

## INGREDIENTS

### Mexican Brown Rice Salad

- 2 large capsicums
- 200g cooked chicken (store-bought, shredded or diced)
- ¼ cup grated cheese
- 1 tbsp olive oil
- Salt & pepper to taste
- Parsley (diced)

## INSTRUCTIONS

- 1) Preheat oven to 180°C.
- 2) Slice the tops off the capsicums and remove the seeds. (For air fryer: cook at 160°C.)
- 3) Drizzle capsicums with olive oil and roast for 10 mins.
- 4) Season the chicken with packet taco mix.
- 5) Sprinkle parsley on top.
- 6) Mix the chicken into the Mexican Brown Rice Salad.
- 7) Stuff capsicums with the mixture and top with cheese.
- 8) Bake for 15 mins until the capsicums are tender and the cheese is melted.



SUMMERSET  
Cooking  
WITH A  
Master Chef

# Mexican Chicken & Brown Rice Salad Stuffed Capsicums



2 servings



25 Minutes

Simple, vibrant, and satisfying - built from everyday basics.

Enjoy!