



Love the taste every time.

Tuna Stuffed Peppers

Serves 4

Prep time: 15 min

Cook time: 25 min

Time to table: 40 min

Ingredients

- 2 cans (85 g) Clover Leaf® Flaked Light Tuna Spicy Thai Chili or Spicy Peanut Satay
- 2 bell peppers (your choice of colour)
- 2 cloves shallot (minced)
- 1 clove garlic (minced)
- 1 cup each carrot and mushroom (finely diced)
- ½ red onion (diced)
- ½ cup crushed toasted nuts (almonds/pecan/walnut)
- salt and pepper to taste
- 2 tsp oil (preferably grapeseed oil)



Preparation

Wash and cut the bell peppers into halves, remove seeds and place in a pot of boiling water for 5 minutes. Remove and set aside to cool. Preheat oven to 350F. Heat oil at medium high, sauté shallots until slightly brown before adding garlic and sauté again for few minutes. Add carrot, onion, mushroom and sauté for 8-10 minutes before adding Clover Leaf® Flaked Light Tuna Spicy Thai Chili or Spicy Peanut Satay and crushed nuts. Season with salt and pepper to taste. Spoon stuffing into the peppers. Bake for 20-25 minutes until filling is slightly brown.

Nutrition Tidbit

“Clover Leaf® flavoured tuna is not only high in protein, low in saturated fat but also a source of omega-3. Loaded with Clover Leaf® Flaked Light Tuna, vegetables and nuts, this recipe is healthy and flavourful. Great for parties or enjoying on the summer patio. Good to serve with rice, noodles or toasted bread for a balanced meal.”

– Registered Dietitian Sosan Hua

烤吞拿魚釀辣椒

4 人份

準備時間：15 分鐘

烹調時間：25 分鐘

共需時間：40 分鐘

材料

- 2 罐(85 克) Clover Leaf® 香辣泰椒風味淡吞拿魚
或香辣花生沙嗲風味淡吞拿魚
- 2 隻 甜椒 (可選擇不同顏色)
- 2 瓣 紅蔥頭(切碎)
- 1 瓣 蒜頭(切碎)
- 各 1 杯 胡蘿蔔、蘑菇(切粒)
- ½ 個 紅洋蔥 (切粒)
- ½ 杯 烤碎果仁 (杏仁/山核桃/胡桃)
- 少許 鹽及胡椒粉
- 2 茶匙 油 (葡萄籽/胡桃/向日葵)

做法

洗淨甜椒，切半去籽，放入滾水滾 5 分鐘後，盛起待用。預熱烤箱至華氏 350 度。以中高火燒熱油，將紅蔥頭炒至淺金黃色，再下蒜頭，炒香。加入胡蘿蔔、洋蔥、蘑菇，炒 8-10 分鐘，加 Clover Leaf® 香辣泰椒風味淡吞拿魚或香辣花生沙嗲風味淡吞拿魚及碎果仁。用鹽及胡椒粉調味。餡料即成。將餡料釀進甜椒內。焗 20-25 分鐘至淺金黃色。

營養小知識

「Clover Leaf® 風味吞拿魚不但高蛋白質、低飽和脂肪，且蘊含奧米加 3。烤吞拿魚釀辣椒充滿 Clover Leaf® 淡吞拿魚，加上蔬菜、果仁，成為營養均衡，富蛋白質的食譜。適宜用作派對或夏日野餐食品，亦可配飯、麵，或者烤麵包。」

– 註冊營養師許楚珊