

Promin Red Pepper Couscous

Ingredients

150g Promin Low Protein Couscous

1 sweet pepper

1 lemon or lemon juice

2/3 cherry tomatoes

Vegetable oil

Fresh coriander

Fresh parsley to garnish

Method

1. Halve and deseed the peppers.
2. Place in boiling salted water for 8-10 minutes.
3. Put Promin Low Protein Couscous in a pan, add cold water and bring to the boil.
4. Simmer for 2 minutes.
5. Strain and rinse well with boiling water, then add lemon juice, fresh coriander, chopped tomatoes and 2 teaspoons of oil.
6. Mix well then stuff the pepper halves.
7. Bake in the oven for 15-20 minutes at 180°C/Gas Mark 4.

This recipe was provided by Promin.