

Crab-Stuffed Bell Peppers

Delicious bell peppers filled with a savory crab mixture, baked to perfection. A seafood lover's delight!



Main Dish

40 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 bell pepper, 100g crab meat, 1/4 cup breadcrumbs, 1/4 cup grated Parmesan cheese, 1/4 cup chopped onion, 1 clove garlic (minced), 1 tablespoon olive oil, salt and pepper to taste

Steps

- 1 Preheat oven to 375°F (190°C).
- 2 Cut the top off the bell pepper and remove seeds.
- 3 In a bowl, mix crab meat, breadcrumbs, Parmesan, onion, garlic, olive oil, salt, and pepper.
- 4 Stuff the bell pepper with the crab mixture.
- 5 Place stuffed pepper in a baking dish and bake for 25-30 minutes.
- 6 Serve hot and enjoy!