

Fruit & Vege Co-op



Capsicums

STORAGE <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.- Roasted capsicums keep well jarred in oil or vinegar and are a wonderful addition to pickles and relishes.	PREPARATION <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 <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.	VEGE UP <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: Spanish Omelette (Serves 6)	
1 onion, finely chopped 15 g butter or oil 2 cooked potatoes, chopped 1 red or green capsicum, finely chopped 2Tbsp fresh or 1Tbsp dried parsley Salt and pepper to taste 5 eggs ½ cup of milk	
Method <ol style="list-style-type: none">1. Put chopped onion and butter or oil in fry pan or heavy based pan and cook over a low heat for five minutes with a lid on. Stir occasionally to make sure they don't stick.2. Prick the potatoes all over and microwave on High for 4 minutes. Set aside to cool.3. Crack eggs into a bowl add milk and whisk till well combined.4. Chop the cooled potatoes into even sized chunks. Add potato, capsicum, salt and pepper to the egg mixture and stir well.5. Pour egg mixture into the fry pan and cook without stirring over low heat until the egg begins to set.6. Sprinkle with parsley and put fry pan in the oven under a low grill. Keep door ajar and handle out of oven.7. Cook for 5-10 minutes or until the top of the omelette turns golden brown.	
Variations <ul style="list-style-type: none">- Serve with a green salad and crusty bread- Sprinkle tuna, finely chopped bacon or ham or grated cheese on top of the omlette before putting it under the grill.	

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