

# MasterFoods<sup>TM</sup>

## PROFESSIONAL

Stuffed Roasted Capsicum  
RECIPE

### Stuffed Roasted Capsicum



<?xml version="1.0"?>

TIME

20 Minutes

INGREDIENTS

11 items

MAKES

16 servings

Really quick, flavoursome, and versatile vegetarian friendly dish, ideal for main sized portions or sharing.

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## INGREDIENTS

- 2 tbsp. Olive Oil
- 4 medium Red Capsicum, sliced in half lengthways
- 250 g Orzo Pasta
- Juice and zest of 1 Lemon
- 1 tbsp. MasterFoods™ Professional Tuscan Seasoning, plus extra to sprinkle over
- 1 tbsp. MasterFoods™ Professional Dried Oregano Leaves
- 80 g semi-dried Tomatoes
- 50 g Parmesan Cheese, finely grated
- 8 Bocconcini Mozzarella balls, drained
- 8 Bocconcini Mozzarella balls, drained
- Handful of fresh herbs, such as oregano leaves, to garnish

PRODUCTS USED



MasterFoods Professional Tuscan Seasoning 670g

[SEE DETAILS](#)

## Cooking Instructions:

- 1  
Preheat an oven to 220°C. Lightly oil the capsicum and cook cut side up for 5 to 8 minutes, or until it begins to char. Remove from oven and leave to cool slightly, and reduce the temperature to 180°C.
- 2  
Meanwhile cook the orzo pasta as per manufacturer's instructions. Once cooked, drain well and place into large mixing bowl. Add the lemon juice, zest, Tuscan seasoning, oregano, semi-dried tomatoes, half the parmesan cheese and half the pine nuts, and mix well.
- 3  
Stuff the peppers with the orzo filling and tear pieces of bocconcini over each stuffed capsicum. Sprinkle over remaining parmesan cheese and extra Tuscan seasoning.
- 4  
Return to the oven to cook for 10 minutes, or until cheese has melted. Remove from the oven and garnish with remaining pine nuts and fresh herbs.

## Tips:

1. 1

For a vegan friendly option, replace the parmesan and bocconcini with plant-based cheeses.

2. 2

Add some cured meats such as salami or prosciutto for an extra dimension of flavour.

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### [Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

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Cooking time

60 MINS

Ingredients

8 items

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### [Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

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## **New York Inspired Tagliatelle Pasta**

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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