

Stuffed peppers

Ingredients:-

2 peppers

50g couscous (add 75ml boiling water)

1 vegetable stock cube

1 clove garlic

1 red onion

2 tbsp fresh basil leaves

6-8 olives

6-8 cherry tomatoes

25g crumbled feta cheese



Container to take home in

1. Wash the peppers. Cut in half lengthways; leave the stalk on if you can. Scoop out the insides and remove seeds.
2. Place on a baking tray in a pre-heated oven 180 °C GAS 4 and bake for 10 minutes. Remove and leave to cool on a wire rack.
3. Meanwhile, make the couscous. Boil the kettle and carefully measure the boiling water in measuring jug, add the stock cube wait for the stock cube to dissolve. Put the couscous into a large bowl, pour over the stock and wait for it to soak up the liquid. Fork it through to loosen and separate the grains.
4. Prepare the vegetables for the filling. Finely chop the red onion, crush the garlic, shred the basil, and slice the tomatoes and olives into quarters. Add to the couscous. Mix well.
5. Fill the roasted pepper with couscous mix and then top with the crumbled feta cheese.
6. Take the filled veg home and place in a hot oven 180 °C GAS 4 for approx. 15 mins until the cheese melts.