Mushroom Stuffed Sweetpeaks



An amazing combination of flavors, these stuffed Sweetpeaks peppers can be eaten as a side or as a meal itself!

Timing

Prep time	Total time	Skill level
20 minutes	**1 hour**	**Medium**

What You'll Need

Panko Topping

- 1 cup panko breadcrumbs
- 2 tbsp olive oil
- 2 tbsp beaten egg
- Sea salt and black pepper to taste

Mushroom Filling

- 1 tbsp butter or coconut oil
- 1/2 cup chopped white onion
- 1 1/2 cup chopped cremini mushrooms
- 2 cloves garlic, chopped
- 1/2 tsp dried thyme or 2 tsp fresh
- 1/2 cup whipping cream
- 1 1/2 cups asparagus, finely chopped
- 1 1/2 cups brown rice, cooked
- 1 cup feta cheese (goat or cow), crumbled
- Sea salt and black pepper to taste
- 4 Red Sun Farms Sweetpeaks, seeded and cut in half length-wise

Directions

Mushroom Filling

1. Preheat the oven to 350°
2. For the filling: place a large skillet on the stove over medium-high heat. Add the butter and onions and lightly sauté for 2 minutes, stirring occasionally.
3. Add the mushrooms, garlic, and thyme and continue to sauté for another 2 minutes.
4. Add the cream and asparagus. Continue to sauté for another 2-3 minutes until the cream reduces by half.
5. Add the rice and feta. Season with sea salt and pepper to taste. Set aside.

Panko Topping

1. For the topping: mix the Panko breadcrumbs, olive oil and egg together. Season with a bit of sea salt and pepper.
2. Lay the long peppers onto a baking sheet. Put the mushroom mixture into each pepper half. Pack it in a bit. Sprinkle the Panko mixture on top.
3. Put the baking sheet in the oven and bake for 30-40 minutes or until the pepper is soft and the Panko is golden.