Italian inspired stuffed peppers

BODY TRANSFORMATION CENTRE

2 large bell-peppers (any colour)
5g butter or cooking fat of your choice
1 small onion, finely diced
100g mushrooms, roughly chopped
30g tomato purée
½ tsp dried Italian herbs
a pinch of salt and pepper
4 eggs
30g grated Cheddar (use dairy free if preferred)

SERVES 2

Preheat the oven to 200˚C/400˚F.

Cut the peppers down the middle (lengthways). Remove the pith and seeds and discard. Place the peppers (skin side down) in an ovenproof dish.

Melt the butter in a frying pan over a medium heat. Add the onion and mushrooms. Fry gently for 5 minutes, stirring regularly.

Add the tomato purée, salt, pepper and Italian herbs. Cook for 2 minutes, stirring. Spoon the mixture into each of the pepper halves.

Make a small well in the mixture. Carefully crack one egg into each well, ensuring that the egg doesn't overrun.

Sprinkle the cheese over the egg. Bake for 20 minutes.

Consume immediately.

PER SERVING:
322 Calories
19g Carbs
21g Protein
18g Fat