

LE 18

GOLDEN COUSCOUS STUFFED PEPPERS



Fast enough for a weeknight meal, but doubles easily to share with friends along with an easy drinking red like Black Cab.

Yield: 2 to 4 servings

INGREDIENTS:

- 2 large red or orange peppers, halved lengthwise and seeded
- 1/2 cup Israeli or pearl couscous
- 1 tbsp olive oil
- 1 large clove garlic, minced
- 1 1/4 cups vegetable broth
- 1/2 tsp ground cumin
- 1/4 tsp each salt, turmeric and cinnamon
- 1 cup chopped baby spinach leaves
- 1/2 cup cooked lentils
- 1/2 cup crumbled feta cheese
- 1/4 cup golden raisins

METHOD:

Preheat oven to 400°F. Place peppers, cut-side-down on a parchment-lined baking sheet. Roast for 15 minutes or until softened. Turn upright and reserve.

In a nonstick skillet over medium heat, toast couscous for 3 minutes or until golden.

Add oil and garlic to skillet and cook for 2 minutes. Stir in vegetable broth, cumin, salt, turmeric and cinnamon. Cover and simmer for 10 minutes or until fluids are almost absorbed. Stir in spinach and lentils; cool slightly.

Stir feta and raisins into couscous mixture. Divide between peppers. Bake for 20 minutes or until heated through.

TIP: Meat Lovers Variation: Replace lentils with chorizo or Italian sausage; crumble the contents of 1 large fresh sausage into the skillet. Brown completely and set aside. Toast the couscous in the residual oils from the sausage. Stir in sausage with spinach once couscous is cooked and complete recipe as written.

WINE PAIRING

BLACK CAB



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