Quinoa-stuffed sweet peppers

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Resting time	10 Mins
Cooking time	40 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

150 g quinoa

3 g salt

300 ml water

Wash the quinoa in a sieve under running water. Drain the quinoa well. Place the quinoa, water and salt in the cooking tray and then put it on the wire shelf in the cold cooking space. Cook.

Steaming 100 °C for 20 Mins

Take the quinoa out of cooking space and leave to swell for 10 minutes.

4 sweet peppers, mixed colours

1 tomato, about 100 g

50 g olives, black, pitted

100 g peas, green, frozen

20 g olive oil

Chives

Parsley

75 g crème fraîche

1 shallot

Chilli flakes

Salt

Pepper

Appliance preheating

(Pre-)heat cooking space to 200 °C with Hot air humid

Defrost the peas. Cut off the top of the sweet peppers and remove the core and seeds. Deseed the tomato. Cut the tops of the sweet peppers and the tomato into cubes. Coarsely chop the olives. Finely chop the shallot, parsley and chives.

Combine all the ingredients for the filling, mix with the cooked quinoa and season to taste.

40 g Sbrinz cheese, grated

Stuff the hollowed-out sweet peppers with the quinoa filling and sprinkle over the Sbrinz. Place the stuffed sweet peppers on the round baking tray, then put it on to the wire shelf in the preheated cooking space. Bake.

Put the food in

Hot air humid 200 °C for 20 Mins

75 g crème fraîche

Serve the baked peppers with the crème fraîche

אביזרים

Porcelain dish ⅓ GN

Wire shelf

Round TopClean baking tray, ø24 cm

מידע נוסף

הופק ביום	11.12.2019