



READY TO COOK
BY HARRIS FARM

PUY LENTILS, BROWN RICE & MIX NUTS STUFFED CAPS WITH HUMMUS AND TZATZIKI



PREP
15 min



COOK
40 min



SERVES
4

INGREDIENTS:

- > 1 Cup Puy Lentils
- > 1½ Cup Brown Rice
- > ½ Bunch Mint
- > ½ Bunch Coriander
- > 1 Brown Onion
- > 2 Garlic Cloves
- > 4 Red Capsicums
- > 1 Lemon
- > 75g Mixed Nuts
- > 225g Turmeric Hummus
- > 200g Tzatziki

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > ½ Tbsp Moroccan Spice Mix
- > Caramelised Balsamic Vinegar

METHOD – GET COOKING!



1

Preheat the oven to 220°C. Cook the brown rice in a rice cooker as per packet instructions.

Place the lentils into a medium sized pot and fill up $\frac{3}{4}$ of the way with salted water. Bring to the boil, then turn down heat to medium and simmer for approximately 15-20 minutes until softened. Drain and place back into the pot with a drizzle of olive oil and caramelised balsamic vinegar. Set aside.

Meanwhile, **wash, pick and finely chop the mint and coriander, reserving some whole leaves for garnishing. Finely dice the onion and chop the garlic.**

2

Bring a medium sized pan to high heat, drizzle with olive oil, add the garlic and onion. Cook for 2 minutes, stirring regularly, until golden and softened. Turn off the heat and set aside.

Cut the tops off the capsicums, then remove the white core and seeds. Spray some olive oil into the cavities. Sprinkle with Moroccan spice mix, salt and pepper. Set aside.

3

In a large mixing bowl, add the cooked rice and lentils. Then add the zest and juice of $\frac{1}{2}$ a lemon, mixed nuts, garlic-onion sofrito, mint and coriander. Season with salt and pepper. Mix thoroughly.

Fill each of the capsicums to the brim, cover with the lid on top and place on a lined baking tray.

Cook in the oven for 30 minutes.

4

Remove the capsicums from the oven.

Spread the turmeric hummus on a serving platter. Place the caps on top of the hummus. Remove the lids and drizzle with the Tzatziki yoghurt. Garnish with some fresh coriander and mint leaves.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- You can make the same dish with mince pork, beef or lamb.
- You can serve this dish with babaganoush instead of hummus.
- Add some grilled halloumi cheese to the mix for extra goodness.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

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