

Peppers Stuffed with Feta & Couscous



INGREDIENTS

- 150g **Tipiak Plain Couscous**
- 150ml boiling water
- 1 knob of butter
- 5 peppers (1 green, 1 red, 2 yellow, 1 orange)
- 100g fresh spinach leaves
- 1 onion
- 100g feta cheese
- 2 tbsps olive oil
- 2 to 4 tbsps Tipiak Breadcrumbs
- Salt, pepper

SERVES 4

PREP 20 mins | REF 45 mins

COOK 5 mins

METHOD

- Preheat the oven at 180°C.
- In a bowl, pour 125g **Tipiak Plain Couscous**, 150ml boiling water, mix with a knob of butter & cover.
- After 15 mins, mix again, keep covered & refrigerate for 45 mins.
- Rinse the spinach leaves, clean out the yellow pepper & dice it.
- Peel & slice the onion then brown it in a pan with some olive oil. Add the spinach leaves & the diced yellow pepper. Season & cook for 5 mins over a high heat while stirring.
- Prepare the other peppers: rinse & cut them in two (remove the stem & the seeds). Dice the feta.
- Add the cooked vegetables & the feta to the couscous & mix it all together.
- Fill the peppers with the couscous mix & top with some Tipiak Breadcrumbs.
- Place in the oven & leave to brown for 15 mins.

