with a few tablespoons of the quinoa mixture and bake for 25 minutes.
12. Garnish with the fresh coriander.

