



WHERE PASSION MEETS THE PLATE

SWEET RED STUFFED BANANA PEPPERS

Roasted red banana peppers stuffed with a creamy feta and chili filling, finished with olive oil and balsamic glaze.



SERVINGS
2



PREP TIME
15 MIN



COOK TIME
15 MIN



DIFFICULTY
EASY

INGREDIENTS



1 red banana pepper



75 grams
crumbled feta



1 hot red chili pepper
(finely chopped)



Salt, to taste



Black pepper, to taste



Balsamic glaze,
for serving



Olive oil, for serving

PHIL'S NOTES

- Adjust the amount of hot chili pepper to your preferred spice level.
- Mash the feta and chili until smooth for a creamy filling.
- Use good quality balsamic glaze for the best flavour.
- Great as an appetizer, side dish or part of a Mediterranean spread.

STEP-BY-STEP

1



Broil the pepper

Preheat oven to 450°F (230°C). Place the red banana pepper on a baking sheet and broil until the skin is charred and blistered.

2



Steam the pepper

Place the hot pepper in a bowl and cover with plastic wrap to steam the skin.

3



Prepare the pepper

Remove most of the outer skin. Cut the top and carefully remove the seeds, keeping the pepper whole (do not split it).

4



Make the filling

In a bowl, mash the feta and hot red chili pepper with a fork to a smooth paste. Season with salt and black pepper.

5



Stuff and bake

Fill the pepper with the feta mixture. Bake at 450°F (230°C) for 5 minutes, until the feta melts.

6



Finish and serve

Transfer to a plate. Drizzle with olive oil and balsamic glaze. Serve warm.