



Roasted Red Pepper Triangles with Italian Style Relish

Serving: 1

Veg

Ingredients

- Serves 4
- For the Red bell pepper triangles
- 1 big sized red capsicum
- $\frac{1}{4}$ tsp oil
- For the topping
- 1 tsp olive oil
- $\frac{1}{2}$ cup crumbled low fat paneer or tofu
- 2 tsp chopped green olives
- 1 tsp finely chopped parsley
- 1 tsp lemon juice
- $\frac{1}{2}$ tsp red chilli flakes
- Salt and black pepper powder to taste

Preparation Method

- For the Red bell pepper triangles
- Apply the oil over the red bell pepper and roast it over an open flame on medium heat till it turns black from all the sides.
- Immerse immediately in water and remove the skin, stem and seeds and cut into $1\frac{1}{2}$ triangles. Keep aside.
- For the topping
- Heat the oil in a non-stick pan, add all the remaining ingredients, mix well and cook on a medium flame for 3 to 4 minutes, while stirring continuously.
- How to proceed
- Just before serving, top each red bell pepper triangle with a portion of the topping and serve immediately.