

CAPSICUM



PREPARATION



- 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.

ADD FLAVOUR



- 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.

COOKING



- 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.

VEGE UP



- 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.

STORAGE



- 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.
- Excess capsicum can be sliced and kept in sealed bags or containers in the fridge.