

Sautéed Peppers

Category: Vegetables

Servings: 4

Rating: 10

Source: Joy of Cooking

Description:

Fantastic accompaniment to grilled or roast lamb or pork chops (use mint for lamb and basil for pork).

Ingredients:

!extra virgin olive oil	2 to 3 tablespoons
red bell pepper	4 red or yellow, sliced into thickish spears
!serrano chili	1 to 2, or jalapeños
!Sea salt	large pinch
!balsamic vinegar	2 tablespoons
!garlic	1 to 2 cloves, minced finely
!parsley	1 tablespoon, minced
!mint	2 tablespoons minced fresh (alternates: marjoram or basil)

Instructions:

Heat oil over high heat until nearly smoking. Add peppers and sauté until peppers begin to colour, about 2-3 minutes. Reduce the heat to medium and season with salt.

Cover the pan and cook until peppers are softened, about 10 minutes, stirring occasionally. Increase heat and add vinegar. Cook, tossing, until vinegar evaporates. Stir in herbs and garlic and remove from heat about two minutes later.

Can be served at room temperature. If so, optional garnishes are: Nicoise, Gaeta or Kalamata olives; strips of anchovies; quartered hard-boiled eggs; drained capers.