



Tofu stuffed peppers

NIBBLEDISH CONTRIBUTOR

Ingredients

- 6 peppers, cut in halves, deseeded
- 1 package of silken tofu
- 1 carrot, peeled and grinded
- 3 dried shitake mushrooms, dehydrated, minced
- 1 spoon of soy sauce
- 1 spoon of sesame oil
- dash of black pepper
- 1 egg
- 2 spoons of oil

Instructions

1. Mashed tofu, add carrot, soy sauce, sesame oil, mushrooms, black pepper and egg, mixed well
2. Stuffed each pepper half
3. Heat oil in frying pan, fry till golden brown