GREEK · LUNCH · DINNER

# Gemista (Greek Rice-Stuffed Peppers and Tomatoes)

105 min · Serves 6 · 474 kcal a serve · Video 10:39 · The Mediterranean Dish

Vegetarian · Gluten-free ingredients · No nuts listed

Vegetables are the main event: each serve has about 10 g of fibre and more than twice a day's vitamin C from the peppers and tomatoes. Vegan if you skip the optional feta.

**Diet notes:** Vegan if you leave out the feta cheese; Low saturated fat (3.5 g, 7% of the energy); No dairy if you leave out the feta cheese.

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## Ingredients 18 · SERVES 6

- [ ] 4 large **bell peppers** (any colour)
- [ ] 4 large **tomatoes**
- [ ] 6 **Yukon gold potatoes**, peeled and cut into wedges
- [ ] 140 g **basmati rice**, rinsed, soaked and drained
- [ ] 1 large **yellow onion**, chopped
- [ ] 4 large **garlic** cloves, minced (divided)
- [ ] 8 g chopped **fresh parsley**
- [ ] 8 g chopped **fresh mint**
- [ ] 1½ tsp **dried oregano** (divided)
- [ ] ½ tsp **paprika**
- [ ] 75 g crumbled **feta cheese** (optional)
- [ ] 1 tbsp **extra-virgin olive oil**, for the filling
- [ ] **olive oil** to brush the dish (about 1 tbsp)
- [ ] **Olive oil**: a big drizzle of olive oil over the top (about 3 tbsp)
- [ ] **kosher salt**, a pinch for the filling and a big pinch over the top (about 1 tsp in all)
- [ ] **black pepper**, a pinch for the filling and a big pinch over the top
- [ ] 240 ml **canned crushed tomatoes**
- [ ] 120 ml **water**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the basmati rice and leave it to soak in water while you prep. Heat the oven to 190 °C, brush a large, deep baking dish with olive oil and cut the peeled potatoes into wedges. 0:36
2. Slice the tops off the peppers and tomatoes about 1 cm down and keep them as lids. Seed the peppers. Scoop the tomato flesh into a bowl with a small spoon and chop it, keeping the shells whole. 1:07
3. Stand the peppers and tomato shells in the dish and tuck the potato wedges in between. 7:43
4. Add the drained rice, onion, half the garlic, the parsley, mint, ½ tsp oregano, paprika, feta (if using), 1 tbsp olive oil and a pinch of salt and pepper to the tomato flesh and mix well. 3:58
5. Fill each vegetable about three-quarters full so the rice has room to swell, and put the lids back on. 6:13
6. Pour the crushed tomatoes and 120 ml water over, scatter the rest of the garlic and oregano and a big pinch of salt and pepper over the potatoes, and drizzle generously with olive oil. 7:57
7. Cover tightly with foil and bake for 1 hour, then uncover and bake 30–45 minutes more, until the rice is tender and the peppers are soft and charred in places. Spoon the pan juices over to serve. 8:40

> **Tip** Leave out the feta and it is fully vegan. Use basmati rice so it cooks through in the oven; if the rice is still firm, bake a little longer uncovered. Leftovers reheat well.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 6 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| **474 kcal**<br>1,980 kJ | **12 g**<br>23% of a day | **76 g**<br>66 g net · 14 g sugars<br>28% of a day |
| **FIBRE** | **FAT** | **SODIUM** |
| **9.8 g**<br>35% of a day | **15 g**<br>3.5 g saturated<br>19% of a day | **580 mg**<br>25% of a day |

**Energy from** net carbs 59% · protein 11% · fat 30%

**High in** (20%+ of a day) Vitamin C 219% · Vitamin B6 69% · Vitamin K 43% · Potassium 36% · Folate 36% · Vitamin E 33% · Vitamin A 31% · Magnesium 24% · Iron 22% · Zinc 21%

**Source of** (10–19%) Selenium 17% · Calcium 12% · Omega-3 12%

**Recipe and video:** The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=LB4VkPNmJZA, published 1 November 2024. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/gemista-greek-stuffed-vegetables-rice