

STUFFED SWEET PEPPERS WITH TOFU AND VEGETARIAN MINCE.



USED BRESC PRODUCTS



Chopped shallot 1000g



Garlic chopped 1000g



Garlic chopped 450g



Ginger puree 450g



Green & red chilli WOK
450g



Lemongrass puree 450g

INGREDIENTS

4

- 4 sweet peppers
- 300 g vegetarian mince
- 1 egg
- 0.5 dl coconut milk
- 30 g Bresc Shallot chopped
- 20 g Bresc WOKchilli
- 2 tomatoes
- 10 g Bresc Lemongrass puree
- 10 g Bresc Ginger puree
- 10 g Bresc Garlic chopped
- 20 g Thai yellow curry
- 150 g tofu
- 2 stalks spring onion 2 g Thai basil, chopped
- 5 g chives, chopped
- 10 g coriander, chopped
- oil for frying
- rice
- chilli sauce

PREPARATION METHOD

Preheat the oven. Cut the top off the sweet peppers and scoop out the centres. Cut the tomatoes into quarters and remove the seeds. Dice. Cut the spring onion into rings and pak tofu into small cubes. Fry them with the shallot, red chilli, ginger and the lemongrass in a dash of oil. Add the tomato. Stir in the mince and the egg, coconut milk and the herbs. Stuff the sweet peppers with the mixture. Bake the peppers at 180 degrees for 20 to 30 minutes until they are tender. Serve with rice and chilli sauce.

BRESC



Thai yellow curry 450g