



Stuffed Capsicum

with Couscous and Herb Oil



30-40min



2 Portions

Capsicums are an excellent source of vitamin C which makes them a great addition to your diet in summer when oranges are not in season. Here, we've filled them with a fluffy couscous mixture that's tossed with charred broccolini and shallot and finished it off with a drizzling of garlicky herb oil.

What we send

- Capsicum, Red
- red wine vinegar
- parsley, garlic, shallot
- raisins
- couscous ¹
- Capsicum, Yellow
- parmesan ⁷
- broccolini

What you'll require

- olive oil
- salt and pepper

Utensils

- baking paper
- grater
- Kettle
- large frypan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

You may not need all of the garlic clove, especially if it's large.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 580.0kcal, Fat 21.3g, Proteins 18.4g, Carbs 71.1g



1. Roast capsicum

Preheat oven to 200C. Bring a kettle to the boil. Cut **capsicum** in half lengthwise. Remove seeds, stem and core. Rub all over with 2 tsp **oil**. Place capsicum cut-side up on a lined oven tray. Bake for 20 mins or until softened.



4. Finish couscous

Grate the **parmesan**. Stir the **shallot** and **broccolini** through the **couscous** along with the **raisins** and $\frac{2}{3}$ of the cheese. Season with **salt and pepper**.



2. Cook couscous

Meanwhile, place the **couscous** in a heatproof bowl. Add 125ml ($\frac{1}{2}$ cup) boiling water and stir to combine. Stand, covered, for 2-3 mins. Fluff up the grains with a fork.



5. Finish capsicum

Spoon the **couscous mixture** into the **capsicum shells** and sprinkle with the remaining **cheese**. Bake for 10 mins or until the capsicums are soft and the filling is hot.



3. Cook broccolini

Halve the **shallot** and thinly slice. Cut the **broccolini** into 1cm lengths. Heat 1 tbs **oil** in a large frypan over medium-high heat. Cook the shallot and broccolini for 5 mins or until softened and slightly charred.



6. Make herb oil

Meanwhile, pick the **parsley** leaves (discard stems) and finely chop. Finely chop the **garlic** (see cooking tip). Whisk 2 tbs **oil** with the **vinegar**, **parsley** and **garlic** in a small bowl. Season with **salt and pepper**. Serve the **capsicums** drizzled with **herb oil**.