

Serves one person

Stuffed Bell Pepper with Shrimp

7 oz shrimp, cooked and chopped
1 cup vegetable stew (ratatouille style)
1 bell pepper
4 tbsp white onion, chopped
2 tbsp saffron dressing
Sea salt & pepper to taste

In a small sized bowl, mix the onions, shrimp, vegetable stew, saffron dressing, salt and pepper; set aside. Now, cut the bottom and the top of the bell pepper and remove its seeds and membranes.

Lastly, on a plate, stuff the bell pepper with the mixture. Ready to serve!

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LOWFAT
LOW
CARB