

Italian Stuffed Sweet Peppers



Serves 2

Prep 20mins

Cook 25 mins

Ingredients

3 Red Romano peppers, halved & deseeded
70g pack semi-dried tomatoes
140g mozzarella pearls
100g Couscous
3 tbsp pesto
6tbsp dried breadcrumbs

1. Heat oven to 180C. Arrange the peppers, cut-side up, on a baking tray. Brush with a little oil, then season. Cook for 10 mins, to soften slightly.
2. Meanwhile, boil a saucepan with water and put in 1 pack couscous for 1min 30. Fluff up the couscous with a fork. Cut the tomatoes finely & mozzarella balls in 2 or 3 pieces, then mix into the couscous. Divide between the peppers, then sprinkle over the breadcrumbs.
3. Bake for 25mins until the top is crisp and the peppers are tender.

