

## Pesto Roasted Peppers

**P**eppers are a really good source of dietary fibre and are packed with a variety of nutrients such as vitamin K, potassium, manganese, vitamin A, vitamin C, vitamin E, B vitamins and folate. The basil in the pesto will give a nice boost of calcium, iron and magnesium. Serving this meal with a complex carbohydrate like wholemeal rice means that you will stay fuller for longer.

*Recipe by Nutritionist  
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### **Ingredients** (Serves 2)

30g fresh basil  
30g pine nuts (toasted)  
1 small clove of garlic  
4 tablespoons of melted  
unscented coconut oil  
Pinch of salt  
2 bell peppers  
10-12 cherry tomatoes

### **To make**

1. In a food processor blend the basil, toasted pine nuts, garlic, salt and melted coconut oil to make the pesto.
2. Cut the bell peppers in half and remove the seeds.
3. Cut the cherry tomatoes in half and add them to the halved peppers.
4. Spoon a decent amount of pesto into each pepper.
5. Put the peppers on a baking tray in the oven at 200 degrees celsius/ gas mark 6 for 15-20 minutes until the peppers are soft.
6. Serve the peppers on top of brown rice (I use wholegrain basmati and quinoa rice) and some fresh salad leaves drizzled with balsamic vinegar.

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