

Week 2: Diet

Thursday: Filled Pepper with Couscous



Instead of ground meat or cheese you can fill vegetables such as peppers or zucchini with couscous, which is not only delicious but also a wonderful source for protein and carbs. For an oriental touch you can season with a few more herbs and add raisins (for more information see page two).

Ingredients for 2 people:

- 3 shallots
- 50 g dried tomatos
- 3 garlic clove
- 100 g couscous
- 1 package of freezed onion-duo
- 2 tablespoon lemon juice
- 2-3 stem parsely
- 2 ½ tablespoon maple sirup or agave sirup
- herbflavoured salt
- pepper
- 2 red peppers
- 1 can of chopped tomatos (400 g)

1. Rinse shallots and cut into rings. Drain tomatoes and cut in small pices. Peel garlic.
2. Mix couscous with shallots, dried tomatos, onions, a tablespoon of lemon juice and a tablespoon of maple sirup or agave sirup. Add one squeezed garlic clove and 80 ml of water. Season with herbflavoured salt and pepper.
3. Cut off top of the peppers. Rinse of peppers. Fill peppers with couscous-mixture, place pepper lid on top.
4. Put chopped tomatos together with 100 ml of water in a pot and heat up. Add other two squeezed garlic cloves. Season with one tablespoon of sirup and herbflavoured salt. Place filled peppers in the sauce, cook on low or medium heat for approximately 30 minutes.



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5. If you like rinse and cut parsely. Remove peppers from the pot. Season sauce mit lemon juice, sirup, herbflavoured salt and pepper. Spread on a plate, put pepper on top. Add parsely if you like.

Oriental special: If you are up for a special oriental taste season couscous with half a tablespoon of coriander and half a tablespoon cummin as well as a little cinnamon. Add 30 g raisins to the tomato sauce.



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