

Stuffed Peppers

Ingredients

80g couscous (dry)
1/2 tsp vegetable stock
1 fresh peppers
4 cherry tomatoes
1 spring onion
4 leaves of basil
Pinch of black pepper
3 tbsp grated cheese
50g cooked chicken (optional)

Equipment

Mixing bowl
Scales
Teaspoon
Tablespoon
Chopping board
Knife
Fork
Baking Tray

Method

1. Weigh out 160g of dry couscous into a bowl and add 1 tsp vegetable stock/bouillion.
2. Pour in enough boiling water to just cover the couscous (~150ml) and let it sit for around 10 minutes- once cooked fork through.
3. Chop up the cherry tomatoes, spring onion, cooked chicken and basil leaves and mix into the couscous with 1 tbsp of grated cheese and a pinch of black pepper.
4. Cut the pepper in half and remove the stalk and seeds.
5. Spoon the couscous mixture into the pepper halves and flatten it in so it fills the space.
6. Top the stuffed pepper halves with 1 tbsp grated cheese each and place on a baking tray.
7. Place the baking tray in a pre-heated oven at 180oC fan/ 200oC/Gas 6 and cook for 20 minutes, or until completely cooked through.
8. Use the leftover couscous as a side salad or to enjoy with another meal.