

Bell Pepper Boats



Ingredients

1 small bell pepper

3 tbsps. cooked cous
cous- wheat

1 cherry tomato

2 tbsps. sweetcorn

1 tbsp diced onion

1/2 tsp red pesto-
milk, egg, cashews

For allergens see
ingredients underlined

1. Pre-heat oven to 200°C. Pop your pepper by pushing down onto the stalk. Pull out from the middle and tap out any remaining seeds. Pull the pepper apart into two halves.

2. Prepare the filling by snipping your tomato into small pieces and add the sweetcorn and onion. Crumble in the feta using your fingers. Stir through the pesto.

3. Add the cous cous and mix well. Using your cooking spoon, spoon the filling into your pepper. Finally, drizzle over the oil.

4. Wrap your pepper boat in foil and cook in the oven for 15 minutes, removing the foil for the last 5 minutes. Enjoy warm or cool and store in the fridge until desired.



Contact Lyndsay 07966876792/lyndsay@tiny-tasters.com/www.tiny-tasters.com