

Provençal Vegetables

REF:

Serves 4 (as a starter or 2 for a main course)

Cuisine: French

Preparation Time: 5 Minutes

Cooking Time: 40 Minutes

Ingredients:

2 Red Peppers
2 Courgettes, trimmed
8 Cherry tomatoes, halved
1 Aubergine, trimmed
1 Red onion, finely sliced into rings
50ml Balsamic vinegar
Basil leaves, picked
Handful of Black olives, pitted and halved
Extra virgin olive oil

Method:

1. Hold each red pepper on a fork over a gas flame (or place under a hot grill) and turn occasionally until the skin blisters and blackens all over.
2. Place in a bowl, cover with cling film and leave to steam for 3-5 minutes.
3. Peel off the skins then cut the peppers in half and remove the core and seeds.
4. Cut each half into 3 or 4 pieces and place into a deep rectangular dish.
5. Heat a griddle pan or the grill to a medium-high heat.
6. Slice the courgettes and aubergine lengthways into 5mm thick strips.
7. Griddle the courgette, aubergine, cherry tomatoes and onion rings in batches until softened and cooked through – about 3-4 minutes each side.
8. Add the cooked vegetables to the dish with the red peppers, laying the flat.
9. In a small bowl mix the balsamic, 100ml of oil and the basil leaves then pour it over the vegetables and leave to marinate at room temperature for 30 minutes.
10. Drain the vegetables, reserving the marinade. Warm-up before serving.

To Serve:

Arrange the vegetables on a serving plate. Drizzle with oil and a little of the marinade. Scatter the olives over and add fresh basil leaves – chiffonade or picked baby leaves. Sprinkle lightly with sea salt. Serve with Polenta Chips.

Chef's Notes:

Photo:

