

Becky Makes...

STUFFED PEPPERS

- 1 large Pepper (red, yellow or orange)
- 70g Couscous
- 65ml boiling Water
- 2 teaspoons (1 small pot) Pesto
- 1 large Tomato
- 1 large (or 2 small) Garlic Clove (optional)
- 50g grated cheddar/parmesan or sliced mozzarella cheese



Serves 2 as a side dish

Cook in the oven in a medium (approx. 1 litre) ovenproof dish

1. Oven on to 200°C (180°C fan), 400°F, Gas Mark 6
2. Cut the pepper in half, stem-to-base, then remove seeds and membrane and place each half, cut side up in the dish and cook in the oven for 10 mins
3. Meanwhile, pour the boiling water over the couscous, cover and leave to soak for 5 mins
4. Peel and crush the garlic. Slice the tomato (ideally 8 slices)
5. After the couscous has soaked for 5 minutes, stir in the pesto and garlic then mix well with a fork
6. After the pepper halves have cooked for 10 minutes, remove from the oven and layer the filling into them: ¼ of the filling in each, then 2 slices of tomato, the rest of the filling and the remainder of the tomato slices. Top with the cheese.
7. Cook in the oven for 20-25 minutes in the centre of the oven and serve hot as a light lunch or side dish for a main course

For a Demonstration of this recipe find me on YouTube:

[\(121\) Stuffed Peppers - YouTube](#)