

Greek Stuffed Capsicums with Kalamata Olives



By Ashley Alexander

This is the kind of dinner that feels good to eat - nourishing, colourful and packed with flavour. Sweet red capsicums are stuffed with chicken, feta, fresh herbs and pitted kalamata olives, then roasted over golden potatoes until soft, slumped and slightly charred. Finished with a zingy herb green sauce, a dollop of Greek yoghurt and a drizzle of extra virgin olive oil, it's a delicious, nourishing weeknight dinner.

SERVES 4-6 | **PREP** 25 minutes | **COOK** 1 hour 10 minutes | **TOTAL** 1 hour 35 minutes

INGREDIENTS

Stuffed Capsicums

- 6 medium-large red capsicums
- 800g white potatoes (about 3-4 medium-large), each cut into 8 wedges
- 500g chicken mince
- 1 large brown onion, finely diced
- 4 garlic cloves, crushed or finely grated
- 800g tomato polpa
- 50g (1/4 cup) uncooked jasmine rice - no need to rinse
- Zest of 1 lemon
- 60ml (1/4 cup) extra virgin olive oil, plus extra for drizzling (I've used GAEA Organic Extra Virgin Olive Oil)
- 200g Greek feta, crumbled
- 160g pitted kalamata olives, roughly chopped (I've used GAEA Organic Pitted Kalamata Olives)
- 2 large handfuls fresh herbs - I've used an equal mix of dill and flat-leaf parsley, chopped
- Fine sea salt

- Flaky sea salt
- Freshly cracked black pepper

Zingy Green Sauce

- 2 large handfuls fresh flat-leaf parsley, leaves and tender stalks
- 1 small handful fresh dill
- 80ml (1/3 cup) extra virgin olive oil
- 4 tablespoons red wine vinegar or apple cider vinegar
- 2 tablespoons pure maple syrup
- 1 small garlic clove, peeled
- Pinch of fine sea salt

To Serve

- Thick, full-fat unsweetened Greek yoghurt
- Good-quality extra virgin olive oil (I've used GAEA FRESH Extra Virgin Olive Oil)
- Freshly cracked black pepper

METHOD

1. **Prep the potatoes:** Preheat the oven to 200°C/400°F. Add the 800g potato wedges to a large baking tray. Drizzle with 1-3 tablespoons of extra virgin olive oil, add a pinch of fine sea salt and toss to coat. Set aside.
2. **Prepare the capsicums:** Lay each capsicum on its side. Slice off the top quarter, keeping the green stalk intact, to make a lid. Scoop out the seeds and pith. Stand the capsicums upright among the potatoes, ready to fill.
3. **Cook the chicken:** Heat a drizzle of extra virgin olive oil in a large frying pan or pot over medium-high heat. Add the 500g chicken mince and a pinch of fine sea salt. Cook, breaking it up as you go, until browned and cooked through.
4. **Add the aromatics:** Stir in the diced onion and 4 garlic cloves. Until just mixed through, no need to cook.
5. **Mix the filling:** Take the pan off the heat. Stir through the 800g tomato polpa, 50g jasmine rice, lemon zest, 60ml extra virgin olive oil, 200g crumbled feta, 160g chopped kalamata olives and the fresh herbs until well combined.
6. **Stuff and roast:** Spoon the filling evenly into the capsicums, pressing it down firmly, then sit the lids back on top. Drizzle everything with a little more olive oil and season with flaky sea salt and black pepper. Roast for 1 hour, until the capsicums are soft, slumped and charred at the edges, the rice is tender and the filling is piping hot.
7. **Make the green sauce:** While everything roasts, blitz the parsley, dill, 80ml extra virgin olive oil, 4 tablespoons vinegar, 2 tablespoons maple syrup, garlic clove and a pinch of fine sea salt in a blender or food processor until smooth. Taste and adjust the salt or vinegar to your liking.
8. **Serve:** Divide the capsicums and potatoes between plates. Spoon over the zingy green sauce, add a dollop of Greek yoghurt, and finish with a drizzle of good-quality extra virgin olive oil and a crack of black pepper.

NOTES

Choosing capsicums: Look for capsicums that stand upright on their own. They'll be easier to fill and will stay steady as they roast.

Leftover filling: Bake any extra filling in a small baking dish alongside the capsicums until the rice is tender and the filling is cooked through.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/greek-stuffed-capsicums-kalamata-olives>

Let me know if you make the recipe! x @gatherandfeast