

## What to do:

**Step 1:** Bring salted water to a boil, add pasta and cook until tender.

**Step 2:** slice and fry your mushrooms, stir in stock, lemon juice and oregano and cook until the liquid has reduced by half.

**Step 3:** Stir in the cream cheese and spinach and cook for a couple of minutes.

Add the pasta and coat in the sauce the serve.



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Stuffed pepppers

Time:  
40 minutes



Allergens: Gluten, dairy

## What is it?

Cous cous is actually a form of pasta thats super speedy and versatile

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Peppers	2	3	4
Onion	1/2	1	1
Cous cous	50g	75g	100g
Curry powder	1/2tbsp	3/4tbsp	1tbsp
Vegetable stock	100ml	150ml	200ml
Garlic cloves diced	1	1	2
Mushrooms	30g	45g	60g
Sweetcorn	20g	30g	40g
Peas	20g	30g	40g
Cherry tomatoes	2	3	4
Spinach	25g	40g	50g
Grated cheese	25g	40g	50g

**AVERAGE COST  
PER PERSON  
£0.48**

## Kit list:

- Kettle
- Bowl
- Fork
- Large frypan
- Oven dish

## Make it your own!

You can add any vegetables you want to this . If you dont like things to spicy adjust the amount of curry powder.

**Celebrate Family  
Food**

Charity no.  
1125784

