

Roasted Sweet Peppers



MACROS: 1.2 g P, 7.1 g C, 0.2 g F

I love roasting vegetables. It develops a depth of sweetness and flavor intensity like no other, and with a sheet of tinfoil and an oven timer, this method is the preferred one for the busy chef. No mess, and no time wasted hovering over a stove.

WHAT YOU NEED

1 lb of red, orange, yellow bell peppers
Herbs de Provence
1 tsp olive oil
Sea salt and Cracked Pepper

Pre-heat the oven to 375 F. Prepare a baking sheet by lining with tin foil and spread 1 tsp of olive oil over the bottom to prevent sticking (I use a pastry brush).

Seed and clean the peppers, cut into 1" thick strips, and toss on the baking sheet with the seasoning.

Set the timer to 45 minutes and roast, stirring two or three times to ensure even cooking and to prevent sticking.

These will be very sweet, and intensely flavoured, and NOT crunchy. Think of red peppers in oil, but without the oil. Divine!

Macros are per 100 grams.