



Roasted Pepper and Spelt Salad

Serves 6

Ingredients

7 long red peppers, halved lengthways, core and seeds removed, and cut into thick strips
1 medium-hot red chilli, cut into thin strips
7 tbsp extra virgin olive oil
Sea salt
3 red onions, thickly sliced
4 garlic cloves, peeled and sliced
2 tbsp balsamic vinegar
200g pearly spelt
A handful of torn basil leaves
30g shelled pistachio nuts

With peppers being in season in autumn, make this easy and delicious salad and get your dose of antioxidants to strengthen your immune system for the upcoming autumn and winter months.

1. Heat the oven to 200C (fan oven), 220C (electric).
2. Arrange the peppers and chilli strips in a single layer on a roasting pan. Drizzle over 4 tbsp of oil and season with salt. Roast for 40-50 minutes, stirring in the onions after 20 minutes, the garlic after 30 minutes.
3. Take out, drizzle over the vinegar and remaining olive oil and leave to cool.
4. Simmer the spelt for 15 – 20min. Drain, return it to the pan, cover and leave to cool
5. Mix the spelt into the peppers, onions and pistachios.
6. Add the basil just before the serving.

Great enjoyed as a starter like this or alongside some protein such as chicken, fish or add some feta cheese to the recipe.

Ref: Times Online