

Chili salmon pepper



6 servings



30 minutes

INGREDIENTS

Atlantic salmon in oil with chili flavor

Chopped onions

Fresh parsley

Feta cheese

Quinoa

Dried oregano

Belt pepper

Salt

Pepper



DIRECTIONS

1. Preheat the oven to 190°C.
2. Slice off the tops of the bell peppers and remove the seeds and membranes.
3. In a large mixing bowl, salmon in oil with chili flavor, cooked quinoa, diced red onion, chopped parsley, feta cheese, dried oregano, salt, and pepper. Mix well to combine all the ingredients.
4. Stuff each bell pepper with the salmon and quinoa mixture.
5. Bake in oven for about 25-30 minutes, or until the peppers are tender. Taste!

