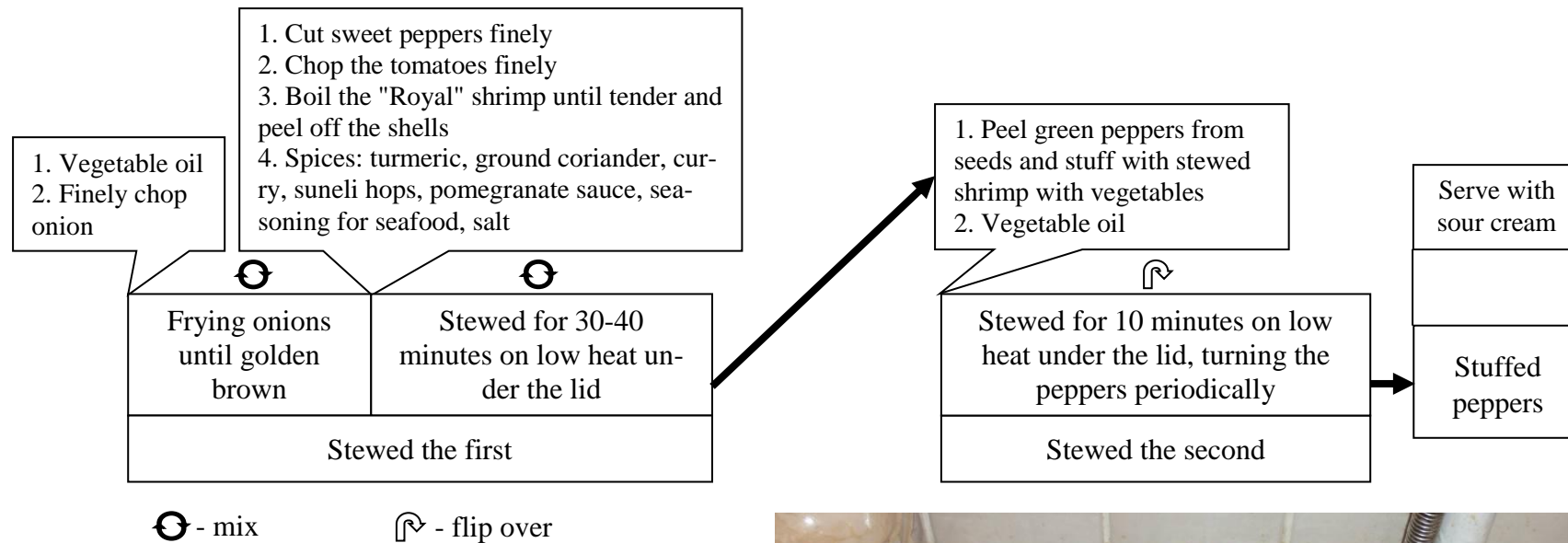


Green pepper stuffed with shrimp "Gifts of the sea" (khurs.ru - 2014)



1. Shrimp "Royal" boiled in shells – 0.9-1 kg
2. Carrots 1-2- pcs.
3. Onion – 6-8 pcs.
4. Tomatoes – 2-3 pcs.
5. Green pepper – 7-8 pcs.
6. Sweet red pepper – 1 pc.
7. Sweet yellow pepper – 1 pc.
8. Pomegranate sauce
9. Turmeric
10. Ground coriander
11. Curry
12. Hops-suneli
13. Seasoning for seafood
14. Vegetable oil
15. Salt



Green pepper stuffed with shrimp "Gifts of the sea"



1. Take the "Royal" shrimps boiled in a shell



2. Defrost and wash the "Royal" shrimps



3. Cook the "Royal" shrimps with salt and seasoning for seafood



4. Clean the "Royal" shrimps



5. Take carrots



6. Cut carrots finely



7. Take onions



8. Peel onions



9. Cut onion



10. Take tomatoes



11. Cut the tomatoes finely



12. Cut the celery stalk finely

Green pepper stuffed with shrimp "Gifts of the sea"



13. Take dill greens



14. Take cilantro greens



15. Chop the greens finely



16. Take the green pepper



17. We clean the green pepper from the seeds



18. We take spices



19. We measure salt



20. We measure the seasoning for seafood



21. Take pomegranate sauce



22. Take vegetable oil



23. Pour vegetable oil into a frying pan



24. Put onion in a frying pan, fry until golden brown

Green pepper stuffed with shrimp "Gifts of the sea"



25. Put the carrots in the pan



26. Put the sweet peppers in the pan



27. Put the tomatoes in the pan



28. Put the shrimp "Royal" in the pan



29. Cover the pan with a lid and simmer on low heat



30. Periodically mix the contents of the pan



31. Put the green pepper in the pan



32. Cover the pan with a lid and simmer on low heat



33. Stuff green peppers with shrimp and vegetables



34. Pour vegetable oil into a frying pan



35. We put the stuffed peppers in a frying pan



36. Simmer the stuffed peppers on low heat, turning over