



SWEET POINTED RED PEPPER STUFFED WITH COUSCOUS

INGREDIENTS

- 100 grams of couscous
- 50 grams of frozen green peas
- 1 artichoke heart from a can
- 2 sweet pointed red peppers
- 100 grams of feta/white cheese
- 25 grams of pistachio nuts

DIRECTIONS

Slice the artichoke heart in pieces.

Mix the couscous in a bowl with the frozen green peas and pieces of artichoke.

Serve some black pepper and 1,5 tablespoon of olive oil through it. Pour boiled water with it till the couscous is just under water. Let the couscous steep for 10 minutes.

Preheat the oven at 200° Celsius. Halve the sweet pointed red peppers lengthwise and remove the seeds.

Loose the couscous with a fork and serve halve of the feta/white cheese through it.

Serve the couscous in the sweet pointed red peppers, put them side by side in the roasting tin and sprinkle the rest of the feta/white cheese over it.

Chop the pistachio nuts and sprinkle also over it.

Pour 50 ml of water at the bottom of the roasting tin. Bake the sweet pointed red peppers in the oven for 25 minutes golden and cooked.

MAIN COURSE

2 PERSONS

TIJD: 45 MINUTES

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