



# Asian-Twist Stuffed Peppers

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 500g ground meats (beef, pork, chicken)
- a handful of quartered cherry tomatoes
- bell peppers
- diced onions
- minced garlic
- bread crumbs(I used panko since it was handy) - half the amount of the meat
- 1 egg
- cumin
- coriander
- salt and pepper
- soy sauce
- a splash of sesame oil

## Instructions

1. Sweat the onions and garlic. Add the tomatoes until the juices come out.
  2. Preheat the oven to 180 C (about 375 F I think).
  3. In a large bowl add the meat with the rest of the ingredients except for the peppers. Mix it up with your hands or a spoon. Add more bread crumbs if the mixture seems too wet.
  4. Slice open the tops of the peppers and take out the seeds. Stuff the meat inside the peppers.
  5. Place in the oven. If you can't get the peppers to sit right put them in a muffin tin
-

---

with foil or prop them up with toothpicks around the sides that have been pre-soaked in water. Cook around 15-20 minutes or until brown throughout.