

Posted on 8 October 2013

by Nita Mistry

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 degress 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 frywith the crushed garlic in a little oil and balsamic vingar
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