

# Couscous Stuffed Capsicums

ACNAS



**Serves:** 20

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

## Ingredients

- 1.5 cups of wholemeal couscous
- 10 large capsicums (choose a mixture of festive colours)
- 1 tbsp extra virgin olive oil
- 2 zucchini, grated
- 5 cloves of garlic, crushed
- Juice of 1 lemon
- 400g can chickpeas, drained and rinsed
- 2 medium ripe tomato, seeded and finely diced
- ½ cup dried cranberries
- 2 tbsp dried oregano
- ½ cup fresh parsley, finely chopped
- 400g crumbled feta cheese
- 1 tsp salt
- ½ tsp black pepper

## Method

1. Preheat an oven to 180°C.
2. Cook the couscous according to packet instructions. Once cooked, use a fork to fluff up grains and allow to cool.
3. Slice capsicums in half, scoop out seeds and membranes. Simmer capsicums and lids in a large saucepan of water for 5 minutes, drain and set aside.
4. Heat oil in a large frypan on medium heat, add zucchini and garlic, cook for 2 minutes, stirring occasionally.
5. Stir in lemon juice and remove from heat.
6. Add couscous, chickpeas, tomato, cranberries oregano, parsley, salt, pepper and 300g of the feta and mix together.
7. Fill each capsicum half with the couscous mixture and sprinkle the remaining 100g of feta over the top of each.
8. Place upright into a shallow baking dish and cover with foil. Bake for approximately 20 minutes, remove foil and bake for a further 5 minutes.

### Recipe Notes:

This recipe can be served as a side for Christmas lunch or dinner. Cooked rice can be used in place of couscous if preferred, and basil in place of parsley.

Food Group	Serves provided per portion
Vegetables	2
Fruit	0.1
Grain foods	0.3
Lean meat and alternatives	0.1
Milk, yoghurt and cheese	0

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