

# Yvonne's stuffed vegan peppers



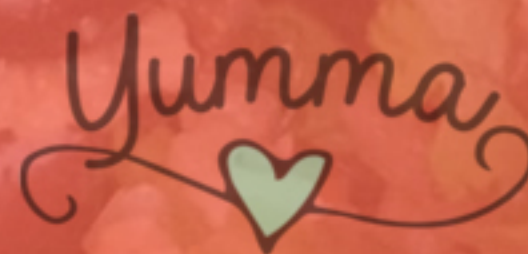
As seen in the  
Lockdown BBQ Live stream!



# Ingredients

## (Serves 4)

2 red peppers, sliced in half including the stem, de-seeded  
4 tbsp black beans (cooked)  
8 tbsp couscous (cooked)  
Small handful of fresh coriander  
4 tbsp sweetcorn kernels  
2 tsp hazelnuts  
8 cherry tomatoes, quartered  
2 tbsp agarve syrup  
2 tbsp tamari soy sauce  
4 dollops of almond butter spread  
Seasoning  
2 tbsp olive oil  
Half tub of feta cheese  
(for vegetarians only)

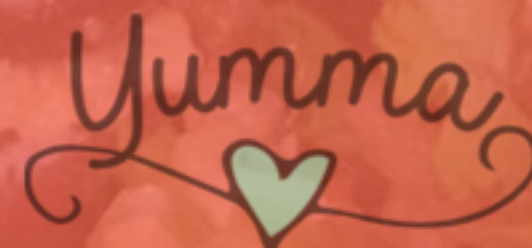


DREAM FOOD

# Method

Cook the couscous by adding boiling water, covering the top by up to half an inch. Soak for few minutes, then fluff it up with fork.

Quarter the cherry tomatoes and finely chop the fresh coriander and mix in with the couscous.



DREAM FOOD

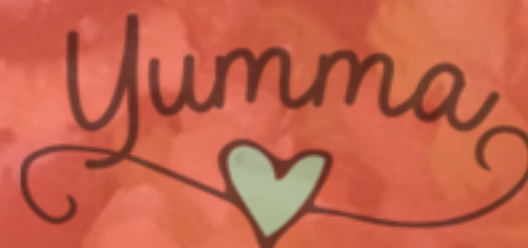
Add black beans, sweetcorn kernels, hazelnuts, and some seasoning.

Add the tamari soy sauce, and then the agarve syrup and gently mix together.

Cut the peppers in half, brush with oil, and put on top of the BBQ griddle, facing down.

When they become soft and charred, turn over so that they face up.

Spread the almond butter inside. Then add the mixture on top and cook with the BBQ lid on.



DREAM FOOD

This will take about 5 minutes.  
Sprinkle crumbled feta cheese on the top.

Serve immediately.

You can do this in a similar way with sliced aubergines.

