**Stuffed Peppers with Rice Recipe (1)**

**Equipment**

* A small knife
* A plate
* A teaspoon
* A tablespoon
* A small bowl
* A baking tray

**Ingredients**

* 2 red peppers
* 1 pouch of rice
* 2 tablespoons of pesto
* 1 handful of pitted black olives, chopped
* 100g goat’s cheese, sliced

**Method**

* **STEP 1**

Use a small knife to cut the top out of 2 red peppers, then scoop out the seeds with a teaspoon. Sit the peppers on a plate, cut-side up, and cook in the microwave on high for 5-6 minutes until they have wilted and softened.

* **STEP 2**

While the peppers are cooking, microwave one 250g pouch of rice. Once cooked, in a small bowl, mix this together with 2 tablespoons of pesto, a handful of chopped pitted black olives and 80g of the sliced goat's cheese.

* **STEP 3**

With a teaspoon, scoop the rice, pesto, olives and goat's cheese mix into the peppers, top with the remaining 20g of goat’s cheese and continue to cook in the oven for 8-10 minutes on a baking tray.

* **STEP 4**

Serve on a plate and enjoy!