## Stuffed peppers with rice, pine nuts and dill

## Serves 2

## **Ingredients**

Olive oil
1 onion, finely chopped
4 tbsp pine nuts
1 tsp smoked paprika
1 tsp ground cinnamon
125g basmati rice, cooked
4 tbsp dill, chopped
75-100g feta, cubed
2 peppers (red, orange or yellow), halved

- 1. Preheat the oven to 180oC/fan 160oC/gas 4. Heat the oil in a frying pan and cook the onion over a low heat until golden. Add the pine nuts and brown lightly. Stir in the spices and cook for a minute. Add the rice and dill and stir together. Season well and then fold in the feta.
- 2. Put the peppers, cut side up, in a shallow baking dish or roasting tin. Divide the mixture between them and drizzle liberally with olive oil. Cover with foil and roast for 40 mins until the peppers are tender, then remove the foil and cook for a further 5 mins.