









Beckett's Farm

STARTERS

Pepper & Feta Parcels



-  ½ red onion, peeled and cut into wedges
-  4 baby courgettes, peeled and sliced
-  16 cherry tomatoes
-  16 black olives
-  200gm feta cheese
-  1 tsp dried basil
-  4 red peppers, halved and deseeded
-  Salt and pepper, 2 tbsp rapeseed oil

Method

1. Preheat oven to 200c/400f/gas mark 6. Mix together the onion, courgettes, tomatoes and olives. Crumble over the feta cheese and add the basil. Drizzle ingredients with rapeseed oil and season with salt and pepper
2. Divide the mixture between the pepper halves and wrap each in tin foil
3. Arrange the peppers on a baking tray and bake in oven for 15 minutes or until vegetables are tender

