

Mouthfuls of sweet peppers stuffed with

12 piece

■ 2 large red sweet peppers, 0,33lb of caned tuna, 1 tablespoon of mayonnaise, 1 tablespoon of cream, some chopped basil sheets, 2 tablespoons of lemon juice, salt and black pepper.

■ Rinse sweet peppers, wipe and put them under the broil of your oven, or on the flame of gas to burn the skin on all the faces. Lock up them in a plastic bag, once cooled, leave sweet peppers, and remove the skin, the stalk and the seeds.

■ Cut them in stripes.

■ Crush tuna with mayonnaise, basil, cream, lemon juice, and salt if need be, and black pepper.

■ Spread the sweet pepper with this preparation, and roll them.

■ Reserve in the fridge.

