

# Stuffed Peppers

Serves 1  
(For more, just double  
or triple the recipe!)

Difficulty: 2/3



## ingredients

- 1 pepper
- 1 egg
- 20g cheddar cheese, grated
- 1 tomato
- 20g ham
- 80-100g cannellini beans, drained
- A pinch of salt and pepper

## directions

1. Carefully cut the top of the pepper off and remove the middle and the seeds.
2. Cut up the ham and tomato into small chunks.
3. In a cup, beat the egg and then mix in the tomato, ham and majority of the cheese.
4. In a bowl, mash the cannellini beans and mix with the other ingredients.
5. Add the salt and pepper.
6. Spoon the mixture into the pepper and sprinkle the remaining cheese on top.
7. Bake in a preheated oven at 180°C for 20 minutes.