

Stuffed peppers *(Side dishes)*



Preparation

Roast your peppers so as to peel them off easily, throw away the seeds and stuff with a mixture made up of anchovies, capers, black olives and diced eggplants previously sautéed in a saucepan. Once stuffed, cook them on a medium heat for 10 minutes. In the end, sprinkle them with breadcrumbs.

Tips

Defend your pepper plant from insects in a natural way: spray on it a nice blend of water and Marsiglia soap, and some copper too.

Trivia

The scientific latin name of peppers is "capsicum annum": they are rich in luteolin, which is a flavonoid that helps to prevent cancer and ageing in general. Luteolin is rich also in fennels and celery.

Information

Preparation 90 minutes

Total Time 60 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Bell peppers (4 yellow peppers)

Anchovies 50 grams (salted)

Capers 10 grams

Olives 20 grams (black)

Aubergine (2 long aubergines)