

OSTRICH *stuffed peppers*

Serves 4

INGREDIENTS

175g (6oz) long-grain rice
225g (8oz) fresh or ready-made tomato sauce
1 teaspoon dried oregano
450g (1lb) ostrich mince
1 garlic clove, crushed
4 red peppers
Sea salt and freshly ground black pepper



- 1** Preheat the oven to 200 °C/400 °F/Gas Mark 6. Put the rice in a saucepan with a little salt, and cover with water until it comes 2.5cm (1in) or so above the level of rice. Bring to the boil, reduce the heat slightly and simmer for 10 minutes only – the rice should not be completely cooked.
- 2** Meanwhile, in a large mixing bowl, mix together the tomato sauce, oregano, ostrich mince and garlic until well combined. Drain the rice well, and add to the bowl. Mix thoroughly.
- 3** Cut the tops off the peppers, save to use as lids. Deseed the peppers, and place in a shallow roasting tin. Spoon a portion of the rice mixture into each one, filling each generously and mounding the mixture slightly. Cover with their lids, then loosely cover the tin with baking parchment or foil. Roast in the oven for 45 minutes. Serve immediately.
- 4** Finally serve on their own as a starter or a side dish.