



## Mediterranean stuffed peppers with Cauliflower mash

### **Ingredients:**

4 red peppers  
200g (7oz) feta cheese cut into 1cm cubes  
8 heaped teaspoons pesto  
16 cherry tomatoes, halved

### **Cauliflower mash**

1 cauliflower, trimmed and cut into florets  
25g (1oz) butter  
salt and pepper

### **Directions:**

- Halve the peppers, cutting right through the stems too if you can. Trim the insides and rinse away all the seeds. Put the peppers in a roasting tin or large shallow casserole dish. Divide the feta between the peppers, then spoon over the pesto. Finally top with the tomatoes, skin side up.
- Bake in a preheated oven, 200 degrees, gas mark 6 for 30 minutes, or until the tops are charring and the insides full of luscious juice.
- Meanwhile, make the cauliflower mash. Bring 2inches depth of water to the boil in a large saucepan. Add the cauliflower, bring back to the boil, cover and cook for 5-6 minutes, until the cauliflower is tender. Put the cauliflower in a food processor with the butter and some salt and pepper and whiz to a smooth thick mixture. Return to the saucepan and gently reheat, stirring so that it doesn't catch, then serve with the peppers.

The cauliflower mash is like a very light version of mashed potatoes but with a fraction of the calories. It's also low in carbs and a good way of getting one of the daily "five portions" of fruit and vegetables – cauliflower counts as a portion but potatoes don't. You could also serve these peppers with cauliflower rice.