

## Recipe

### Bharli Mirchi (Stuffed bell-peppers)

## By

Dipti Naik



One of the many versions of stuffed bell peppers. This one is from my mother's kitchen. You can experiment with different kinds of mild peppers like I did with Anaheim peppers too

## Ingredients

- Small Bell Peppers – 3
- Cumin powder – 1 tsp
- Red Chili powder – 2 tsp
- Coriander powder – 1 tsp
- Garam masala – 1/4 tsp
- Amchur (dry mango powder) – 1/2 tsp
- Salt – to taste
- Sugar – 2 tsp
- Crushed Peanuts – 1 cup
- Oil for frying – 2-3 tblspn

## Preparation

1. Wash the bell peppers and dry them thoroughly. Make a vertical slit in each bell pepper and keep aside.
2. To make the peanut filling add all the remaining ingredients in a bowl and mix well.
3. Carefully stuff the peppers with peanut filling without tearing the peppers. You can refrigerate the peppers at this stage in a Ziploc bag for up to 2 days.
4. Heat oil in a vessel. When sufficiently hot add the stuffed peppers and cover the vessel with a lid. This helps cook the peppers faster and also retain the oil and spluttering it from the vessel. Keep turning the peppers so that all sides are cooked properly. When done, turn off the heat and serve with hot chapattis.

## Serves

2-3

[www.iskcondesiretree.com](http://www.iskcondesiretree.com)

Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare