

Roasted Pepper Salad

3-4 large firm peppers red, yellow or orange peppers or a combo
oil spray or olive oil for smearing

1 small lemon, scrubbed and halved

a small bunch of parsley, cleaned, dried and chopped

2-3 cloves garlic, crushed

1-2 tablespoon olive oil

1 scant teaspoon salt to taste

Preheat the oven to 420 F /215 C (approx) and wash and dry your peppers. Slice them lengthwise in half and remove green top and seeds and white membranes. Take a baking sheet and cover with tin foil and lightly spray with oil. Place peppers cut side down and lightly spray with oil or lightly smear with a bit of olive oil. Place into hot oven for 40 minutes or until tops are blistered and somewhat charred and a bit sunken in (not black all over, not necessary or desired). Immediately place the peppers while hot in a bowl with a snug lid to steam them to ease removal of their skins. Leave for 1/2 an hour. In the meantime, in a bowl, put the juice of the lemon, the parsley, garlic, olive oil and salt. Mix together. Then, peel the peels off the peppers (they should come off nicely after steaming but if you can't get every speck off - don't sweat it) place on a cutting board and cut into strips. Place in bowl with dressing and toss till well coated. Let marinate for at least half an hour. Keeps well in the fridge for at least a week if it lasts that long.