



'S RECIPES

BELL PEPPERS STUFFED WITH SCALLOPED VEGETABLES by Bob the Chef

INGREDIENTS

Béchamel sauce ingredients

- 60 ml of butter
- 60 ml of flour
- 625 ml of milk
- Dash of ground nutmeg
- Salt and pepper to taste

Scalloped vegetables ingredients

- 6 to 8 bell peppers (any colour)
- 250 ml of carrots, diced
- 250 ml of yellow beets, cut in 1-cm cubes
- 250 ml of butternut squash, cut in 1-cm cubes
- About 10 Brussels sprouts, cut in four pieces
- 250 ml of small cauliflowers
- 250 ml of broccoli stalks, peeled and cut in half slices
- 250 ml of small broccoli florets
- 500 g of shredded cheese (I like a mix of cheddar and mozzarella)

INSTRUCTIONS

For the béchamel sauce

1. In a medium-sized pot, melt the butter over medium heat, then add the flour, whisking to combine (this will form a "roux").
2. Slowly pour the milk in the pot while continuing whisking.
3. Add the nutmeg once you've finished pouring the milk.
4. Season to taste with salt and pepper.
5. Set aside.



PREPARATION TIME: 20 minutes



BAKE: 35 minutes



SERVES: 6 à 8 poivrons



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For the scalloped vegetables

1. Slice off the top of each bell pepper and carefully scoop out the insides while avoiding cutting through the pepper.
2. Set aside the caps and pepper in a broil pan.
3. Pour some water in a large pot, add salt, bring to the boiling point and cook the carrots and beets for about a minute.
4. Leave the carrots and beets in the large pot, then add the butternut squash, the Brussels sprouts, the cauliflower and the broccoli stalks.
5. Let cook for another 2 minutes.
6. Remove the pot from the stove and drain, then splash some cold water on the vegetables before setting them aside in a bowl.
7. Add the broccoli florets and the béchamel sauce to the vegetables.
8. Stuff each bell pepper with the mix of béchamel sauce and vegetables.
9. Top with some shredded cheese.
10. Grill in an oven at 190 °C (375 °F) for 30 minutes
11. Serve immediately.

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