



Stuffed Sweet Pepper

For 6 persons

Cooking time: When temperature reaches 90°C

Ingredients :

Stuffing:

- 500g Chopped Beef
- 2 Eggs
- 2 Tablespoons Breadcrumbs
- 2 Chopped Garlic Cloves
- ½ Chopped Onion
- 2 Tablespoons Of Fresh Parsley
- Fine Herbs*
- Salt And Pepper

Sauce :

- 3 Fresh Tomatoes or a Can Of 796ml Tomatoes Drip
- 2 Chopped Garlic Cloves
- Parsley
- 1 Teaspoon Of Honey
- Salt And Pepper

Sweet Pepper :

- 3 Sweet Peppers Sliced In 2

Preparation :

Stuffing:

Put all the ingredients in a bowl, mix well and stuff the sweet pepper cavity.

Sauce :

Mix all the ingredients sauce in a bowl.

Cooking:

Put the stuffed sweet pepper and the sauce in a *CromoTanium* frying pan. Cover and put on medium heat. When temperature reaches 40°C, put temperature at medium/low and keep cooking till temperature reaches 90°C.

Serve basmati rice.

Fine herbs : Chives