



Turkey Meatballs with Peppers and Couscous

Vision Independent Productions

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Makes: 2
(Approx 570 kcal per serving)

The Ingredients

- 1 red pepper
- 1 yellow pepper
- 1 small red onion
- 2 tablespoons rapeseed oil
- 300g packet turkey meatballs (12)
- 2 teaspoons sun-dried tomato pesto
- 80g wholemeal couscous
- 160ml boiling water
- handful fresh coriander leaves (optional)
- salt (optional) and freshly ground black pepper

The Method

Cut the peppers in half, then remove the seeds and cores. Dice the flesh. Cut the onion in half, then peel and finely dice.

Heat a large non-stick frying pan over a medium heat. Add the oil and saute the meatballs for 5 minutes until lightly coloured all over. Add half of the sun-dried tomato pesto and toss to coat, then add the peppers and onion and season lightly with salt (optional) and pepper. Cover and continue to saute for another 5 minutes or until the meatballs are cooked through and tender and the vegetables are just tender.

Meanwhile, put the couscous in a bowl and pour over the boiling water. Cover with clingfilm and set aside for 5 minutes, then stir in the rest of the sun-dried tomato pesto. Fluff up the couscous with a fork and divide among bowls, then spoon the turkey meatballs with peppers on top. Scatter over the coriander leaves, if using to serve.