

# Stuffed peppers



## 1. Prepare....

Boil the kettle



Switch on grill



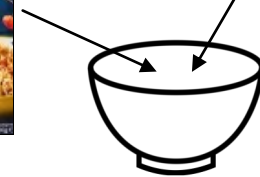
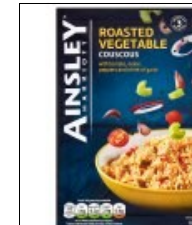
Chop the tomatoes, olives and courgettes really small



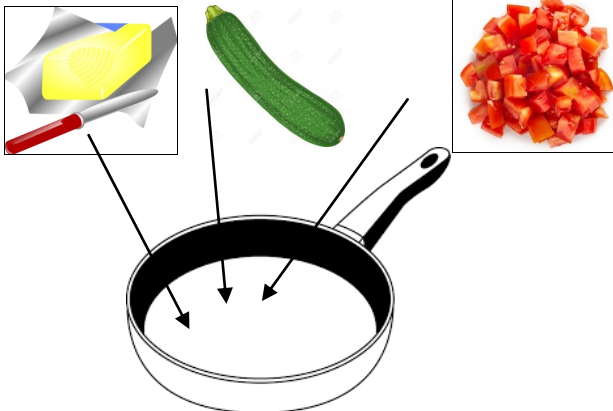
2. Cut the peppers in half, oil them, turn over and cook for 2 mins.



3. Mix cous cous with boiled water (check packet for amount)



4. Fry the chopped tomato and courgette in butter until soft.



5. Mix cous cous, veg and pine nuts. Stuff into peppers.

Sprinkle cheese over.



7. Grill until cheese is melted.



