

# Bolognese stuffed peppers

## Ingredients

- 1 tbsp. rapeseed oil
- 1 onion
- 2 x 400g chopped tomatoes
- 500g lean beef mince (can use turkey mince or quorn also)
- 1 beef stock cube (no water)
- 4 mixed colour peppers
- 2 cloves of garlic
- 1 tbsp. oregano
- 100g grated mozzarella



## Method

1. Heat oven to 200C/180C fan/gas 6
2. Heat the oil in a large pan. Add the onion and cook for a few mins to soften. Add the garlic and beef, and cook until the meat is browned – break it up with a spoon as it cooks.
3. Add the tomatoes, oregano, stock cube. Season well, give everything a good stir and cover with a lid. Simmer for 30 mins.
4. Meanwhile, halve the peppers and scoop out the seeds and white membrane. Place cut-side up in a roasting tin, season and bake for 20 mins.
5. When the mince is cooked, divide it between the softened peppers, sprinkle with cheese and return to the oven for 10 mins.

# Meal alterations

High carbohydrate  
Pre training meal

- Serve with sweet potato mash

Low carbohydrate  
Rest day lunch meal

- Add lentils and or red kidney beans to the bolognese or serve with quinoa

No carb meal  
Rest day evening meal

- Serve with a large mixed salad with an olive oil dressing and some avocado