



# PESTO TURKEY PEPPER CUPS

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

- 1 tbsp olive oil
- 1 large white onion or leek, chopped
- 500g turkey mince
- 2-3 generous tablespoons of pesto
- 1/2 sweet white cabbage, finely shredded
- handful of frozen peas
- 200g cooked brown rice
- 4 large red peppers

## PREP TIME

- 40 minutes

## METHOD

- Preheat the oven to 180°C.
- Start by making the pesto turkey.
- Heat a large pan over some heat and add the olive oil.
- Add the onion and cook gently for 10 minutes until soft.
- Add the turkey mince and using a spoon break the turkey mince up so not lumpy.
- Add the pesto. If you like pesto then go generous.
- Leave to cook for 10 minutes.
- While the turkey is cooking halve the peppers, add to a baking tray and put in the hot oven with a drizzle of olive oil for 15 minutes.
- When the turkey mince has been cooking for 10 minutes add the finely chopped cabbage and peas and leave to cook for another 8-10 minutes.
- When the pesto turkey is cooked stir in the cooked brown rice and heat through.
- Add the pesto turkey to the peppers and place the baking sheet back in the oven for 15 minutes.

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