

## **Stuffed Red Peppers with Couscous or Cracked (Bulgur) Wheat**

Can double all ingredients – Can freeze when cooked

4 small red peppers (or orange)	1 onion finely chopped
176g/6 oz couscous (I use bulgur wheat)	50g/2 oz raisins (I omit these)
Salt & black pepper	OR pine nut kernels
2 tablespoon olive oil (roughly)	1 tablespoon capers
1 aubergine finely diced	1 large tablespoon chopped
parsley	

1. Preheat oven 200 degrees (gas 5 or 6?)
2. Cut tops off pepper (leaving peppers as large as possible to stuff) & deseed – keep tops
3. Place couscous/bulgur wheat in bowl & cover with boiling water + chicken stock cube & leave 5 mins (for couscous – longer for b. wheat) or cook bulgur wheat according to instructions
4. Lightly fry chopped onion in olive oil till wilted & brown - remove & keep
5. Add aubergine to pan (more oil if needed) & cook till nearly golden
6. Mix onion/aubergine to couscous/bulgur wheat together with capers, parsley, raisins/pine nut kernels (if used)
7. Season well
8. Spoon mixture into peppers, replace tops & cook in oven 40 mins till peppers soft
9. Turn down oven a bit or cover with foil if tops start to burn