



Stuffed peppers with cereals and tofu

Ingredients (serves 1)

100 g common wheat
1 red pepper
80 g tofu
1 carrot
1 piece of leek
1 garlic clove
Pitted green olives
Chopped fresh parsley
Ground cumin
Extra virgin olive oil
Salt and pepper (skip in case of hypertension
or fluid retention)

Method

1. Boil the wheat in a casserole with plenty of water and a pinch of salt according to package instructions, drain, and set aside.
2. Peel and chop the garlic, carrot, and leek.
3. Sauté the vegetables in a saucepan with a drizzle of olive oil for about ten to twelve minutes.
4. Add the cooked wheat, chopped olives, parsley, and diced tofu to the saucepan.
5. Stir and season with a pinch of cumin and pepper.
6. Cut the pepper in half and fill with the cooked vegetables and wheat.
7. In a baking tray with a few drops of olive oil and water, place the stuffed pepper halves. Cover with some baking paper and bake at 180°C for twenty to thirty minutes.
8. When the pepper is cooked, remove the baking paper from the tray and add the excess liquid from the baking on top and cook some more until tender and lightly browned.
9. Remove the stuffed pepper from the oven, arrange on a plate, and season with the rest of the resulting liquid.