

Braised Capsicum, Onion & Tomato with Bay Leaves & Thyme

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: bay leaves, capsicums, chilli, garlic, thyme, onions, parsley, tomatoes

Recipe source: Collingwood College, Victoria

This delicious braise is to be served at room temperature – look for platters that show off the colours of the salad. The dish could also be used as a pasta sauce.

Equipment:

metric measuring jug,
cups and spoons
tea towel
chopping board
cook's knife
large frying pan
wooden spoon
serving platters

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



What to do:

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 sauté 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.