



Red Pepper stuffed with meat

Ingredients:

Red Pepper

1

Salt and Pepper

to taste

Ground meat (lean)

250 gr.

Finely chopped dehydrated garlic and parsley (provenzal)

1 spoonful

Cumin

1 teaspoon

Chopped onion

½ unit

Scallion

1 coffee cup

Corn starch

½ coffeespoon

Egg

1

Mozzarella

2 slices

Chopped parsley

to taste

Procedure:

Cut the red pepper into two halves lengthwise. Remove seeds and veins. Add salt and pepper and place each half in each cavity of the MultiCocción. Put the lid and microwave for 2 minutes on high. Mix the ground meat with the provenzal, the cumin, the onion, the scallion the corn starch, the egg and salt and pepper. Stuff the already microwaved halves with the ground meat and microwave for 3 ½ minutes on high. Then add the mozzarella and microwave au gratin for 1 minute. Sprinkle chopped parsley on top of them.

