



Spicy stuffed chillies

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 175 g shrimp raw minced
- ☐ 85 g water drained
- ☐ 450 g ground pork
- ☐ 2 tsp fish sauce
- ☐ 5 tsp sherry dry (or sherry)
- ☐ 2 tsp sesame oil
- ☐ 2 tbsp ginger fresh grated
- ☐ 1 spring onion finely chopped

- ☐ 16 to 2 chillies slit green red yellow quartered (if you can't find them, use and Romano peppers,)
- ☐ 2 tbsp vegetable oil
- ☐ 1 tbsp curry paste red
- ☐ 1 tbsp coconut sugar
- ☐ 1 tbsp fish sauce
- ☐ 400 g coconut milk canned

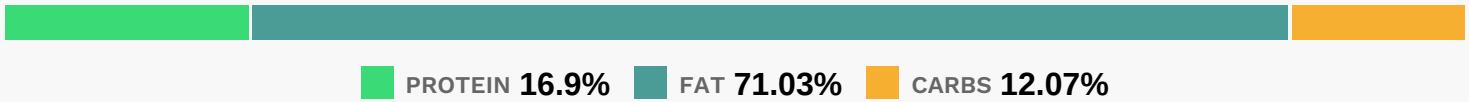
Equipment

- ☐ toothpicks

Directions

- ☐ Mix all the ingredients except the chillies to a loose paste. Slit open the chillies, take the seeds out using a teaspoon, then fill the centres with the mix. Pack it in tightly and seal each one with a toothpick.
- ☐ Make the sauce: heat the oil and add the curry paste. Reduce the heat and fry the paste gently until fragrant, about 2 mins.
- ☐ Add the sugar and the fish sauce, then increase the heat and cook for 5 mins, stirring all the time.
- ☐ Add the coconut milk and bring to the boil, then add 100ml water and stir well.
- ☐ Drop in the stuffed chillies and reduce the heat to a simmer. Cover and cook for 10 mins. Take from the heat and serve. Can be made up to a day ahead and gently reheated.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:14.950434549995%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 478.45kcal (23.92%), Fat: 38.15g (58.69%), Saturated Fat: 20.99g (131.16%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 8.97g (3.26%), Sugar: 8.07g (8.96%), Cholesterol: 100.96mg (33.65%), Sodium: 884.48mg (38.46%), Alcohol: 0.43g (100%), Alcohol %: 0.17% (100%), Protein: 20.42g (40.84%), Vitamin B1: 0.57mg (37.92%), Selenium: 23.07µg (32.96%), Manganese: 0.65mg (32.64%), Phosphorus: 262.97mg (26.3%), Fiber: 5.62g (22.47%), Vitamin C: 17.52mg (21.24%), Vitamin B3: 3.91mg (19.54%), Copper: 0.34mg (16.85%), Vitamin B6: 0.34mg (16.8%), Zinc: 2.52mg (16.8%), Magnesium: 59.84mg (14.96%), Potassium: 500.14mg (14.29%), Vitamin K: 12.77µg (12.16%), Iron: 2.06mg (11.47%), Vitamin B2: 0.18mg (10.71%), Vitamin B12: 0.55µg (9.15%), Vitamin A: 419.54IU (8.39%), Vitamin B5: 0.64mg (6.37%), Calcium: 48.1mg (4.81%), Folate: 18.55µg (4.64%), Vitamin E: 0.51mg (3.39%)