



Heart Failure Warriors Crisp Circuit Meals

Tailored for heart failure-friendly, low-sodium meals with vegetarian options and air fryer friendly ingredients.

Project 001 Part a – Stuffed Bell Peppers

Ingredients (serves 4)

- 4 large bell peppers (any colour), tops cut off and seeds removed
- 1 cup cooked **quinoa**
- 1/2 can (400g) **black beans**, drained and rinsed
- 1/2 cup **sweetcorn** (fresh, frozen or canned-drained)
- 1 cup **cherry tomatoes**, chopped (or 1 can no-salt-added diced tomatoes, drained)
- 1 tbsp **olive oil**
- 1 tsp **ground cumin**
- 1 tsp **smoked paprika**
- Optional: chopped fresh coriander or parsley for garnish
- Optional: a squeeze of lime juice for brightness

Directions

1. Preheat your air fryer to 180°C (356°F) for 3–5 minutes.
2. Prepare the filling:
3. In a pan, heat olive oil and sauté tomatoes with cumin and paprika for 2–3 minutes.
4. Stir in cooked quinoa, black beans and sweetcorn. Mix well and heat through.
5. Stuff the peppers:
6. Fill each pepper with the quinoa mixture.
7. If your air fryer is small, cook in batches—don't overcrowd.
8. Cook:
9. Place stuffed peppers upright in the air fryer basket.
10. Air fry at 180°C (356°F) for 12–15 minutes.
11. Check for doneness: peppers should be tender and slightly charred on the edges.
12. Serve:
13. Garnish with herbs and a squeeze of lime.

Alternatives

Why not try some different stuffings like, courgette, mushrooms and carrots?

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