



Harissa, Chickpea and Quinoa Stuffed Peppers



Enjoy our Harissa, Chickpea, and Quinoa Stuffed Peppers—a fusion of vibrant flavours and rich nutrition. Inside these bell peppers, discover protein-packed quinoa, marinated tofu, and a medley of fresh, healthy ingredients. A hint of harissa adds a touch of spice, creating a culinary masterpiece that's both delicious and nutritious. Perfect for those seeking a well-rounded, plant-based meal.

Ingredients

- Tofu
- Fresh parsley
- Spring onion
- Mixed salad leaves
- Harissa Paste
- Vegetable stock cube
- Quinoa
- Chickpea
- Soy sauce
- Bell Pepper

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 378 kcal
Carbohydrates: 61g
Protein: 16.5 g
Fat: 9 g

Allergens

[Soy \(Soy Sauce\)](#)
[Celery \(Stock cube - may also contain traces of Egg, Soya & Mustard\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Preheat the oven to 220C**

2) **Make the Quinoa**

Make the stock cube up with 400ml of boiling water and then set aside 80ml per person for the quinoa. Place the quinoa in a small sauce pan then add the 80ml stock per person. Bring to a simmer for 12 minutes then switch off the heat, place a lid on the pan and set aside for 10 minutes. While the quinoa is cooking.

3) **Prepare the Tofu**

Using the back of a fork, mash the tofu into fine mince in a bowl. Pour the soy sauce in, give it a good mix, and set aside.

4) **Prepare the rest of the filling ingredients**

Finely slice the spring onion and finely chop the parsley. Drain the chickpeas. Carefully cut around the core of the stalk - you don't want to cut the entire top off the pepper, just create a hole. Pull the core out and turn the pepper upside down, give it a few strong taps down onto the board to shake the seeds out.

5) **Mix the filling together**

In a large bowl mix the quinoa, tofu, chickpeas, spring onions, parsley, and harissa together.

6) **Fill the peppers**

Turn the peppers upright and carefully spoon in the filling. Give the peppers a gentle tap on the board to encourage the filling to go right to the bottom. Continue until full then place on a baking tray with a drizzle of oil. Place in the oven and cook for 10 minutes.

6) **Plate the dish**

Add the mixed leaves to the plate and drizzle a little olive oil or salad dressing over. Plate the peppers alongside and enjoy!



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