



# LITTLE RECIPES

## Courgette & quinoa stuffed peppers (Mediterranean)

**Time** 30 minutes

**Serves** 4 adults

**Things you need**

- 4 red pepper
- 1 courgette, quartered lengthways and thinly sliced
- 2 x 250g quinoa
- 85g feta cheese, finely crumbled
- Handful parsley roughly chopped
- Green salad, to serve

**Method**

Heat oven to 200C/180C fan/gas 6. Cut each pepper in half through the stem, and remove the seeds. Put the peppers, cut-side up, on a baking sheet, drizzle with 1 tbsp olive oil and season well.

Roast for 15 mins. Meanwhile, heat 1 tsp olive oil in a small frying pan, add the courgette and cook until soft. Remove from the heat, then stir through the quinoa, feta and parsley. Season.

Divide the quinoa mixture between the pepper halves, then return to the oven for 5 mins to heat through. Serve with a green salad.

