

Tabbouleh-stuffed Peppers with Feta Dressing



Serves 2

Prep 40 mins

Cooking 45 - 50 mins

Easy

Ingredients

75g bulgar wheat
1/2 red onion, finely diced
2 ripe tomatoes, finely diced
1 tbsp hazelnuts, toasted & roughly chopped
1 lemon, juiced
1/2 a small bunch parsley, finely chopped
4 large red peppers
olive oil
2 handfuls dressed salad leaves, to serve

Dressing

50g feta
100ml low-fat natural yogurt
a squeeze of lemon juice

1. Heat the oven to 200C/fan 180C/gas 6. Cook the bulgar wheat in a large pan of boiling water for 15 minutes or until tender.
2. Drain and mix with the red onion, tomatoes, hazelnuts, lemon juice and parsley, and season with salt and black pepper.
3. Cut the tops off the peppers, reserving them, and remove all of the pith and seeds from the inside.
4. Take a little slice off the bottom so that they sit flat, but try not to make a hole.
5. Divide the tabbouleh between the peppers, put their lids back on and drizzle with a little olive oil.
6. Put on a baking tray and bake in the oven for 45-50 minutes until tender.
7. For the dressing, put the feta, yogurt and lemon juice in a food processor with 1-2 tbsp of water and some seasoning, and whizz.
8. Serve with the baked peppers with some dressed salad leaves.