

Mediterranean Red Peppers

2 red peppers
2 Tbsp olive oil
4 small or 2 large tomatoes, chopped into large chunks
2 cloves garlic, crushed
small handful of fresh basil, roughly chopped
100g feta, crumbled
4 anchovies in oil, rinsed and drained
1 Tbsp balsamic vinegar

Halve the peppers lengthwise and remove the seeds. Brush with half of the olive oil. Mix the tomato chunks, garlic, basil and feta together in a bowl; mix and then divide between the 4 pepper halves. Top each half with an anchovy and then drizzle with balsamic vinegar and remaining oil.

To cook on BBQ: Cover the peppers with foil and place on heated flat plate for about 12 minutes or until everything is hot and softening. Remove the foil, increase the heat and cook until the bottoms of the peppers are slightly charred. Finish off under the grill until crisp.

To cook in the oven: Cook for about 15 minutes at 200C or until the feta has browned on the top.