


# Fruit & Vege Co-op



## Capsicum (Pepper)

STORAGE	PREPARATION
In a plastic bag in the fridge for 4 to 5 days	<ul style="list-style-type: none"><li>- Cut in half and remove the seeds and inner membranes, then slice as required.</li><li>- To stuff capsicums: cut the stem off and remove the seeds from the top</li></ul>
ADD FLAVOUR	VEGE UP
Sliced different coloured raw capsicums add great colour and texture to summer salads or vegetable platters	<ul style="list-style-type: none"><li>- Add to stir-fry dishes and omelettes</li><li>- In a jar with lid, put peeled, sliced capsicum in olive oil with two cloves of crushed garlic, salt and pepper. This keeps refrigerated for up to three days and is great to use on pizza, with pasta or in sandwiches.</li></ul>
COOKING	
<ul style="list-style-type: none"><li>- Stir-fry sliced capsicum, garlic and onion for 1-3 minutes.</li><li>- Brush halved capsicums with a little olive oil and out on the BBQ or a hot pan</li></ul>	
<b>RECIPE: Ratatouille</b>	<b>Source: Canterbury District Health Board</b>
<b>Serves 4</b>	
<b>Ingredients</b> <ul style="list-style-type: none"><li>1 Tablespoon oil (olive or vegetable)</li><li>2 Cloves garlic</li><li>1 Large onion, diced</li><li>1 Eggplant, cubed</li><li>2 Large capsicums, cubed</li><li>4 Large tomatoes or 1 can tomatoes</li><li>1 Teaspoon dried herbs</li><li>Salt and pepper</li></ul>	
<b>Method</b> <ol style="list-style-type: none"><li>1. In a large saucepan, heat oil and add garlic and onion. Stir until soft.</li><li>2. Add all other ingredients and cover. Cook on a low heat until the vegetables are tender (about 20 minutes).</li><li>3. Season with salt and pepper.</li><li>4. Serve with pasta, couscous or bread.</li></ol>	

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

