



Stuffed Peppers with Feta and Pine Nuts

30 minutes

Hands on

4-8

Portion(s)

1

Difficulty



Ingredients

- 200 g feta cheese
- 1 red bell pepper, stem and seeds removed
- ½ bunch parsley, only the leaves
- 30 g pine nuts
- grated zest of ½ lemon
- 3 tablespoons olive oil
- salt
- pepper
- 8 red horned peppers
- 2 tablespoons olive oil, for brushing

Διατροφικός πίνακας

Nutrition information per portion

184 Calories (kcal)	16.0 Total Fat (g)	4.8 Saturated Fat (g)	4.4 Total Carbs (g)
9%	23%	24%	2%
4.2 Sugars (g)	5.3 Protein (g)	1.8 Fibre (g)	0.7 Sodium (g)
5%	11%	7%	12%

Method

- Preheat oven to 180* C (350* F) Broiler.
- Crumble the feta, in a large bowl, with your hands.
- Chop the red pepper into 0.5 cm cubes and add to the bowl.
- Finely chop the parsley and add to the bowl.
- Place a small pan over medium heat.
- Add the pine nuts and toast until golden.
- Remove from heat and set aside to cool.
- Coarsely chop the pine nuts and add to the bowl.
- Add the lemon zest, olive oil, salt and pepper.
- Mix with a spoon until all of the ingredients are completely combined.
- Set filling aside to prepare the red horned peppers.
- Slice the cap off of the peppers and carefully remove the seeds with a sharp knife.
- Fill them with the filling, using a spoon. You can also use a pastry bag to fill them easier.
- Cover peppers with caps and insert 2 toothpicks to keep them closed.
- Lightly brush a 20x30 cm pyrex or ovenproof baking dish with olive oil and add the peppers, placing them one next to the other.
- Brush the surface of the peppers with olive oil and place on the highest rack in the oven.
- Bake for 20 minutes.
- When ready, remove from oven and serve.