



## Stuffed Peppers with Thai Curry Rice and Mushrooms

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



40

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 large bell peppers
- ☐ 1 tablespoon ginger fresh minced
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons grapeseed oil unsalted
- ☐ 1 large jalapeño with seeds finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 pound oyster mushrooms cut into 1/2-inch pieces

- ☐ 40 servings salt
- ☐ 2 medium shallots minced
- ☐ 4 cups pkt spinach chopped
- ☐ 0.3 cup thai basil plus more for garnish chopped
- ☐ 1 tablespoon thai curry paste red
- ☐ 0.5 cup coconut milk unsweetened
- ☐ 0.8 cup rice long-grain white

## Equipment

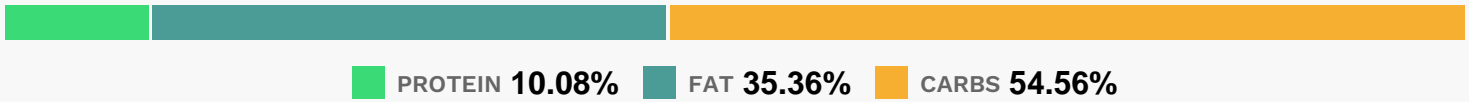
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ tongs

## Directions

- ☐ Bring a pot of water to a boil. Slice the tops off the peppers and cut the tops into 1/4-inch dice; discard the cores and stems. Boil the hollowed out peppers until just tender, 4 minutes. Using tongs, carefully transfer the peppers to paper towels to drain, cut side down. Reserve 1 1/2 cups of the cooking water.
- ☐ In a saucepan, melt 1 tablespoon of the butter.
- ☐ Add the shallots and garlic, season with salt and cook over moderate heat until softened, 3 minutes.
- ☐ Add the rice and cook, stirring, until toasted, 4 minutes. Stir in the coconut milk, ginger, curry paste and the 1 1/2 cups of reserved pepper water and bring to a simmer. Cover and cook over low heat until the liquid is absorbed, 25 minutes.
- ☐ Meanwhile, preheat the oven to 35

- ☐ In a large skillet, heat the remaining 1 tablespoon of butter.
- ☐ Add the diced bell pepper tops and the jalapeo and cook over moderate heat, stirring, until tender, 5 minutes.
- ☐ Add the mushrooms, cover and cook, stirring a few times, until tender, 5 minutes. Uncover and cook, stirring, until the mushrooms are browned, 4 minutes longer.
- ☐ Add the spinach and cook, stirring, until wilted, 1 minute.
- ☐ Add the vegetable mixture to the rice and stir in the basil and lemon juice. Season with salt. Fill the peppers with the rice mixture and set them in a shallow glass or ceramic baking dish. Cover with foil and bake for about 45 minutes, until the rice filling is heated through.
- ☐ Garnish with basil leaves and serve.

## Nutrition Facts



## Properties

Glycemic Index:7.55, Glycemic Load:1.98, Inflammation Score:-6, Nutrition Score:4.6895651838378%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 34.48kcal (1.72%), Fat: 1.43g (2.21%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.19g (1.52%), Sugar: 1.06g (1.17%), Cholesterol: 1.5mg (0.5%), Sodium: 199.3mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 22.74mg (27.56%), Vitamin A: 887.22IU (17.74%), Vitamin K: 16.05µg (15.29%), Manganese: 0.13mg (6.59%), Folate: 18.1µg (4.52%), Vitamin B6: 0.08mg (3.99%), Vitamin B3: 0.69mg (3.47%), Fiber: 0.79g (3.18%), Vitamin B2: 0.05mg (3.08%), Potassium: 106.95mg (3.06%), Phosphorus: 24.57mg (2.46%), Vitamin E: 0.36mg (2.4%), Copper: 0.05mg (2.33%), Vitamin B5: 0.21mg (2.13%), Iron: 0.38mg (2.11%), Magnesium: 8.45mg (2.11%), Vitamin B1: 0.03mg (1.78%), Selenium: 1.05µg (1.49%), Zinc: 0.19mg (1.28%)