



# Stuffed Grilled Bell Peppers with Ground Meat

🕒 40–50 Min   

## Preparation

- 1 Peel and finely chop the onion. Mix the ground meat with onion, Kotányi Grill Barbecue mix, Kotányi Garlic, breadcrumbs, a good pinch of Kotányi Pepper and half the grated Gouda.
- 2 Rinse the bell peppers, cut them in half, remove the cores and season the inside with salt. Fill with the ground meat.
- 3 Prepare the long grain rice according to the instructions on the packaging.
- 4 Grill the halved bell peppers under indirect heat for around 20 minutes, keeping the grill door closed. After 10 minutes, sprinkle on the rest of the cheese.
- 5 Dish the stuffed bell peppers up with the long grain rice and serve. This dish can also be cooked in the oven: Bake them for around 25 minutes at 200°C (392°F) using the conventional oven setting. After 15 minutes, sprinkle on the rest of the cheese.

## Ingredients 4 Portions

🔥 = Kotányi Produkte

500 g	Mixed ground meat
1 piece	Yellow onion
50 g	Breadcrumbs
300 g	Long grain rice
100 g	Gouda, grated
4 piece	Bell peppers
2 tsp.	🔥 Grill Barbecue Spice Mix
0.5 tsp.	🔥 Garlic Granules
	🔥 Sea Salt, Coarse
	🔥 Pepper Black, Ground

