



Italian Red Pepper Triangles (ES)

Serving: 1

Veg

Ingredients

- **For the Roasted Red bell pepper triangle:**
- -1 big sized red capsicum,
- - $\frac{1}{4}$ tsp oil
- **For the topping :**
- -2 tsp olive
- -100 grms crumbled low-fat paneer
- -2 tsp chopped green olives
- -1 $\frac{1}{2}$ tsp red chilli flakes
- -Salt to taste
- -Freshly ground black pepper powder
- - $\frac{1}{2}$ tbsp finely chopped parsley

Preparation Method

- 1. Apply $\frac{1}{4}$ tsp of oil evenly over the red capsicum . Pierce it with a fork and roast it over on an open flame till it turns black
- 2. Immerse it immediately in water and remove the skin ,stem and seed and cut into 37mm triangle. you will get approx 16 triangle . Keep aside
- 3. For the toppings -Heat the oil in non-stick pan,add all the remaining ingredients ,mix well and cook on a medium flame for 3-4 mins ,while stirring continuously . Divide the topping into 16 equal portion keep aside
- **4. How to proceed:Just before serving,top each red bell pepper triangle with a portion of the topping and serve immediately**