

Catalan Stuffed Peppers

This Catalan Stuffed Peppers recipe is a delicious and simple way to enjoy a classic dish from the region. The combination of flavors and textures will make you fall in love with this dish!



Main Dish

Catalan

30 min

Total time

Medium

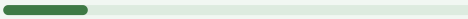
Difficulty

500

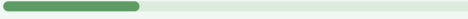
kcal / serving

Nutrition per serving (estimated)

Protein 22 g



Carbs 35 g



Fat 29 g



Fiber 5 g · Sugar 9 g · Sodium 780 mg

Ingredients

- 1 pepper
 - 2 tablespoons of olive oil
 - 1/2 onion, diced
 - 1 garlic clove, minced
 - 1/4 cup of cooked rice
- 1/4 cup of cooked ground beef
 - 1/4 cup of tomato sauce
 - 1 teaspoon of smoked paprika
 - Salt and pepper to taste
 - 2 tablespoons of grated Parmesan cheese

Steps

- 1

Preheat the oven to 350°F.
- 2

Cut the pepper in half and remove the seeds.
- 3

Heat the olive oil in a skillet over medium heat.
- 4

Add the onion and garlic and cook until softened, about 5 minutes.
- 5

Add the cooked rice, ground beef, tomato sauce, smoked paprika, salt and pepper. Cook for another 5 minutes.
- 6

Place the pepper halves in a baking dish.
- 7

Fill the pepper halves with the mixture and sprinkle the Parmesan cheese over the top.
- 8

Bake in the preheated oven for 15 minutes.
- 9

Serve and enjoy!

Substitutions

Parmesan cheese – Pecorino Romano, finely grated

Ground beef – An equal amount of cooked ground lamb

Tomato sauce – An equal amount of passata

Chef’s tips

- Look for tender pepper flesh that still holds its shape; overly soft halves can collapse under the filling.
- Use a snug baking dish so the pepper halves stay upright and the filling is less likely to spill.
- The filling can be prepared ahead and refrigerated separately; assemble just before baking for the best texture.

Drink pairing

A medium-bodied red like a Rioja

Its savory fruit and gentle spice complement the beef, smoked paprika, tomato, and Parmesan.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and keep for 3–4 days. Reheat until steaming hot.

Frequently asked questions

Can I prepare these peppers ahead?

Yes. Prepare the filling in advance and refrigerate it separately; assemble the peppers close to baking time for a fresher texture.

How can I tell when the peppers are done?

The pepper should be tender when pierced but still hold its shape, and the filling should be hot with lightly melted cheese.

What goes well alongside stuffed peppers?

Serve with a crisp green salad or roasted vegetables for a simple meal.