



Roasted Peppers with Mozzarella Chili and Pine Nuts

10'
Hands on

15'
Cook Time

4
Portion(s)

1
Difficulty



Method

- Mix all the ingredients for the dressing in a bowl and set aside.
- **Cut** the peppers in half, remove the seeds and brush each piece with some olive oil.
- Place the cut side down, onto a **baking pan**. Grill in the oven for 5 minutes until the edges start to burn and the peppers soften.
- Cut each mozzarella into 3 slices.
- Turn the peppers over and place a slice of mozzarella onto each.
- Return pan to oven and bake for 5-10 minutes more, until the cheese melts and the peppers are completely cooked.
- Drizzle with dressing and **serve**.

Tip

Sprinkle with toasted pine nuts to serve!

Ingredients

- 2 red bell peppers
- 1 yellow bell pepper
- 1 tablespoon(s) olive oil
- 300 g mozzarella

For the dressing

- juice, of 1 lemon
- 1 clove of garlic, crushed
- 1 chili pepper, finely chopped
- 2 tablespoon(s) pine nuts, toasted
- 1/2 bunch parsley, finely chopped
- 3 tablespoon(s) olive oil
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

379 Calories (kcal)	32.0 Total Fat (g)	12.0 Saturated Fat (g)	5.9 Total Carbs (g)
19%	46%	60%	2%
5.5 Sugars (g)	16.0 Protein (g)	3.1 Fibre (g)	0.99 Sodium (g)
6%	32%	12%	17%