

Stuffed Bell Peppers



This delicious vegan dish is suitable for everyone.

Serves: 10

Profitability:

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Ingredients:

10 mixed bell peppers

4 medium sized potatoes

1 cup edamame beans

1 cup paneer cheese, grated

1 tsp cumin seeds

1 tsp carom seeds

2 tsp fennel seeds

1 tbsp ginger, chopped

½ cup coriander stems, chopped

1½ tsp red chilli powder

1½ tsp dry mango powder

To taste salt

½ lemon, juiced

Oil

Steps:

Boil the potatoes, take their skin off and let them cool down before mashing them

Blanch the edamame beans

In a frying pan, add a bit of oil. Once hot, add the cumin seeds, ginger, carom seeds, fennel seeds and coriander. Add the chilli powder, potatoes, paneer, edamame beans and salt. Remove from heat, pour over the lemon juice, mix and season the stuffing

Cut the peppers from the stem end, deseed and fill with the stuffing

Cook over a BBQ turning frequently and sprinkling a bit of oil over. Make sure they are cooked evenly all over and serve hot