

## Stuffed peppers or giant mushrooms... Serves 2

These Mediterranean stuffed peppers always look impressive and colourful on a plate. They are a great way to get your 5 –a –day vegetables and are also low in fat and sugar so very healthy indeed. They can be served alone as a starter or with salad and a potato side dish as a main course.



### Ingredients

2 red peppers or giant field mushrooms  
A little oil  
1 onion  
50g couscous (In school)  
1 lemon  
75g cherry tomatoes  
125g mozzarella cheese (or other cheese)  
A few fresh basil leaves (In school)

- Special dietary needs: Great for lacto-vegetarians, vegans would need to use a non-dairy cheese
- Skills: Vegetable preparation, de-seeding, zesting, juicing, frying, baking.
- Alternatives: Add a bit of extra protein with some tuna fish or cooked chicken, give it a greek twist with some olives and feta cheese. The couscous could be replaced with rice, but this will take a little longer to cook

### Method

1. Wash, half and de-seed the peppers and place them in a baking dish.
2. Wash, zest and juice the lemon.
3. Peel and finely dice the onion
4. Fry the onion in a little oil until soft.
5. Add the couscous, lemon zest and juice and 100ml water, bring to the boil. Then turn off the heat and leave to stand for 5 minutes until the couscous soaks up the juices.
6. Meanwhile chop the tomatoes and basil.
7. Stir the tomatoes and basil into the couscous. Fill the peppers with the couscous mixture.
8. Top with a slice of mozzarella cheese
9. Bake for 30 minutes until peppers are tender.

### Safety rules

### Photo