MEXICAN · DINNER · LUNCH

Chicken Fajita Stuffed Capsicums

45 min · Serves 6 · 190 kcal a serve · Video 5:19 · Anna's Kitchen & Stitchin

Gluten-free ingredients · No nuts listed

Each capsicum is mostly vegetables, with shredded chicken for about 19 g protein, well over a day's vitamin C and around 8 g net carbs, using cauliflower instead of rice.

Diet notes: Low carb (8.4 g net carbs) but not keto: 26% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2 g, 9% of the energy); DASH-friendly (90 mg sodium a serve); Paleo with a swap: leave out the cheese; No dairy if you leave out the cheese.

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Ingredients 8 · SERVES 6

- [ ] 6 **capsicums** (bell peppers) in assorted colours
- [ ] 1 tbsp **olive oil** (the cook's recipe allows 1–2 tbsp)
- [ ] 80 g diced **onion**
- [ ] 210 g **riced cauliflower** (about 1/4 head)
- [ ] 2 tbsp **salt-free fajita seasoning** (chilli powder, paprika, cumin, garlic and onion powder, oregano)
- [ ] 160 ml **water**
- [ ] 2 **chicken breasts**, cooked and shredded
- [ ] a little grated **cheese**, to top (optional)

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. Heat the oven to 180°C. Slice the tops off the capsicums, loosen and pull out the membranes and seeds without piercing the base, and stand them upright in a muffin tin set on a baking tray. 1:19
2. Heat the oil in a frying pan over medium-high heat and sauté the onion for 2–3 minutes. Add the cauliflower rice and cook another 2–3 minutes. 2:57
3. Stir in the fajita seasoning and water, then add the shredded chicken and cook for a minute or two until well mixed. 3:35
4. Pack the filling into the capsicums, pressing it down. Add a little cheese on top if you like. 4:18
5. Bake for 25–30 minutes until the capsicums are tender. Serve as they are, or with salsa, sour cream or guacamole. 4:46

> **Tip** Makes 6; serves 6 at one capsicum each (our estimate). The cook's homemade seasoning is salt-free, so add salt to taste. Top with salsa, sour cream or guacamole if you like.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
190 kcal	19 g	13 g	4.9 g	6.6 g	90 mg
790 kJ	39% of a day	8.4 g net · 7.8 g sugars	18% of a day	2 g saturated	4% of a day
		5% of a day		8% of a day	

Energy from net carbs 20% · protein 45% · fat 35% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 233% · Vitamin B6 51% · Vitamin A 34% · Selenium 27% · Vitamin E 24% · Folate 24%

Source of (10–19%) Vitamin K 14% · Potassium 13% · Zinc 12% · Magnesium 11% · Iron 10%

Recipe and video: Anna's Kitchen & Stitchin (@AnnasKitchenAndStitchin) on YouTube — youtube.com/watch?v=DkaF9QaaIt8, published 13 November 2014. 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/keto-chicken-fajita-stuffed-peppers