Stuffed Sweet Peppers

Ingredients

- 4 medium sweet peppers, halved and deseeded
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 medium courgette (zucchini), diced
- 1 medium tomato, diced
- 100g cooked quinoa or rice
- 50g feta cheese, crumbled (or grated cheddar)
- 1 tbsp fresh basil, chopped
- 1 tbsp fresh parsley, chopped
- ½ tsp dried oregano
- Salt & black pepper, to taste
- 25g breadcrumbs (optional, for a crispy topping)

Directions

1. Preheat oven to 190°C (170°C fan/gas mark 5).
2. Lightly grease a baking dish.
3. Heat olive oil in a pan over medium heat.
4. Sauté the onion and garlic until softened.
5. Add diced courgette and tomato, cooking for 3–4 minutes.
6. Stir in the cooked quinoa (or rice), crumbled feta, fresh herbs, oregano, salt, and pepper. Mix well.
7. Place the halved peppers in the baking dish, cut-side up.
8. Spoon the filling evenly into each pepper.
9. Sprinkle with breadcrumbs if using.
10. Cover with foil and bake for 20 minutes.
11. Remove foil and bake for another 10 minutes, until the peppers are tender and the tops are golden.
12. Let cool slightly before serving. Garnish with extra fresh herbs if desired.