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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