



Stuffed Peppers with a Pea and Mint Dip

⌚ 35—45 Min ♡ ♡ ♡

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.

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

