**Baked rice-stuffed peppers**

Serves 4 (1P 1LE)

* 4 large red peppers, halved and deseeded
* 1 tbsp olive oil
* 250g egg-fried rice
* 198g can sweetcorn, drained
* 50g (2oz) frozen peas
* 1 tbsp coriander chopped
* Salt and freshly ground black pepper
* 8 medium eggs
* Soy sauce to serve, optional

1. Preheat the oven to 200°C/400°F/Gas 6. Place the peppers on a baking sheet and brush them on the inside and cut edges with the olive oil. Place the baking sheet in the oven and bake the peppers for 15 minutes.
2. Meanwhile, mix together the egg-fried rice, sweetcorn, peas, coriander and seasoning.
3. Remove the peppers from the oven and spoon the rice mixture into the cavities, pressing the mixture down well and hollowing it slightly in the centre. Break an egg into each pepper and grind a little black pepper on top of each one.
4. Return the baking sheet with the peppers to the oven and bake for a further 12–15 minutes, or until the eggs have just set.
5. Remove the peppers from the oven and serve two halves per person, with soy sauce, if using, to drizzle over the rice.