



Stuffed Peppers

INGREDIENTS

- 4 red peppers, halved
- Olive oil
- 15g butter
- 110g pack lemon and coriander couscous
- 125g pack mozzarella
- $\frac{1}{2}$ of a courgette, cherry tomatoes, pine nuts, olive (optional)

METHOD

1. Brush the peppers with a little olive oil. Place on a baking sheet or roasting tray, cut side down and grill under a medium heat for 5 mins. Turn and grill for a further 5 mins or until the peppers are tender but not collapsed.
2. Meanwhile, melt the butter in a pan and cook the courgette until golden. Add the couscous and cook for 1 min. Add 200ml boiling water, stir and remove from the heat. Cover and leave to stand for 5 mins.
3. Stir the tomatoes and pine nuts into the couscous and use this mixture to fill the peppers. Top each one with a slice of mozzarella.
4. Place the stuffed peppers under the grill for 2-3 mins until the mozzarella has melted.

Couscous makes an easy alternative to pasta. It is very similar, being tiny grains of durum wheat. It has little flavour itself, but soaks up the flavours of anything that is put with it. It originates from North Africa and has been a staple there possibly since the 11th century.