

# Baked Stuffed Peppers with Cottage Cheese Cream

Total time **35 mins**   **10 mins** preparation time   **25 mins** cooking time

## INGREDIENTS

**2 portion(s)**

- 2** large bell peppers, halved and cleaned
- 150 g** cottage cheese
- 1** egg
- 1** small onion, finely chopped
- 1** garlic clove, pressed
- 1** small carrot, grated
- 1** spring onion, finely chopped
- 1.5 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#)
- 0.5 tsp** sesame oil (optional)  
A pinch of dried chili or freshly ground pepper  
Optional sesame seeds for topping

## PREPARATION

### Step 1

Preheat the oven to 200°C.

### Step 2

**150 g** cottage cheese - **1** egg - **1** small onion, finely chopped - **1** garlic clove, pressed - **1** small carrot, grated - **1** spring onion, finely chopped - **1.5 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#) - **0.5 tsp** sesame oil (optional) - A pinch of dried chili or freshly ground pepper  
Blend the cottage cheese, egg, onion, and garlic until smooth. Add the grated carrot and spring onion. Stir in the soy sauce, sesame oil (if using), and a pinch of chili or pepper.

### Step 3

**2** large bell peppers, halved and cleaned - Optional sesame seeds for topping  
Cut the bell peppers in half and fill each half with the filling. Sprinkle with sesame seeds if desired. Bake in the oven for about 25 minutes, until golden and tender.

### Step 4

Serve as a light lunch or as a side dish with rice or noodles.