



**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 yogurt. 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?

Shoot us an email at:  
[online@harrisfarm.com.au](mailto:online@harrisfarm.com.au)