KIKKOMAN

Stuffed peppers with rice and salted yoghurt

Total time **35 mins** **15 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,125 kJ / 269 kcal

Fat: **7.7 g** Protein: **8.5 g**
Carbohydrates: **42 g**

INGREDIENTS

6 portion(s)

400 g	cooked basmati rice
200 g	cooked chickpeas, drained
1	onion, finely chopped
3	garlic cloves, chopped
1 tsp	fresh ginger, peeled and chopped
0.25 tsp	ground cayenne pepper
1 tsp	ground cumin
1 tbsp	fresh thyme, chopped
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
6	medium or large red peppers
30 ml	olive oil
Yoghurt:	
300 g	natural yoghurt
1 tbsp	agave syrup
1	fresh lime, for juice
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	fresh coriander, chopped
0.5 tsp	fresh chilli, chopped
	Black pepper, to taste

PREPARATION

Step 1

400 g cooked basmati rice - **200 g** cooked chickpeas, drained - **1** onion, finely chopped - **3** garlic cloves, chopped - **1 tsp** fresh ginger, peeled and chopped - **0.25 tsp** ground cayenne pepper - **1 tsp** ground cumin - **1 tbsp** fresh thyme, chopped - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce
In a large bowl, combine the cooked rice, chickpeas, chopped onion, garlic and ginger. Add the cayenne pepper, cumin and thyme, then season with the Kikkoman Soy Sauce. Mix thoroughly so that the spices coat all the ingredients evenly.

Step 2

6 medium or large red peppers - **30 ml** olive oil
Slice the tops off the peppers and remove the seeds. Fill each pepper with the prepared stuffing from Step 1. Put the pepper tops back on. Arrange the peppers in an ovenproof dish. Drizzle with the olive oil. Bake in a preheated oven at 180 °C for 20 minutes.

Step 3

300 g natural yoghurt - **1 tbsp** agave syrup - **1** fresh lime, for juice - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** fresh coriander, chopped - **0.5 tsp** fresh chilli, chopped - Black pepper, to taste
In a bowl, mix the natural yoghurt with the agave syrup, lime juice, coriander and chilli, season to taste with the black pepper. Add the Kikkoman Soy Sauce and mix thoroughly. Serve the baked peppers with the spicy herbed yoghurt.