

Cous Cous Stuffed Peppers



Ingredients list

Vegetarian Stuffed peppers:

- 2 bell peppers
- 1 Vegetable stock cube
- 80g uncooked couscous
- 1/4 teaspoon salt
- 1/4 teaspoon ground turmeric
- 1 tablespoon olive oil
- 1/2 medium onion
- 2 large cloves garlic
- 1/2 small courgette
- 2 teaspoons dried oregano
- 6 cherry/plum tomatoes
- 1 Handful fresh basil chopped (or dried)
- 100g feta cheese

Equipment list

For Stuffed Peppers:

- Sharp knife
- Brown chopping board
- Baking tray

For stuffed peppers...

1. Preheat the oven to 400 F. Grease a 9 x 13 inch baking pan with olive oil.
2. Cut the bell peppers in half lengthwise (from top to bottom). Remove the stems and seeds and place them cut-side up in the baking dish.
3. Bring the broth to a boil in a medium sauce pan. Remove the pan from the heat and stir in the couscous, salt, and turmeric. Cover with a lid and set aside for 10 minutes or until the water is fully absorbed. Remove the lid to cool.
4. Meanwhile, heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the chopped onion and cook until tender, about 3-4 minutes. Add the zucchini, garlic, and oregano and cook an additional 3-4 minutes., until softened and fragrant.
5. Stir in the black-eyed peas and tomatoes and cook another 2-3 minutes.
6. Fold in the couscous, feta and basil. Taste and add salt and pepper to taste.
7. Fill the pepper halves with the couscous mixture and cover the baking dish tightly with foil.
8. Bake in the preheated oven for 30-40 minutes. Remove the foil and bake for an additional 10-15 minutes until the peppers are tender and the filling is golden.
9. Sprinkle with extra feta and fresh basil before serving if desired.

