

Halloumi Stuffed Mummy Peppers With A Honey & Thyme Drizzle



Prep Time; 5 Mins

Cook Time; 20-25 mins

Servings; 4 (for a light lunch)

Ingredients;

4 Large Red Peppers (Plus stalks)
100g Leeks
20g Butter
300ml Low Salt Vegetable Stock
12 Cherry tomatoes - Halved
100g Couscous
250g Halloumi Cheese
30g Black Olives - Stoned & halved
8 Pairs of fondant eyes!
1 x 250g Pack of pre-made puff pastry
1 Egg - Egg white only (or splash of milk)

Dressing;

1Tbsp Honey
2 Tbsp Extra Virgin Olive Oil
1 Tbsp Sherry vinegar
1/2 tsp Dijon mustard
Handful fresh thyme leaves
Salt & black pepper to season

Method;

1. Pre heat the oven to 170C.
2. Wash and drain the couscous in a sieve, add to a bowl and cover with the hot vegetable stock. Cover and leave for 10 minutes.
3. Wash the peppers and dry. Carefully cut the pepper in half, cutting through the stalk. Remove and seeds. Set to one side
4. Wash and finely chop the leek, melt the butter in a pan and once melted gently fry the leeks until soft. Add the cherry tomatoes and olives to the pan and continue to cook for a further 1-2 minutes.
5. Slice the halloumi into strips and place under a medium grill or on a griddle pan for 5 minutes to bring out the flavour.
6. Fluff the couscous using a fork and season with a little salt and black pepper. Add the leeks, tomatoes and black olives.
7. Spoon the couscous mixture into the pepper halves, compacting gently. Top with slices of grilled halloumi cheese.
8. Roll the pastry onto a chopping board. Using a sharp knife or pizza cutter cut strips of the pastry about 5mm wide. Wrap the pastry over the top of the peppers and halloumi cheese to create a mummy effect!
9. Brush the pastry all around with a little egg white (or milk)
10. Place on a baking tray in the middle of the oven and cook for 15-20 minutes being careful not to burn the pastry.
11. Whilst the peppers are cooking being to prepare the dressing. Simply place all the ingredients into a small bowl and mix well.
12. Add a pair of fondant eyes to each pepper half and finally drizzle with the honey and thyme dressing.

Authors Tips; Try A Meaty Version!

Simply reduce the amount of couscous to 75g and reduce the veggie stock to 225ml. Add 3 good quality pork and apple sausages to the recipe! Remove the outer skin of the sausage, add the sausage meat to the frying pan and fry with the leek, breaking the sausage into small pieces as it cooks. There's no need to use butter as the fat in the sausages will be sufficient. Add the cherry tomatoes and olives then pat dry to remove excess fat before adding to the couscous mixture