

Pulled Pork Stuffed Peppers

Fantastic little lunch recipe or perfect for a light dinner. Eat them on their own or with a little side salad or some couscous.

The beauty about this recipe is that you can, either make your own pulled pork or you can use a good quality ready-made one if you don't have the time. If you do have time I recommend that you have a go at making your own pulled pork .

Once the peppers are out of the oven treat them like nachos and top it with whatever takes your fancy.



Serves: 6

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 15 minutes

Ingredients

- 400 g of cooked pulled pork.
- 3 romano peppers, cut in half lengthways and seeds removed.
- 200 g of cooked rice.
- 70 g of feta.
- 3 spring onions, roughly chopped.
- 1 avocado, roughly chopped.
- ½ a red onions, finely sliced.
- 1 handful of cherry tomatoes, roughly chopped.
- 1 handful of black olives, roughly chopped.
- 1 tsp of dried oregano.
- 1 tsp of chilli flakes.

Method

- In a large roasting tray place the pepper cut side up and drizzle with a little olive oil and a sprinkle of salt. Roast in a preheated oven set at 200°C for 10 minutes.
- In a bowl mix the pulled pork along with the rice and then stuff into the peppers. Crumble the feta into another bowl and mix with the chilli flakes and oregano. Top the peppers with the feta and bake for 5 minutes.
- Once out of the oven scatter the peppers with the red onions, avocado, cherry tomatoes and black olives. Serve straight away on their own or with a little side salad or some couscous.