



INDIAN STUFFED PEPPERS

Ingredients:

- 5 tablespoons Mama Dor's Onion Bhaji Spice Blend
- 200g sweet mini peppers
- 2-3 green chillies
- 2 tablespoons extra virgin olive oil
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 2-3 tablespoons natural yoghurt

Method:

Add the Onion Bhaji blend to a bowl and mix with enough yoghurt to form a thick batter. Set aside.

Slit the peppers down the middle lengthways, being careful not to cut all the way through. Using your fingers, stuff each pepper with the batter mix, and set aside. Slit the chillies in two lengthways, and add them to the peppers.

In a deep frying pan, add the oil with the cumin & mustard seeds. On a high heat, warm the oil until the seeds start to pop. Turn the heat down a little, and add the peppers gently one by one (batter side up), plus the chillies. Cover and leave to cook on a medium high heat for about 10 minutes before turning the peppers over and leaving them to cook on the other side. Serve warm or cold as a delicious side dish.