



Stuffed Bell Pepper with Chicken and Mushrooms

Ingredients

- 1 L Milk
- 1 Sachet MAGGI® Bechamel Mix
- 8 Mediums Colored bell peppers
- 1 pinch Ground cinnamon
- 1.5 tsp Ground Black Pepper
- 0.5 tsp Paprika powder
- 4 Mediums Onions, sliced
- 500 g chicken breast, cut into strips
- 1 packet Mushrooms, chopped
- 2 tsp Olive Oil

Instruction

1. Marinate chicken, onions and mushroom with paprika, black pepper and cinnamon.
2. Stir fry over high heat for 5 minutes.
3. Mix MAGGI Bachamel with cold milk.
4. Stir over medium heat for 5 minutes.
5. Pour the rest of the Sauce over the bell pepper.
6. Roast in the oven (Temperature 200°C) for 20 minutes.

Nutrition

Carbohydrates	32.93 g
Energy	336.14 kcal
Fats	10.73 g
Protein	28.35 g

50 Minutes

6 Servings