

Stuffed Peppers with Bulgur

Stuffed peppers are a very simple recipe for a delicious and healthy meal full of vegetables. Bulgur wheat, harissa, and labneh add a Middle Eastern touch to the dish!

INGREDIENTS

- 3-4 large peppers
- ½ cup bulgur
- 1 eggplant
- ½ cup brown lentils
- 2 tablespoons tomato passata
- 1 onion
- Olive oil
- 2 teaspoons Jasmeen harissa
- 1 teaspoon cumin
- 1 teaspoon coriander
- Salt and pepper to taste
- 1 block of feta cheese
- 200-300 g Jasmeen labneh
- Juice from ½ lemon
- 1 clove of garlic
- Favorite fresh herbs



Preparation:

In separate pots, cook the lentils and bulgur in salted water. Meanwhile, lightly sauté the finely diced onion in a pan, followed by the diced eggplant. Combine all the ingredients: lentils, bulgur, onion, eggplant, tomato paste, harissa, and spices (cumin, coriander, salt, and pepper). Gently sauté the mixture in the pan. Wash and halve the peppers, then generously stuff them with the filling and sprinkle with crumbled feta cheese. Bake for 30 minutes at 180°C. While the peppers are baking, prepare the labneh sauce by mixing labneh, lemon juice, finely chopped herbs, and minced garlic. Season to taste with salt and pepper. Enjoy!