

GRILLED PEPPERS IN GARLIC SAUCE



SERVING SIZE

3



INGREDIENTS

ITEM

Large Sweet Pointed Red Peppers
Garlic Cloves, Minced
Olive Oil
Cold Water
Salt

QUANTITY

6
4
2 Tbsp.
¼ Cup
To Taste



PREPARATION

- ✔ Place the red peppers on a grill or over an open flame.
- ✔ Turn them occasionally until the skins are charred and blistered on all sides (about 8-10 minutes).
- ✔ Transfer the grilled peppers to a bowl and cover it with a lid or plate.
- ✔ Let them steam for about 10 minutes. Then peel off the skins, remove the seeds, and slice the peppers into strips.
- ✔ In a small pan, heat olive oil over low heat.
- ✔ Add the minced garlic and sauté for 1-2 minutes until fragrant (but not browned).
- ✔ Add the cold water and a pinch of salt, then simmer for another minute.
- ✔ Pour the garlic sauce over the sliced peppers.
- ✔ Toss gently to coat. Serve warm or at room temperature.