

# Stuffed Peppers



250g Plain Cottage Cheese  
Small bunch of Fresh Chives, chopped finely  
Small handful of Spinach leaves, chopped finely  
1 Ramiro/Romano Pepper, cut in half lengthways  
Black Pepper to Season

Serves 4

PER SERVING:  
206 Calories  
21g Carbs  
26g Protein  
2g Fat

Min the Cottage Cheese, chives and spinach into a large bowl together. Season with the Black Pepper.

Spoon the mixture into each half of your halved pepper.

Serve immediately with salad.

You can store any left over mix in a airtight container in the fridge for up to 3 days.

