

Stuffed peppers with adzuki beans

Total time **45 mins** 10 mins preparation time 35 mins cooking time

Nutritional facts (per portion):
2,836 kJ / 678 kcal

Fat: **37.5 g** Protein: **25.5 g**
Carbohydrates: **51 g**

INGREDIENTS

2 portion(s)

2	green peppers
2	yellow peppers
1 tbsp	olive oil
1	small courgette
170 g	cherry tomatoes
300 g	cooked adzuki beans
50 g	cheddar cheese
1 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
2 tbsp	chopped chives
1 pinch	of pepper
1 tsp	dried oregano
1 tsp	ground coriander
Basil sauce:	
1 bunch	of fresh basil
3 tbsp	olive oil
1 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
1	clove of garlic, crushed

PREPARATION

Step 1

2 green peppers - **2** yellow peppers - **1 tbsp** olive oil - **1** small courgette - **170 g** cherry tomatoes
Preheat the oven to 200 °C. Cut the peppers in half lengthways and remove the seeds. Cut the courgette into approx. 1 cm pieces. Heat the olive oil in a pan and sauté the courgette for 2-3 minutes until soft. Add the cherry tomatoes and fry for a further minute.

Step 2

300 g cooked adzuki beans - **50 g** cheddar cheese - **1 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **2 tbsp** chopped chives - **1 pinch** of pepper - **1 tsp** dried oregano - **1 tsp** ground coriander

Mix the adzuki beans and sautéed vegetables in a bowl. Add the chopped chives, spices, and Kikkoman Ponzu Lemon sauce. Fill the peppers with the prepared stuffing, distributing it evenly in each pepper. Sprinkle the grated cheese on top. Bake in the preheated oven for 25-30 minutes until the peppers are soft and the filling is lightly browned.

Step 3

1 bunch of fresh basil - **3 tbsp** olive oil - **1 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1** clove of garlic, crushed

While the peppers are baking, prepare the basil sauce. Purée the basil, olive oil, Kikkoman Ponzu Lemon and crushed garlic in a blender or food processor until smooth. Drizzle the sauce over the baked peppers before serving.