

# Lemony Couscous Stuffed Peppers



**Serves 2    Prep 15 mins**

**Cooking 40 mins**

**Easy**

## Ingredients

85g couscous  
2 tbsp raisins  
50ml hot vegetable stock  
1 tsp clear honey  
zest and juice 1 lemon  
small bunch flat-leaf parsley  
150ml tub low-fat natural yogurt  
2 tomatoes, roughly chopped  
2 red peppers, halved, cores removed  
1 tbsp olive oil

1. Heat oven to 190C/170C fan/gas 5. Put the couscous and raisins in a heatproof bowl. Stir together the stock, honey and lemon juice, then pour over the couscous. Cover and leave to absorb for 5 mins.
2. Meanwhile, make the gremolata. Place the lemon zest, garlic and parsley in a mini food processor, then whizz until fine (or finely chop everything together). Stir 1 tbsp of this mixture into the yogurt, then set aside. Stir the remaining mixture into the couscous with the tomatoes and some seasoning.
3. Brush the peppers with oil and bake in the oven for 30 mins or until just tender. Spoon the couscous mixture into each pepper half, then sit them in a small roasting tin. Drizzle with oil, then bake for 25 - 30 mins until the peppers are tender. Serve with the yogurt and a simple green salad on the side.