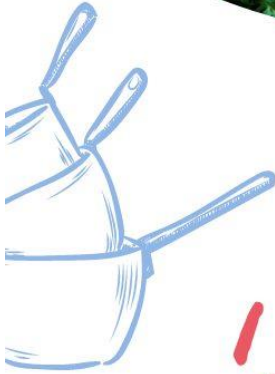
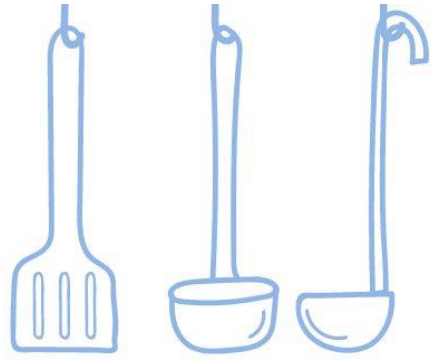


Zombie Peppers



**EAT THEM
TO DEFEAT THEM**







YOU'RE STUFFED PEPPERS!

Ingredients

Serves 4

4 peppers (mix of colours)

1 mug of rice (white or brown)

2 onions, diced

1 tbsp oil

1 large or 2 small beetroot (raw or cooked), grated

50g of lighter grated mozzarella and grated cheddar

1 tbsp Worcestershire or reduced salt soy sauce

1 handful of fresh parsley or basil, roughly chopped (optional)

2 tsp dried mixed herbs, thyme or basil

(instead or plus fresh herbs)

Black pepper, to taste





Method

REMEMBER! → Get a grown up to help you!

Pre-heat oven to 180°C / Gas 4

Grab your peppers, slice the tops off and discard the seeds and pith. Use a sharp kitchen or clean craft knife to cut a "Jack-o-Lantern" face into each pepper.

YOU'RE STUFFED PEPPERS!

Cook the rice following the instructions on the packet.

Fry the onions in the oil, over medium heat, until translucent (about 5 mins).

Add onions to the cooked rice along, with the grated beetroot, grated cheeses, Worcestershire or soy sauce and fresh and/or dried herbs.

Taste and add some black pepper if needed. Mix well, then spoon into the peppers. Place the lids of the peppers back on top of the stuffed peppers.

Roast the peppers in the oven for about 45 mins, or until softened but still holding their shape.

Pop a zombine pepper on your plate and get stuck in!

