



CHLOË BOWLER
complete wellbeing

ROASTED PEPPERS WITH RICE SALAD



Ingredients (Serves 2):

V, GF

1. 2 Bell Peppers
2. 50g Wholegrain Rice
3. 4 Cherry Tomatoes
4. 2 Spring Onions
5. Handful of Frozen Soya Beans
6. Handful of Adzuki Beans (or chickpeas or whatever you have in your cupboard)
7. 250ml Vegetable Stock
8. Tamari

Method:

1. Steam the rice in the vegetable stock until cooked.
2. Cut the peppers in half and de-seed. Drizzle with olive oil and roast in the oven at 200°C for 20 minutes.
3. When the rice is nearly cooked, add the beans.
4. Chop up the spring onions and tomatoes, and mix together with the rice.
5. Scoop the rice salad into the peppers.
6. Season well and drizzle with a little Tamari to serve.

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