



Capsicum and Tomato Ragu

List of ingredients

3 peppers, chopped
2 teaspoons oil
1 clove garlic, crushed
1 onion, chopped
2 tomatoes
juice of 1 lemon
salt and pepper
fresh basil (optional)

Feeds 4 people.

How to cook the dish

1. Place the oil in a medium saucepan over medium heat. Add the garlic and onion and cook for 2-3 minutes, until soft.
2. Add the chopped peppers and tomatoes and cook through – keeping the peppers slightly crisp.
3. Add salt and pepper with some lemon juice and stir.

Sprinkle basil on top as you serve if using.

This sauce can be used:

- as a pasta sauce, with grilled or barbequed meats
- on its own with a green salad
- as a tasty vegetarian option with a can of chick peas added to the recipe.