

Stuffed Capsicums



Ingredients

6 large red or green capsicums of similar size	1 tsp salt
1 tbsp olive oil	1 cup beef stock
1 large onion, finely chopped	200g black beans, rinsed and drained
3 cloves garlic, crushed	1 cup grated cheddar cheese
500g lamb or beef mince	Fresh coriander leaves to garnish
1 tsp ground cumin	1 avocado, chopped
1/2 tsp ground cinnamon	1 lime, cut into wedges

Directions

Step 1 – Prepare the barbecue for direct cooking over medium heat (180°C-200°C), ensuring the grills are clean. Place a BBQ safe skillet or frying pan into the BBQ to preheat.

Step 2 – When the frying pan has reached temperature, add the oil and onion and sauté until the onion starts to soften a little, then add the garlic and mince. Stir well to combine and cook until the mince has browned. Add the cumin, cinnamon, salt, beef stock and black beans, stir, then close the BBQ lid and allow the mixture to simmer for 10 minutes. Remove from the BBQ and set aside.

Step 3 – Halve the capsicums lengthwise and remove the seeds and any white membrane. Spoon the meat mixture evenly into the capsicums and top with the grated cheese.

Step 4 – Ensure the BBQ is set to medium heat – approximately 180-200°C. Set up the BBQ for indirect cooking. If you are using a Weber Q, set up your barbecue with a convection tray and trivet. Once the BBQ has reached temperature, place the capsicums into the BBQ, away from direct heat and bake around 20 minutes, or until the capsicums have softened and the cheese has melted. Garnish with the coriander leaves and serve with the chopped avocado and lime wedges.

