**Stuffed Peppers with Quinoa Recipe (3)**

**Equipment**

* A small knife
* A plate
* A teaspoon
* A small bowl
* A baking tray

**Ingredients**

* 2 orange peppers
* 1 pouch of quinoa (250g)
* 2 tbsp of sweetcorn
* 8 cherry tomatoes, chopped
* 1 handful of raisins
* 100g feta cheese, crumbled

**Method**

* **STEP 1**

Use a small knife to cut the top out of 2 orange peppers, then scoop out the seeds with a teaspoon. Sit the peppers on a plate, cut-side up, and cook in the microwave on high for 5-6 minutes until they have wilted and softened.

* **STEP 2**

While the peppers are cooking, microwave one 250g pouch of quinoa. Once cooked, in a small bowl, mix this together with the sweetcorn, the chopped cherry tomatoes, a handful of raisins and 80g of the crumbled feta cheese.

* **STEP 3**

With the teaspoon, scoop the quinoa, sweetcorn, cherry tomato, raisin and feta cheese mix into the peppers, top with 20g of feta cheese and continue to cook in the oven for 8-10 minutes on a baking tray.

* **STEP 4**

Serve on a plate and enjoy!