



*Elvea, festa all'italiana*

## Chicken and parmesan stuffed peppers



### Ingredients for Persons

4 large	red bell peppers
2 tablespoons	vegetal oil
1	onion
2 tablespoons	garlic
2	chicken filets, diced
1 little pot	Elvea Tradizionale pasta sauce
100 g	grated cheese
	black pepper
	salt

### Preparation

1. Preheat the oven to 190°C. Cut off the tips of the bell peppers and keep them aside for later. Then remove the seeds from the peppers.
2. Heat up the oil in a frying pan on a medium high heat. Fry the diced onion until it is translucent and slightly brown. Then add the crushed garlic and shortly fry it off. Pour the mixture into a bowl and set aside.
3. Dice the chicken filet and season with salt and pepper. Add the diced chicken, the jar of Elvea Tradizionale pasta sauce, the cheese and the black pepper to the onion mixture.
4. Spoon the mixture into the bell peppers and cover with the cut-off tips. Grease your baking tin and arrange the stuffed peppers into it.
5. Bake for 40 minutes until the peppers are soft.

