

Stuffed Peppers with a Pea and Mint Dip

35–45 Min

Ingredients 4 Portions

= Kotányi Produkte

4 piece	Red pointed pepper
100 g	Couscous
200 g	Sheep's cheese
30 g	Olives, pitted
3 piece	Garlic cloves
0.5 tsp.	Coriander, Ground
1 tbsp.	Thyme, Crushed
1 pinch	Cinnamon, Ground
1 pinch	Turmeric, Ground
	Olive oil

For the dip

150 g	Peas
100 ml	Cream
1	Handful of fresh mint, plucked and roughly chopped
1 pinch	Sea Salt, Coarse

Preparation

1. Cut the pointed pepper in half, cut out the stalk, then remove the seeds and pith.
2. Add the couscous to a bowl. Add salt, turmeric, cinnamon, ginger, coriander and sliced olives. Pour over around double the amount of boiling water and allow to infuse.
3. Peel and finely chop the garlic. As soon as the couscous has cooled down, crumble the sheep's cheese and mix with the mixed peppercorns, finely chopped garlic and thyme.
4. Preheat the oven to 180°C (356°F).
5. Place the pepper (cut side up) in an oiled oven-proof tin and stuff with the couscous mixture.
6. To make the pea and mint dip: Heat all the ingredients in a small pan, blend and season with salt to taste. Bake the stuffed pointed peppers for 25 to 30 minutes and then serve with the sauce.