



## Couscous-Stuffed Peppers

### Equipment

Chopping board and knife  
Measuring spoons & cups  
Scale  
Mixing bowl  
Fry pan  
Oven dish

### Ingredients

8 medium peppers  
1 tbsp vegetable oil  
1 small zucchini  
2 cloves garlic  
1 tbsp lemon juice  
2 cups couscous  
1 medium ripe tomato  
1 tsp dried oregano  
½ tsp salt  
¼ tsp black pepper  
75 g fetta cheese

### What to do

**Preheat oven to 180°C**

#### Task 1 : Prepare ingredients

Juice the lemon. Finely chop the zucchini and tomato. Cook the couscous.

Slice tops off peppers to make lids. Scoop out seeds and membranes; discard. Simmer the peppers and lids in a large saucepan of lightly salted boiling water, covered, for 5 minutes. Drain and set aside.

#### Task 2 : Prepare filling

Heat oil in a medium saucepan over medium heat. Add zucchini and garlic. Sauté 2 minutes. Stir in lemon juice. Cook 1 minute and remove from heat. Stir in the couscous, tomato, oregano, salt, pepper and fetta.

#### Task 3 : Fill & bake

Fill each pepper with couscous mixture. Place upright in a shallow baking dish. Cover with capsicum lids. Bake just until filling is heated through, about 20 minutes.

#### **Note To cook the cous cous.**

*Mix the couscous with a couple of tbsp olive oil in a stainless steel bowl. Gently rub the grains with your fingers to coat with the oil. Add 3 cups of boiling water, stir to combine. Tightly cover the bowl with plastic wrap and allow to steam for 10 minutes. When the couscous has absorbed the water, fluff it up with a fork.*



Source: [allrecipes.com.au](http://allrecipes.com.au)