



Olive



PEPPERS

ORZO & MUSHROOM STUFFED PEPPERS

INGREDIENTS

3 RED PEPPERS, HALVED
3 CLOVES GARLIC, FINELY CHOPPED
1 TABLESPOON OLIVE OIL
3 SPRIGS FRESH OREGANO
ROCK SALT AND PEPPER
100g DRY ORZO
2 TABLESPOONS BALSAMIC VINEGAR
65g PITTED BLACK OLIVE
2 MUSHROOMS CHOPPED
2 TABLESPOONS TOASTED PINE NUTS, CHOPPED
70g CRUMBLED FETA CHEESE
LEMON BASIL TOMATOES
125g FRESH BASIL, CHOPPED
125g CHERRY TOMATOES, HALVED
65g EXTRA VIRGIN OLIVE OIL
CRUSHED RED PEPPER FLAKES
ZEST 1 LEMON

METHOD

- PREHEAT THE OVEN TO 400 DEGREES F.
- TOSS THE PEPPERS WITH THE OLIVE OIL, GARLIC, AND SEASON WITH SALT AND PEPPER, THEN ADD THE OREGANO.
- TRANSFER TO THE OVEN AND ROAST FOR 20-25 MINUTES OR UNTIL THE PEPPERS ARE BEGINNING TO CHAR.
- MEANWHILE, BRING A LARGE POT OF SALTED WATER TO A BOIL. COOK THE ORZO UNTIL AL DENTE.
- DRAIN AND TOSS WITH THE BALSAMIC VINEGAR, OLIVES, MUSHROOMS, PINE NUTS, AND FETA.
- ADD THE LEMON, BASIL & TOMATOES TOGETHER IN A SMALL BOWL.
- STUFF THE WARM ORZO INSIDE THE PEPPERS.
- PLACE THE LEMON BASIL TOMATOES OVER THE DISH TO FINISH.

ROASTED RED PEPPER HUMMUS

INGREDIENTS

- 2 LARGE SWEET RED BELL PEPPERS
- 2 LARGE CLOVES OF GARLIC
- 2 HEAPED TABLESPOONS OF TAHINI
- 1 TIN (240G DRAINED OR 1 1/2 CUPS) TINNED CHICKPEAS
- 2 LEMONS
- 3 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1/2 TEASPOON SEA SALT

METHOD

- DE-SEED, DE-STALK AND SLICE YOUR PEPPERS IN HALF OR QUARTERS. ROAST THE SWEET PEPPER AND GARLIC IN A HOT OVEN... TO DO THIS, KEEP THE GARLIC IN ITS SKIN AND PLACE ON AN OVEN TRAY ALONG WITH THE PEPPER AND PLACE IN A PRE-HEATED OVEN (GAS MARK 7/425F/220C SHOULD WORK FINE). ROAST GARLIC FOR UP TO 10 MINUTES AND THE PEPPER FOR ABOUT 15-20 MINUTES (OR UNTIL THE PEPPER IS EASY TO PIERCE). NO NEED TO LET THE PEPPER CHAR.
- IT'S BEST TO WAIT UNTIL THE GARLIC COOLS DOWN A LITTLE BEFORE YOU POP IT OUT OF ITS SKIN. GENTLY CHOP OFF THE TOP; THEN SQUEEZE OUT THE FLESHY GARLIC AND PLACE IN A JUG READY TO BLEND WITH EVERYTHING ELSE.
- RINSE AND DRAIN CHICKPEAS.
- JUICE LEMON AND DISCARD THE SKIN.
- ADD ALL INGREDIENTS TO A JUG AND BLEND UNTIL YOU REACHED YOUR DESIRED CONSISTENCY.
- CHILL IN THE FRIDGE BEFORE SERVING.