

EAT THEM TO DEFEAT THEM



Norse
Fresh Ideas Feeding Minds

Cous-Cous Stuffed Pepper

This vegetarian dish is taken from our Primary School recipe collection and is a fun way to cook and eat peppers!

Makes 4 Stuffed Halves

Ingredients

2 x	Peppers (any colour you wish)
40g	White Onion – diced
40g	Dried Cous-Cous
40g	Cooked Peas
40g	Sultanas
	Salt and Pepper
	Vegetable Oil
	Fresh Parsley - chopped

Method

1. Wash the peppers, cut in half and remove all of the seeds.
2. Lightly fry the onions in a little oil until they are soft.
3. Make up the cous-cous as per the packet instructions.
4. Mix together the onions, peas and sultanas with the cous-cous and season with a little salt.
5. Divide the cous-cous mixture equally between the pepper halves. Drizzle with a little oil and bake in the oven for 20 minutes on 190°C.
6. Sprinkle with the chopped parsley to decorate.



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