



PROTEIN PEPPERS

By Mr Colchester and Miss Ormes



INGREDIENTS

- mixed peppers
- tin of chopped tomatoes
- mushrooms (chopped)
- turkey mince
- cumin/turmeric/paprika
- garlic
- red onion
- tomato puree
- mozzarella
- stock cube

PREP TIME

- Prep | 5 m
- Cook | 20 m
- Ready in | 25 m

PROCEDURE

- 01** Deseed the peppers, chop them in half and roast in the oven with some oil for about 15 mins.
- 02** Fry the turkey mince, chopped onions and mushrooms in a pan for 2-3 mins until cooked.
- 03** Once cooked, season the mince with garlic and other spices, and then add in the chopped tomatoes. Crumble a stock cube on top.
- 04** Take the peppers out of the oven and spoon the turkey mixture in to each one.
- 05** Top each pepper with mozzarella and put the peppers back in oven until the mozzarella has melted.