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## Couscous Stuffed Peppers



## Ingredients

6-8 Capsicum Peppers medium to large size  
1 medium onion  
200g dry couscous  
200g feta cheese  
1 tin chopped tomatoes  
1 clove of Garlic (crushed)  
300ml Hot water  
Balsmic Vinegar  
Salt  
Pepper  
Herbs to season

## Preparation

- 1 Preheat the oven to 220 degrees celcius
- 2 Cut the top off the capsicum peppers and remove the seeds
- 3 Place upside down on a wire rack over a baking tray in the oven for 20 mins, put the tops of the capsicum flat on a baking tray in the oven at the same time
- 4 Dice the onions and fry with the crushed garlic in a little oil and balsamic vinegar
- 5 Pour hot water over couscous and leave aside to soak for 5-8 minutes. You may need to add more water if it is absorbed very quickly
- 6 Add the cooked onions, chopped tomatoes, feta cheese and seasoning to the couscous and stir until evenly mixed
- 7 Remove the peppers and handling carefully fill them with the couscous mix
- 8 Place back on the tray (right side up) and bake for a further 10-15mins, until the dish is hot all the way through. To keep the peppers from falling over you can put them in a shallow cupped baking tray
- 9 To serve place the tops of the peppers back on after removing from the oven

## Cooks Note

Serves: 4