

## STUFFED SWEET PEPPERS WITH TOFU AND VEGETARIAN MINCE.



### USED BRESC PRODUCTS



Bresc Chopped shallot  
1000g



Bresc Garlic chopped  
1000g



Bresc Garlic chopped  
450g



Bresc Green & red chilli  
WOK 450g



Bresc Lemongrass puree  
450g



Bresc Thai yellow curry  
450g

### INGREDIENTS

10

- 10 sweet peppers
- 750 g vegetarian mince
- 3 egg
- 2 dl coconut milk
- 75 g Bresc Shallot chopped
- 50 g Bresc WOKchilli
- 5 tomatoes
- 25 g Bresc Lemongrass puree
- 25 g Bresc Ginger puree
- 25 g Bresc Garlic chopped
- 50 g Thai yellow curry
- 375 g tofu
- 5 stalks spring onion
- 25 g Thai basil, chopped
- 13 g chives, chopped
- 25 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



Ginger puree 450g