

Fruit & Vege Co-op



Capsicum

STORAGE	PREPARATION
<ul style="list-style-type: none">- Store whole capsicums in the vegetable compartment of the fridge or in a cool dark well ventilated cupboard.- Fresh capsicum should keep well for 4-5 days in the fridge.	<ul style="list-style-type: none">- Wash the capsicum- Cut the stem and cap off the top of the capsicum and remove the seeds from the top.- Cut into slices or chunks as wanted.- Excess capsicum can be sliced and kept in sealed plastic bags in the fridge.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Sliced raw capsicums add great colour and texture to summer salads and are delicious for scooping up humus and dips on vegetable platters.- Capsicums are delicious stuffed with mince or rice and other vegetables. Just sliced off the top scoop out the seeds and fill, stand on a baking tray and roast.	<ul style="list-style-type: none">- Add to stir-fry dishes and omelettes, mince and stews- Capsicums are a great main option for vegetarian meals- Capsicums are great to use on pizza, with pasta or in sandwiches.
COOKING	
<ul style="list-style-type: none">- Stir-fry sliced capsicum, for 1-3 minutes.- Brush halved capsicums with a little olive oil and out on the BBQ or a hot pan, peel off the charred skin and use whole or mash to add to sauces for extra flavour.	
RECIPE: Ham & Vegetable Strata (Serves 5-6) <i>Source: I Love Eggs</i>	
<p>8 eggs 5 cups of cubed, day-old bread 180 g cream cheese or sour cream 180 ml milk 2 Tbsp oil 1 onion finely chopped 1 cup of chopped mushrooms and/or 2 courgette diced 1 capsicum chopped a pinch of chilli flakes 125 g shaved ham salt and pepper ½ cup grated cheese</p> <ol style="list-style-type: none">1. Heat the oil in a frying pan and gently fry the onion, capsicum and courgette until softened.2. Add mushrooms and continue cooking until they begin to soften.3. Slice bread into cubes. In a large bowl, add the eggs one at a time to the cream cheese, beating to combine.4. Add the chilli flakes and season with salt and pepper.5. Fold bread pieces into the egg mixture, soaking thoroughly.6. Arrange half the bread in an ovenproof dish.7. Sprinkle on half the vegetables and tear half the shaved ham into smallish pieces and scatter on top.8. Top with another layer of the soaked bread, the remainder of the vegetables and the rest of the shaved ham.9. Top with the grated cheese and bake at 180°C for 35 minutes or until golden.10. Serve with a lettuce salad.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

