

These petrifying peppers will make a real monster of a meal!

ZOMBIE PEPPERS



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YOU WILL NEED

Tick off the ingredients as you get them

- 4 peppers in a mix of colours, tops cut off and seeds and pith discarded

Stuff with:

- 1 mug of rice (white or brown)
 2 onions, diced
 1 large or 2 small beetroot (raw or cooked), grated
 50g of lighter grated mozzarella and grated Cheddar
 1 tbsp Worcestershire sauce
 1 handful of fresh parsley or basil, roughly chopped (optional) and/or 2 tsp dried mixed herbs or dried thyme/basil
 Black pepper
 1 tbsp oil

Serves: 4



1 START

Preheat the oven to 180C/Gas 4. Use a sharp kitchen knife to cut a spooky face into each pepper.



CHOPPITY CHOP PEPPER!

2

Cook the rice by following the instructions on the packet.



3

Fry the onions in 1 tbsp of oil over a medium heat until see-through (about 5 minutes).

4

Add the cooked rice along with the grated beetroot, grated cheeses, Worcestershire sauce, fresh and/or dried herbs. Taste and add some black pepper if needed.

GRATING



5

Mix well, then spoon into the peppers. Place the lids of the peppers back on top of the stuffed peppers.

6

GIVE 'EM A ROASTING!

Roast peppers in the oven for about 45 minutes, or until softened but still holding their shape.

7

While they're cooking it's absolutely not compulsory for you to chant this rap:

I WANT ZOMBIES FOR MY TEA
WHO'S GONNA EAT THEM... ME ME ME!
I LIKE 'EM STUFFED
I LIKE 'EM STEAMIN'
WHAT'S THAT NOISE...
IS IT A PEPPER SCREAMIN'?

8

FINISH

Pop a zombie pepper on your plate and get stuck in to your stuffed-up pepper.

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#EatThemToDefeatThem
SHARE YOUR ZOMBIE PICS!



TOOL UP

GRATER Shreds the veg to pieces in seconds!

KIDS IN THE KITCHEN

- Help the kids to carve the peppers (you may need to do this for younger ones, but they can decide on what sort of face to carve).
- Let them measure out the rice and water.
- They can mix all of the stuffing ingredients together, spoon the rice mixture into the peppers and place the tops back on.

EAT THEM TO DEFEAT THEM

POWER UP

You can use different stuffings, try:

- LEFT-OVER CHILLI OR VEG CHILLI
- VEG-LOADED COUSCOUS
- PASTA IN TOMATO SAUCE