

# Fruit & Vege Co-op



## Capsicums

STORAGE	PREPARATION
<ul style="list-style-type: none"><li>- Store whole capsicums in the vegetable compartment of the fridge or in a cool dark well ventilated cupboard.</li><li>- Fresh capsicum should keep well for 4-5 days in the fridge.</li><li>- Roasted capsicums keep well jarred in oil or vinegar and are a wonderful addition to pickles and relishes.</li></ul>	<ul style="list-style-type: none"><li>- Wash the capsicum</li><li>- Cut the stem and cap off the top of the capsicum and remove the seeds from the top.</li><li>- Cut into slices or chunks as wanted.</li><li>- Excess capsicum can be sliced and kept in sealed plastic bags in the fridge.</li></ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- Sliced raw capsicums add great colour and texture to summer salads and are delicious for scooping up humus and dips on vegetable platters.</li><li>- 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.</li></ul>	<ul style="list-style-type: none"><li>- Add to stir-fry dishes and omelettes, mince and stews</li><li>- Capsicums are a great main option for vegetarian meals</li><li>- Capsicums are great to use on pizza, with pasta or in sandwiches.</li></ul>
COOKING	
<ul style="list-style-type: none"><li>- Stir-fry sliced capsicum, for 1-3 minutes.</li><li>- 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.</li></ul>	
RECIPE: Spanish Omelette (Serves 6)	
<p>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</p> <p><b>Method</b></p> <ol style="list-style-type: none"><li>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.</li><li>2. Prick the potatoes all over and microwave on High for 4 minutes. Set aside to cool.</li><li>3. Crack eggs into a bowl add milk and whisk till well combined.</li><li>4. Chop the cooled potatoes into even sized chunks. Add potato, capsicum, salt and pepper to the egg mixture and stir well.</li><li>5. Pour egg mixture into the fry pan and cook without stirring over low heat until the egg begins to set.</li><li>6. Sprinkle with parsley and put fry pan in the oven under a low grill. Keep door ajar and handle out of oven.</li><li>7. Cook for 5-10 minutes or until the top of the omelette turns golden brown.</li></ol> <p><b>Variations</b></p> <ul style="list-style-type: none"><li>- Serve with a green salad and crusty bread</li><li>- Sprinkle tuna, finely chopped bacon or ham or grated cheese on top of the omlette before putting it under the grill.</li></ul>	

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

