

SPICY LOADED PEPPERS



INGREDIENTS

CHILLI LAHPET
RED PEPPER
YELLOW PEPPER
ORANGE PEPPER
COUSCOUS
RED ONION
GARLIC
CHERRY TOMATOES
OLIVE OIL

METHOD

1. CHOP THE RED AND YELLOW PEPPERS IN HALF
2. LET THE COUSCOUS STEAM FOR 5 MINUTES UNTIL COOKED
3. DICE THE RED ONION TOMATOES AND ORANGE PEPPER
4. MIX THE COOKED COUSCOUS WITH CHILLI FERMENTED TEA AND OLIVE OIL
5. ADD THE DICED VEG TO THE SPICY MIX
6. PUT THE HALVED PEPPERS IN THE OVEN AT 180 C FOR 5 MINUTES EACH SIDE
7. REMOVE THE PEPPERS AND FILL WITH THE COUSCOUS MIX
8. PUT THEM BACK IN THE OVEN FOR 10 MINUTES
9. FOR A LITTLE EXTRA ADD SOME CRUMBLY FETA CHEESE AND PLACE BACK IN THE OVEN FOR 2 MINUTES

