



## CHICKENMEATBALLS IN ROASTED PEPPERS SAUCE

### INGREDIENTS

- 4 small units of peppers, sweet, red, raw (296 g)
- 200 grams of tomatoes, cherry, raw
- 2 units of shallots, raw (20 g)
- 1 unit of garlic, raw (10 g)
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 200 grams of couscous, plain, cooked
- 400 grams of tomatoes, red, ripe, canned, stewed (tinned tomato cubes)
- 20 grams of basil, fresh
- 1 whole tsp of spices, cumin seed (2 g)

### COOKING METHOD

- 1° heat up the oven on 200°
- 2° chop the peppers in 4 and cherry tomatoes in half put them on baking foil on the baking plate and put in the oven for 30'
- 3° mix the mince,
- 4° mix the mince,

### NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	62 kcal	3 %
PROTEIN	2 g	4 %
CARBOHYDRATE	11 g	4 %
SUGARS	3 g	3 %
FAT	2 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 %
FIBER	2 g	6 %
SODIUM	79 mg	3 %