**Moroccan stuffed peppers**

**Serves 2**

* 2 long red peppers
* 1 tsp olive oil
* 1 onion, finely chopped
* 1 tsp ras el hanout spice mix
* 1 tsp harissa paste
* 1 small aubergine, diced
* 150g extra lean steak mince
* 350ml hot chicken stock
* 20g parsley, chopped
* 50g dried apricots, chopped
* 80g couscous
* Zest of 1 lemon, plus wedges to serve

1. Preheat the oven to 220ºC/fan 200ºC/gas 7.
2. Halve the peppers lengthways, leaving the stalks intact. Scrape out the seeds and put cut-side up on a baking tray.
3. Season and roast for 15 minutes, while you make the mince.
4. Heat a large frying pan with the oil and cook the onion for 5 minutes or until soft. Tip in the spices, harissa and cook for 1 minute more.
5. Then add the aubergine and mince, breaking up any lumps with a wooden spoon while you brown the meat for 2–3 minutes.
6. Add 200ml stock and simmer for 5 minutes, then stir in half the parsley and all the apricots. Simmer until the mixture is fairly dry.
7. Pile the filling into the peppers and bake for 10 minutes.
8. Meanwhile, put the couscous in a bowl, pour the rest of the stock over it and cover with clingfilm. Set aside for 10 minutes, then stir in the rest of the parsley and the lemon zest.
9. Serve alongside the peppers with lemon wedges for squeezing over.