

Recipe

Stuffed Capsicums

By

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Ingredients

- Capsicums - 12 medium sized
- Potatoes - 3 medium sized
- Green chilies - 3
- Ginger - 1 inch piece
- Fresh coriander leaves - a few sprigs
- Cottage cheese (paneer) - 200 gms
- Cashew nuts - 10-12

- Raisins - 12-15
- Dry mango powder (amchur) - 2 tsp
- Red chili powder - 1 ½ tsp
- Cumin powder - 1 tsp
- Garam masala powder - 1 tsp
- Salt - to taste
- Oil - 2 tbsp
- Cheese (grated) - ½ cup

Preparation

1. Wash capsicums, slice off thinly from the top and remove seeds to make it hollow.
2. Similarly slice off thinly from the bottom so that capsicums stand steady when placed on a baking tray.
3. Wash, boil, cool, peel and mash potatoes.
4. Remove stems, wash and chop green chilies. Peel, wash and chop ginger.
5. Clean, wash and finely chop coriander leaves.
6. Mix well potatoes, paneer, cashew nuts, raisins, amchur, red chili powder, cumin powder, garam masala powder, coriander leaves and salt. Keep aside.
7. Preheat oven to 225 C.
8. Heat oil in a pan. Add ginger and green chilies.
9. Mix in potato mixture and continue to cook for two minutes.
10. Divide this mixture evenly into twelve portions and stuff into the prepared capsicum shells.
11. Sprinkle cheese and place on baking tray.
12. Bake capsicums at 225 C for fifteen minutes. Serve immediately.

Serves

5-6 Persons

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