

# Tomatoes stuffed with cous cous

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Serves 2 2

## Ingredients

4 large tomatoes  
250 gr cous cous  
1/2 yellow pepper  
1/4 of white onion  
100 gr of feta  
1 large sprig of parsley  
dried dill  
few drops of lemon  
4 tablespoons extra virgin olive oil  
salt

## Method

Wash and dry tomatoes and cut the upper cap. With the digging for the fruit obtain balls of pulp from the tomatoes and keep apart, and put them to drain upside down. Meanwhile prepare the couscous as package directions. I use the precooked getting ready in a few minutes, adding vegetable broth instead of water. Transfer the couscous in a bowl and add 3 tablespoons of oil, few drops of lemon juice, chopped parsley and dill. Chop the onion, diced pepper, previously washed, and feta. Add these ingredients to couscous. Take the tomatoes and put a pinch of salt in each, fill with couscous. Place the stuffed tomatoes on serving plates, add the balls of pulp, sprinkle with a tablespoon of olive oil and dill. They are ready to serve!

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