

# Nut and feta stuffed peppers



Simple recipe,  
tasty result

Pure veggie

SERVES  
4

Prep in  
10

Cook in  
50

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## Nut and feta stuffed peppers

**SERVES:** 4

**TAKES:** 10 MINUTES TO MAKE  
& 50 MINUTES TO COOK

150g couscous

50g sultanas

275ml hot vegetable stock  
(made with ½ stock cube)

4 peppers (2 red and 2 yellow)

50g mixed nuts, roughly chopped

100g feta cheese, crumbled

1 tbsp olive oil

To serve, Co-operative garlic baguette  
and a green salad

**1** Preheat the oven to 200°C/fan  
180°C/Gas 6. Put the couscous  
into a bowl with the sultanas  
and pour over the hot stock.  
Cover with clingfilm and leave  
to stand for 10 minutes.

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- 2** Meanwhile, slice the tops off the peppers and carefully core. Place the peppers and their tops on a baking tray and roast in the oven for 20 minutes until softened.
- 3** Use a fork to fluff up the couscous, season with freshly ground black pepper and stir through the nuts and feta cheese. Spoon into the peppers, drizzle with the oil and top with the lids. Transfer to the oven and bake for 30 minutes until tender. Serve with garlic bread and green salad.

approx. per serving (serves 4)\*

ENERGY 2160kJ 515kcal 26%	FAT 23.8g HIGH* 34%	SATURATES 7.3g HIGH* 36%	SUGARS 23.0g MED 26%	SALT 2.2g HIGH* 37%
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% of adult's reference intake

carbohydrates per serving: 59.6g

\*This recipe has one or more red traffic lights. It's fine to eat occasionally or as a treat.