



Air Fryer Stuffed Bell Peppers with Ground Meat and Tomato Sauce

Juicy bell peppers stuffed with spicy ground meat and ORO di Parma tomato purée with basil

Easy 4 Servings 30 min.



These air fryer stuffed peppers combine spicy sautéed ground meat with aromatic ORO di Parma tomatoes puréed with basil.🍴

The recipe is quick to prepare, easy to make, and is served with a fruity tomato sauce.

Ingredients

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4 large bell peppers (red or yellow)

300 g ground meat (beef or mixed)

700 ml ORO di Parma tomato puree with basil (glass bottle)

1 onion (about 80 g), finely diced

2 garlic cloves, minced

2 tbsp olive oil

50 g Parmesan, grated

1 tsp oregano

1 tsp salt

½ tsp pepper

Step 1: Prepare the bell peppers

Wash the bell peppers. Cut off the tops and remove the seeds and white membranes.

Step 2: Sauté the aromatic base

Heat the olive oil in a pan. Sauté the diced onion and garlic in it for 2–3 minutes, until translucent.

Step 3: Preparing Ground Meat

Add the ground meat and cook over medium-to-high heat until crumbly. Season with salt, pepper, and oregano.

Step 4: Stir in the tomato sauce

Add 200 ml of ORO di Parma tomato puree with basil to the ground meat mixture. Let everything simmer gently for 3–4 minutes.

Step 5: Stuffing Bell Peppers

Spread the ground meat mixture evenly over the prepared bell peppers. Then sprinkle with grated Parmesan.

Step 6: Cooking Stuffed Bell Peppers in an Air Fryer

Place the stuffed peppers in the air fryer and cook at 180 °C for about 12–15 minutes, until the peppers are tender and the Parmesan is golden brown.

Step 7: Serve with tomato sauce

Heat the remaining 500 ml of ORO di Parma tomato purée with basil and serve it as a sauce with the stuffed peppers.

Used products:



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www.rodiparma.de/en/italian-recipes