



## **Raclette and Fregula Sarda Stuffed Peppers**

4 large bell peppers, red, green, yellow or multi-coloured  
2 cups chicken broth  
1 cup Fregula Sarda  
3 Tbsp) olive oil  
1 onion, chopped  
2 cloves garlic, crushed  
½ cup white mushrooms, chopped  
1 carrot, diced  
4 plum tomatoes, crushed

3 oz Raclette cheese, diced  
¼ cup toasted, pine nuts  
3 tablespoons raisins  
3 tablespoons parmesan, freshly grated  
Salt and freshly ground pepper

### **Preparation**

Preheat oven to 375 °F

Cut the peppers in half lengthwise, remove seeds and white parts. In a saucepan of boiling water, blanch peppers for 5 minutes. Remove with a slotted spoon and place cut-side down to drain. In a lightly oiled ovenproof dish, place them cut-side up.

In a saucepan, pour broth, add fregula sarda, bring to the boil. Reduce heat, cover and simmer for 15 minutes. Remove pan from heat without removing lid and let stand for 5 minutes, keeping warm.

In a large saucepan, heat olive oil and sauté onion and garlic for about 5 minutes. Add mushrooms, carrot and tomatoes. Season with salt and pepper. Cover, cook 5 minutes, then incorporate rice, raclette cheese, pine nuts and raisins.

Fill pepper halves with stuffing, sprinkle with parmesan and bake in oven for 20 minutes.