



Cooking Made Easy

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## Stuffed Peppers with Herb Couscous

Introducing one of the stars of this evening's dish: couscous (\*pause for applause\*). OK, so we may all have had couscous before, but here at the Fresh Farm we like to get the lowdown on our ingredients. Couscous first cropped up in a 13<sup>th</sup> century Moroccan cookbook called 'The Cookbook of the Maghreb' and while the book itself never made it to number one on the Amazon reading list, couscous itself has been going strong ever since!

30 min

veggie



Leek



Mint



Courgette



Feta Cheese



Red Pepper



Green Pepper



Dried Oregano



Vegetable Stock Pot



Couscous




Pumpkin Seeds




Lime

## Ingredients

	2P	4P
Leek, chopped	1	2
Mint, chopped	1 tbsp	2 tbsp
Courgette, diced	2 cups	3 cups
Feta Cheese, crumbled <b>1</b>	3 tbsp	6 tbsp
Red Pepper	1	2
Green Pepper	1	2
Dried Oregano	½ tsp	1 tsp
Vegetable Stock Pot <b>2</b>	½	1
Couscous <b>3</b>	½ cup	1 cup
Pumpkin Seeds	2 tsp	1 tbsp
Lime	½	1

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Milk | **2)** Celery

**3)** Gluten

**Nutrition per serving:** Calories: 537 kcal | Protein: 20 g | Carbs: 85 g | Fat: 12 g | Saturated Fat: 7 g



**1** Pre-heat your oven to 200 degrees and boil a pot of water. Cut the leek in half lengthways, then cut each half lengthways again into three strips. Chop the leek into pieces a few cm long and chop up the mint leaves. Dice the courgette into 1cm cubes and crumble the feta.



**2** Remove the core from each pepper and slice them in half lengthways. Coat the peppers lightly in olive oil and a pinch of salt. Cook them in the oven for 8 mins to soften up.



**3** Heat 2 tsp of olive oil in a non-stick pan on high heat. Cook off the leeks with a pinch of salt and the oregano for around 4 mins. They are ready when they have gone soft and browned off a bit.

**4** In a bowl mix the cooked leek with the crumbled feta cheese.



**5** Add half the stock pot to 250ml of boiling water. Once it has dissolved add in the couscous. Cover the couscous with a lid and leave it to the side for 10 mins.

**6** Take the peppers out of the oven and let them cool down a bit. Stuff each pepper with the feta and leeks (don't worry if they spill over a bit). Put them back in the oven for 8-10 mins.

**7** Heat 2 tsp of olive oil in a non-stick pan on high heat. Cook off the diced courgette for about 4 mins until the pieces are nicely browned off.

**8** Fluff up your couscous using a fork and add the courgette to it. Mix in the chopped mint, pumpkin seeds and a squeeze of lime juice. Top the couscous with your peppers and get stuck in!