



Quinoa-stuffed sweet peppers

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制备过程	45 分钟
等待时间	10 分钟
烘烤的时间：烘烤时间取决于机器	40 分钟
份数	4
电器	Comhair-Steam SE 自 2015 年

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.

在蒸汽期间为 **100 20** 分钟°C

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

电器预加热

将发酵桶预加热，湿热风，到 **200°C**

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.

放入食物

在 湿热风 期间为 **200 20** 分钟°C

75 g crème fraîche

Serve the baked peppers with the crème fraîche

配件

Porcelain dish ⅓ GN

Wire shelf

Round TopClean baking tray, ø24 cm

附加信息

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