



Braised Capsicum, Onion & Tomato with Bay leaves and Thyme

SERVES: 6

INGREDIENTS:

- ½ cup olive oil
- 2 onions, thinly sliced
- 2 bay leaves
- 1 long red chilli, de-seeded and finely chopped
- 3 garlic cloves, finely chopped
- 6 capsicums, de-seeded and thinly sliced
- 12 fresh tomatoes, roughly chopped
- 10 thyme sprigs, leaves picked
- 1 small handful of parsley, finely chopped
- 2 tbsp balsamic vinegar
- Salt, to taste
- Pepper, to taste



METHOD:

1. Prepare all the ingredients based on the instructions in the ingredients list
2. Heat the olive oil in the large frying pan over a medium heat
3. Add the onion and bay leaves, then saute until translucent
4. Add the chilli, garlic and capsicum and continue to cook over a medium heat for about 15 minutes, stirring often
5. Add the tomatoes and thyme, then reduce heat and cook for about 20 minutes, stirring occasionally
6. Gently stir through the parsley and balsamic vinegar
7. Season with the salt and pepper, to taste
8. Divide the mixture among platters and serve