



# Noisy Mexican CHILLI POPPERS

cooking time: 30min

Naturally CHOLESTEROL FREE

serves  
2-4



## Ingredients

- 1 box of Fry's Meat Free Mince
- 100ml Oil
- 1 Red onion, finely chopped
- 1 tbsp. crushed Ginger and garlic
- 250g plain Cream cheese (or try Martinnaise Egg Free Gourmet Mayonnaise)
- 3 sprigs Thyme
- 20 large Jalapeño peppers
- 1 cup Flaxseed meal
- ½ cup Water
- 3 tsp. Margarine
- ½ cup Flour
- 1 cup dry Bread crumbs

Note:  
just add  
tequila!

## Method

Heat 30ml of oil in a medium sized pot and add onions and garlic and ginger. Fry until onions are golden brown and add Fry's Mince. Cook through, drain and allow to cool. Mix in cream cheese and thyme and set aside. Clean jalapeno peppers removing pips and spoon mixture into each jalapeno pepper and set aside.

In a bowl add flaxseed meal, water, margarine, flour and breadcrumbs and mix together. Gently roll each stuffed jalapeno peppers into the mixture, forming a layer around the peppers. Deep fry in 70ml of oil on high heat between 2-3 minutes, turning the peppers once and drain and allow to cool.

Ready to serve.

