



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

Difficulty 3/5

Preparation time: 5
minutes

Cooking Time: 30 minutes

DIRECTIONS

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. Simmer for 2 minutes.
4. Strain and rinse well with boiling water, then add lemon juice, fresh coriander, chopped tomatoes and 2 teaspoons of oil.
5. Mix well then stuff the pepper halves. Bake in the oven for 15-20 minutes at 180°C/Gas Mark 4.