

Stuffed Baby Peppers

ピーマンの肉詰め

● Ingredients (servings 2)

1 lb. Ground Chicken

12 Mini Peppers

$\frac{1}{4}$ Onion

$\frac{1}{4}$ Carrot

1 tsp. Grated Ginger

$\frac{1}{4}$ tsp. Salt

$\frac{1}{4}$ tsp. Black Pepper

1 Tbsp. Vegetable Oil

1 Tbsp. Flour, plus more for dusting the peppers

● Filling



Chop $\frac{1}{4}$ peeled onion and $\frac{1}{4}$ peeled carrot finely.

In a mixing bowl, combine the following

$\frac{1}{2}$ lb. of ground chicken

1 tsp. of grated ginger

$\frac{1}{4}$ tsp. of salt

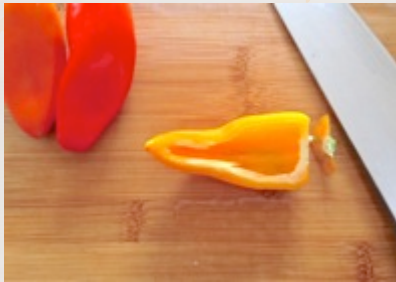
$\frac{1}{4}$ tsp. of black pepper

1 Tbsp. of flour

Squish everything together using your hand until it is well combined.

Set aside.

● Prepare Mini Pepper



Cut mini peppers in half and cut the hull off. Take the seed out and wash inside.



Dust the inside with flour.

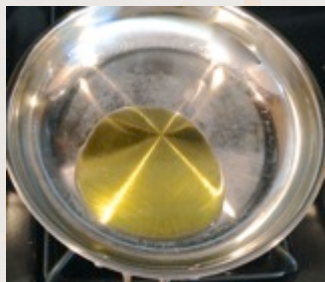
● Stuff



Stuff the filling into the dusted peppers with a butter knife.



● Cook



Heat 1 Tbsp. of vegetable oil in a pan.



Place the peppers in the pan meat side down and cook for 2 minutes over medium heat.



Flip the peppers and turn the heat down to low heat.
Put a lid on the pan and cook for 5 minutes.

You can serve with any sauce you like, such as ketchup, soy sauce and so on. This dish has great flavor even without sauce. Enjoy!!

