



Greek GEMISTA

STUFFED VEGETABLES

TOMATES ET POIVRONS FARCIS

A traditional Greek dish of fresh vegetables stuffed with a flavorful rice and meat sauce filling, baked with potato wedges in a rich tomato sauce. Simple ingredients, authentic Mediterranean flavors.



AUTHENTIC
GREEK
TRADITION



SERVINGS
6



PREP TIME
30 MIN



COOK TIME
1 HR 50 MIN



COOK TEMP
350°C / 375°F



TOTAL TIME
2 HR 20 MIN

INGREDIENTS

VEGETABLES

- Large tomatoes (ripe) 4
- Bell peppers (any color) 4
- Potatoes (wedges) 1 kg
- Olive oil (for potatoes) 30 ml
- Salt 5 g
- Dried oregano 2 g
- Black pepper 1 g

FILLING

- **Philemm's Meat Sauce** 750 g
- Short-grain rice 250 g
- Fresh parsley, chopped 30 g
- Fresh dill, chopped 15 g
- Fresh mint, chopped 10 g
- Feta cheese, crumbled (optional) 100 g

BAKING SAUCE

- Tomato sauce (passata) 250 ml
- Water or vegetable broth 250 ml
- Olive oil 15 ml
- Dried oregano 2 g
- Salt 5 g
- Black pepper 1 g



STEP-BY-STEP

1



Preheat oven to 350°C / 375°F. Cut the tops off the tomatoes and peppers. Carefully scoop out the insides and set aside (the tomato flesh will be used in the baking sauce).

2



In a large bowl, combine Philemm's Meat Sauce with the uncooked rice. Add the chopped parsley, dill, mint and feta (if using). Mix well.

3



Fill the tomatoes and peppers with the rice and meat sauce mixture. Place their tops back on.

4



In a bowl, toss the potato wedges with olive oil, salt, oregano and pepper. Arrange the potatoes around the stuffed vegetables in a large baking dish.

5



In a bowl, combine the tomato sauce, water (or broth), olive oil, oregano, salt, pepper and the reserved tomato flesh (chopped). Mix well.

6



Pour the sauce over the vegetables and potatoes. Cover tightly with foil and bake for 1 hour.

7



Remove the foil, increase the temperature to 375°F (190°C) and continue baking for 30 minutes, or until the vegetables and potatoes are tender and nicely browned.

NUTRITION FACTS

Per serving (1 stuffed tomato or pepper with potatoes, approx. 350 g)

Calories	420
Protein	12 g
Fat	18 g
Saturated Fat	5 g
Carbohydrates	54 g
Fiber	5 g
Sugars	9 g
Sodium	620 mg

CHEF'S TIP



Use ripe, firm vegetables of similar size so they cook evenly. Don't overpack the filling — the rice will expand. For extra flavor, drizzle with a little olive oil and fresh herbs before serving.

FASTER PREPARATION TIP



Save time by using **Philemm's homemade Meat Sauce**. Simply add the uncooked rice and fresh herbs to the sauce — no need to sauté onions, garlic or make a separate sauce. It gives you the same rich, authentic flavor in a fraction of the time.

SERVING SUGGESTION



Serve warm with a Greek salad, tzatziki and crusty bread. A drizzle of extra-virgin olive oil and a squeeze of fresh lemon completes the dish.



SIMPLE
INGREDIENTS



RICH FLAVOR
MADE EASY



AUTHENTIC
GREEK RECIPE

