



MR HANS

FRESH FAMILY FOOD

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Stuffed & Roasted Peppers with Tomatoes, Garlic and Capers

(v-) Option Available

Prep Time: 10 Mins

Cooking Time: 40 Mins

Serves 2 or 4

INGREDIENTS:

- 2 x Red Peppers
- Fresh Baby Tomatoes
- 6 x Cloves of Garlic (Crushed or Chopped)
- 8 x Anchovies (Optional)
- Capers
- Extra Virgin Olive Oil
- Freshly Ground Black Pepper

EXTRAS:

- Coarse Sea Salt (Optional)
- Fresh Basil Leaves (Optional)
- Warm Crusty Bread
- Butter (Optional)



EQUIPMENT:

- Chopping Board
- Shallow Oven Proof Tray or Dish



CHEAT INGREDIENTS:

- No Cheats

WHY THESE CHEATS ?

"There are no cheats to this dish apart from making it suitable for Vegetarians & Vegans by replacing the Anchovies with a pinch of Coarse Sea Salt. You can use Yellow or Orange Peppers (never Green) but as Red Peppers are the last stage of the ripening process, these will give you the best flavour." - MR HANS

METHOD:

All the measures in this recipe can be adjusted to suit tastes. There really are no fixed standards for this dish. The use of Anchovies is as a seasoning. They melt down to almost nothing during the cooking process. You can of course leave them out and replace with a good pinch of Coarse Sea Salt. While the Peppers are cooking you will notice a marvelous aroma coming from the oven and you can almost imagine being in a small Trattoria in Tuscany.

STUFFED AND ROASTED PEPPERS

- Cut each Pepper in half through the stalk a remove the seeds and pith
- Place the halved Peppers in an ovenproof dish ensuring that they are level
- Chop the Anchovies and distribute evenly across the Peppers (For Veggie or Vegan season liberally with Coarse Sea Salt)
- Distribute the crushed or chopped Garlic across the Peppers
- Cut the Tomatoes into $\frac{1}{2}$ s or $\frac{1}{4}$ s (depending on the size) and distribute evenly across the Peppers. (Fill to the top of the Peppers)
- Sprinkle some Capers on each Pepper (roughly 8 capers per Pepper)
- Add Extra Virgin Olive Oil (around 3 tablespoons in each Pepper)
- Liberally season each Pepper with Freshly Ground Black Pepper (at least 6 twists on each half. Yes, it needs that much!)
- Bake in the oven for 45 mins at 200°C 180°C Fan until a charred edge forms around each Pepper
- Remove and add Fresh Basil Leaves to each Pepper (Optional)

TEMPERATURES

Conventional Oven 200°C 180°C Fan

Serve with fresh warmed buttered Italian or French Bread