

Marinated red pepper filets

Peppers add colour to food. Especially the bright red among them stimulates both the eye and the appetite. Not only does it taste delicious, it also pampers us with many vitamins and minerals.

Deliciously marinated, it's perfect as a side dish to many dishes or simply as a snack with some bread. On Mallorca, the paellas are often decorated with this "pimientos asados".

Preparation time: 60 min. · Level of difficulty: easy ·

Quantity

Ingredients for 2.

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- 1 piece Red peppers
- 1 piece Peeled garlic clove
- 3 tbsp Fresh lemon juice
- 1 tsp Parsley (fresh or dried)
- 2 tbsp Extra virgin olive oil
- 1 tsp Salt and pepper

Preparation

Wash the peppers and rub them with a few drops of good olive oil.

Cook on a baking tray covered with baking paper in the oven at approx. 180-200 degrees for 20-30 minutes.

As soon as the skin of the pepper blisters and shows roasted spots, it is cooked. Remove from the oven, let it "sweat" in the baking paper for a short time.

Once it has cooled down a bit, the skin can be easily removed.

Remove the seeds, stalk and fruit water, cut the pepper lengthwise into fillets, place in a bowl, mix with finely chopped garlic, parsley, a little lemon juice and olive oil and marinate briefly.

Season to taste with salt and pepper.