

## Roasted Stuffed Peppers

**Makes:** 12 Half Peppers

### Ingredients

6 Bell Peppers  
1 Tin chopped Tomatoes (400g)  
1 Medium onion  
100g Sundried tomatoes  
200g feta cheese  
50g ground almonds  
1 clove garlic  
12 fresh basil leaves  
Salt and Pepper  
Olive Oil - drizzle



### Instructions

Preheat your oven to 180C/350F/Gas Mark 5

Cut the peppers length ways through the core and remove all the seeds leaving you with pepper cup.

Finely chop the onion, sundried tomatoes and garlic and cook in a pan with a drizzle of olive oil until the onion has slightly softened and remove from heat. Then add the chopped tomatoes and ground almonds and combine, this is the filling for the peppers. Taste and season with salt and pepper.

Line the inside of the peppers with the Basil leaves and add the filling mixture but don't over fill, leave enough room to crumble the feta over the filling in each pepper.

Place the peppers in an oven proof dish and roast for 40minutes until the feta starts to brown.

### Nutrition information:

Each Serving: Half pepper

Kcal	125
Fat	5g
Net Carbs	7g
Protein	5g