





Roasted Stuffed Capsicum

with Spiced Couscous

 40-50min  2 Portions

Stuffed vegetables are a common appearance in Middle Eastern cooking and here we use sweet red capsicums as a vessel which are not only packed with vitamin C, but are at their peak during the summer. We've filled it with a fragrant lemon and cinnamon couscous which makes this dish substantial and satisfying.

What we send

- ground cinnamon
- red capsicum
- artichoke hearts
- coriander, mint, garlic
- couscous ¹
- Greek-style yoghurt ⁷
- tahini ¹¹
- sultanas ¹⁷
- lemon

What you'll require

- Australian honey
- salt and pepper
- vegetable oil

Utensils

- baking paper
- Colander
- foil
- grater
- medium frypan
- oven tray
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 585.0kcal, Fat 13.2g, Proteins 17.2g, Carbs 89.8g



1. Prepare capsicums

Preheat oven to 220C. Cut **capsicums** in half and discard the seeds and membranes. Brush or spray insides of capsicums with 2 tsp **oil** and place on an oven tray lined with baking paper. Roast for 20 mins.



4. Finish couscous

Zest the **lemon** over the **couscous**. Juice half of the lemon and cut the remaining half into wedges. Fluff up the couscous grains and stir through 1½ tbs **lemon juice**, the **chopped herbs**, **artichokes** and **sultanas**. Season with **salt and pepper**.



2. Make couscous

Meanwhile, bring a kettle to the boil. Place the **couscous** in a heatproof bowl. Finely chop the **garlic** and add to the couscous with 1 tsp **cinnamon** and a pinch of **salt and pepper**. Add 200ml boiling water and stir. Cover and set aside for 10 mins.



5. Stuff capsicums

Remove the **capsicum shells** from the oven and spoon in the **couscous filling**. Spoon any remaining couscous around the capsicum shells. Cover the tray with foil and roast for a further 10 mins or until the filling is hot and capsicums have softened.



3. Prepare ingredients

Meanwhile, drain and slice the **artichoke hearts**. Pick the **mint** leaves (discard stems). Finely shred the mint (reserving some sprigs for garnish) and the **coriander** (including stems).



6. Make dressing

Combine the **tahini**, **yoghurt**, 1 tsp **honey** and a little **salt and pepper** in a bowl. Arrange **capsicums** on plates with extra **couscous** and drizzle with the **yoghurt dressing**.