

Balsamic roasted peppers

Takes 1 hour, serves 4 and uses an oven dish.

INGREDIENTS

3 Peppers - any colour
2 large garlic cloves, bashed and peeled
4 tbsp extra virgin olive oil
2 tablespoons balsamic vinegar
Salt and pepper

DIRECTIONS

Pre heat the oven to gas mark 5, 375°F, 191°C, 171°C fan.

Cut the peppers into quarters, remove the stalk, seeds and inner membrane.

Place the peppers and garlic cloves in an oven proof dish, then pour the olive oil and vinegar over them and mix them all up. Season well.

Turn all the peppers so that they are skin side up, then cover the dish tightly with kitchen foil.

Place in the oven and cook for 50 minutes.

Once cooked, you can eat your peppers straight away, or once they have cooled and you can store them in the fridge for a few days as well.

If you want to peel your peppers, remove them from the dish immediately after cooking and place in a bowl whilst still hot, then cover with cling film for 10 minutes. Remove one piece at a time and peel the skin off. Don't try this in a hurry.

