



Red Pepper stuffed with tuna (cholesterol reduced)

Ingredients:

Red Pepper

1 unit

Salt and Pepper

to taste

Flaked natural tuna

1 can

Finely chopped dehydrated garlic and parsley (provenzal)

1 spoonful

Chopped onion

½ unit

Paprika

1 spoonful

Chopped Scallion

1 coffee cup

Corn starch

½ coffeespoon

Egg White

1 unit

Procedure:

Cut the red pepper into two halves lengthwise. ,. Add salt and pepper and place each half in each cavity of the MultiCocción. Put the lid and microwave for 2 minutes on high.

Mix the tuna previously drained with provenzal, paprika, salt, pepper, chopped onion, chopped scallion, corn starch and the egg white.

Stuff the already microwaved halves with the tuna preparation and microwave for 3 minutes on high.

