



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳 🍳

Vorbereidingstijd: 15 min | **Bereidingstijd:** 50 min | **Totale bereiding:** 65 min

Bertyn producten: Veggie Protein Bloc - Spelt

Bron: bertyn.eu | Chef: [Stefano Vicinoadio](#) | © Stefano Vicinoadio

Stuffed bell pepper recipe with seitan, rice and turmeric

Ingrediënten

- 1 Veggie Protein Bloc – Spelt
- 3 Bell pepper (red, green and yellow)
- 1 bunch Flat leaf parsley
- 6 Cloves of garlic
- 300 g Tomatoes
- 250 g Rice (whole or brown)
- 4 tbsp Gyros seasoning
- 1 tbsp Seasoning ([Amanprana ORAC Botanico mix](#))
- 1 generous pinch Black pepper
- 9 tbsp Olive oil ([Amanprana Verde Salud](#))
- 1 tsp Paprika – noble sweet and spicy
- 1 tsp Turmeric
- 1 generous pinch [Fleur de sel \(Amanprana\)](#)
- 1 Dried piri piri chilli

Bereiding

1. Briefly fry the rice in 1 tablespoon of olive oil.
2. Add 1 teaspoon of turmeric and a generous pinch of fleur de sel and stir well.
3. Add water at a 2:1 ratio to the rice, and stir continuously.
4. Cook for about 20 minutes over a low heat until the turmeric rice is tender.

Making seitan 'mince':

1. Cut the seitan into cubes and process briefly with a food processor or stick blender until the mixture resembles mince.
2. You can also do this with a knife if no food processor is available.
3. Flavour the 'mince' with 4 tablespoons of olive oil, the gyros seasoning mix, Amanprana ORAC seasoning, fleur de sel, pepper and paprika.
4. Chop the parsley finely and stir into the 'mince' mixture with 1/3 of the cooked rice.
5. Leave to rest for a few minutes. Set aside the remaining turmeric rice in a warm place.
6. Place the tomatoes in a blender with the chilli, 4 tablespoons of olive oil and 4 cloves of garlic and add the paprika and a pinch of salt.
7. Purée for 1-2 minutes on high, pour into a bowl and set aside.

Stuffed capsicum: How to stuff the capsicums:

1. Cut open the capsicums in such a way that they can be filled, and remove the seeds.
2. Place the rice-and-'mince' mixture inside the capsicums and press down firmly on all sides.
3. Place the capsicums in a casserole dish. Spoon the tomato sauce over the stuffed capsicums and sprinkle a little seasoning over the top.
4. Heat the oven to 180°C, place the casserole dish with the stuffed capsicums in the oven, and bake for approximately 45 minutes.
5. Serve on a bed of the remaining turmeric rice.