

healthy body



healthy mind

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Mexican Turkey Stuffed Peppers

Spice blend

2 tsp of paprika
3/4 tsp BBQ of fajita seasoning
Cracked black pepper
1 clove of garlic

Other Ingredients

1 packet of turkey mince
1 carrot
1 onion
1 tin of chopped tomatoes
1 courgette (finely diced)
5 mushrooms (finely diced)
3 Mixed peppers

Method

Soften the onions and carrots in a pan with a drizzle of olive oil. Add the turkey mince and spice blend. Cook for around 5 minutes on a medium heat before adding the courgettes, mushrooms and chopped tomatoes, start to simmer then cover and cook for a further 5 minutes.

Cut peppers in half (up the middle) and fill with the mince mix.

Cook in a pre-heated oven at 200c for a further 15/18mins.