

Difficulty:
Easy



Stuffed peppers

Time:
40 minutes



Allergens: Gluten, dairy

What is it?

Cous cous is actually a form of pasta that's 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 don't like things too spicy, adjust the amount of curry powder.

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Preheat oven to 190/gas 5

Step 2: Place cous cous in a bowl and stir through the curry powder then pour over the vegetable stock, cover and set aside.

Step 3: Heat some oil in a pan and fry the onion until almost soft then add diced mushrooms with the garlic add the remaining vegetables and cook through.

Step 3: Cut the peppers in half and deseed.

Step 4: Mix the vegetables with the cous cous and fill each pepper. Place in an oven proof dish and bake for 25 minutes

Step 5: Remove the peppers from the oven and top with the grated cheese return to the oven and bake for another 5-10 minutes until cheese is melted.



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

