

Turkey and Basil stuffed banana peppers Serves 2

If you're wanting a high protein meal, this ones for you! Inspired by our Stuffed banana peppers recipe, this had a seasonal twist added. I had loads of basil in the garden and made a batch of basil pesto, with loads of fresh basil still left i opted to adapt an old recipe, the outcome was fabulous! Feel free to try tweaking it with your own fresh seasonal produce.

Ingredients

- 6 - 8 Large Banana peppers.
- 500g Steggles turkey mince.
- 4 large tomatoes, sliced.
- 1/2 cup of salsa.
- 100g Ricotta cheese.
- 1 Small brown onion.
- 2 cloves of Garlic (finely chopped).
- 1 tsp oregano
- 1/3 cup of fresh basil.
- 1 tbsp basil pesto.

1. Brown garlic and onion, add mince. Sauté until lightly browned.
2. Add the remaining ingredients and simmer for about 10 mins or until reduced.
3. Meanwhile prepare your peppers for stuffing by cutting of the tops and removing any seeds. Stuff peppers with mince mixture, a chopstick is a great utensil which can help to push the mixture down into the pepper. Take your time and be gentle.
4. Arrange stuffed pepper on to a baking dish, cover with sliced tomatoes, add 1/2 cup of water to pan, sprinkle with salt and pepper and cover.
5. Bake for about 45min-1hr in a moderate to high oven, uncovering for the last 10 minutes of cooking, allowing for a little reduction and browning.

Tips

This recipe could easily be adapted to serve 4, For lighter versions, just add a side salad or a serve of vegetables to bulk up the meal. Other options which could work well are steamed rice, cous cous, or mashed potato.

Nutritional Value (Per serve) (approx.)

Prep 25min Cook 45-50min

Cal 549 Kj 2297

Carbs 22.7g

Fats 23g

Protein 64.3g