Greek Stuffed Peppers, Tomatoes and Squashes (Yemista)

Cooking time	100 mins
Preparation time	30 mins
Serves	4

Bring a taste of the Mediterranean to your family table with this traditional Greek dish, just like Yiayia (Granny) used to make!

Ingredients

- 30ml (2 Tbsp) olive oil
- 1 onion, peeled and chopped
- 500g beef mince
- salt and black pepper, to taste
- 1 packet Royco® Bolognaise Cook-In Sauce
- 375ml (1½ cups) water, to make up the sauce
- 50g (1 sachet) tomato paste
- 1 cup (250ml) tinned chopped tomatoes
- 1 cup (195g) uncooked white rice
- 1 cup (250ml) water
- 4 small squashes
- 2 red or yellow peppers
- 4 ripe tomatoes
- Extra sauce:
- 2 cups (500ml) water
- 50g (1 sachet) tomato paste
- 1 x chicken stock cube, crumbled
- 5ml (1 tsp) sugar

Onions, garlic and Royco Bolognaise Cook-In Sauce add lovely depth of flavour to the mince and rice stuffing, making this the perfect dinner for any day of the week.

Vegetarian

Omit the beef mince from the recipe, or use brown lentils in its place.

Family Friendly

If your kids aren’t mad about eating whole stuffed vegetables, serve the mince and rice stuffing on its own.

Recipe developed for Royco by @miss_luckypony

Method

1. Preheat the oven to 180°C.
2. Heat some olive oil in a medium-sized pan over a medium heat. Add the onion and cook until soft and golden.
3. Turn up the heat, add the mince, and season with salt and pepper. Fry the mince for about 10 minutes, or until brown. Set the pan aside.
4. In a separate bowl, stir together the contents of the packet of Royco® Bolognaise Cook-In Sauce, 375ml water, the tomato paste and the chopped tomatoes. Pour this mixture into the pan with the mince and return it to the heat.
5. Scatter the uncooked rice over the surface of the mince, add 250ml water, then pop on a lid. Simmer over a medium heat for about 15 minutes, or until the rice is cooked.
6. In the meantime, cut a slice off the stalk end of the squashes, peppers and tomatoes. Using a spoon, carefully hollow out the seeds and pith of the vegetables to create shells.
7. Fill the vegetables with the mince and rice mixture, and place, cut side up, in an ovenproof dish. Set aside while you make the extra sauce.
8. In a small pot, mix together the water, tomato paste, crumbled chicken stock cube and sugar. Simmer for 10 minutes.
9. Pour the sauce all over the stuffed vegetables. Cover the dish with a lid (or tin foil) and bake at 180°C for about 1 hour, or until the veggies are soft.

Recipe Tags

Dry Cook In Sauce, Meat and Veg, Sauce

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Preparation time

20 mins

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Preparation time

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Preparation time

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Cooking time

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Preparation time

30 mins

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Cooking time

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Preparation time

10 mins

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Cooking time

50 mins

Preparation time

15 mins

Tuna Crumble

Cooking time

25 mins

Preparation time

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20 mins

Preparation time

15 mins

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Cooking time

15 mins

Preparation time

15 mins

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