

SIDE DISH

Lamb Feta Peppers

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	15 min	60 min	6	\$1.77	273 kcal



Lamb Feta Peppers takes approximately 1 hour and 15 minutes from beginning to end. For \$1.77 per serving, you get a side dish that serves 6. One portion of this dish contains around 14g of protein, 17g of fat, and a total of 342 calories. 52 people found this recipe to be scrumptious and satisfying.

Ingredients

☐ 1 cup cooked rice	☐ 1 cup crumbled feta cheese
☐ 2 tablespoons chopped fresh dill	☐ 1 clove garlic, minced
☐ 6 medium green bell peppers	☐ ½ teaspoon ground allspice
☐ 8 ounces ground lamb	☐ ½ teaspoon ground black pepper
☐ 1 tablespoon fresh lemon juice	☐ 1 tablespoon olive oil
☐ 1 medium onion, chopped	☐ ¾ teaspoon salt
☐ 1 cup tomato sauce	☐ 1 cup cold water

☐ 1 teaspoon white sugar

EQUIPMENT Bowl, Frying pan, Oven, Baking pan, Kitchen thermometer, Aluminum foil

Method

- 1 Preheat oven to 375 degrees F (190 degrees C).
- 2 Heat oil in a medium skillet over medium heat, add onion and cook for four minutes until soft. Stir in garlic and cook one minute.
- 3 Slice tops off peppers and remove seeds. Stand peppers upright in a a 9x12-inch baking dish.
- 4 In large bowl, combine onion mixture, dill, salt, allspice and pepper.
- 5 Mix in rice and lamb, fold in feta cheese. Stuff peppers with mixture.
- 6 Mix tomato sauce with water, lemon juice and sugar.
- 7 Pour half over peppers, and half over bottom of dish. Cover with foil.
- 8 Bake in the preheated oven for 45 minutes. Uncover and continue baking 15 minutes, basing occasionally with sauce, until a meat thermometer inserted in center of filling reads 160 degrees F (70 degrees C).

Nutrition per serving

	273 KCAL	12 g PROTEIN	17 g FAT	19 g CARBS
Saturated Fat				7.6 g · 48% of daily needs
Fibre				3.2 g · 13% of daily needs
Sugar				5.8 g · 6% of daily needs
Sodium				798 mg · 35% of daily needs
Cholesterol				49.8 mg · 17% of daily needs
Vitamin C				101 mg · 123% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/lamb-feta-peppers-148196