

Caramelised Balsamic Capsicum and Onion.

Serves 4

This recipe is an ideal accompaniment to the table when your having a pick lunch, it brings me back to when we visited Kev's Oma and Opa. They would have a large spread out on the table with all sorts of fermented veggies, cheeses, smoked meats, Rye bread and chutneys. It was such a wonderful time, sitting and taking and picking at the food. I hope you can enjoy some family times like these around the dining table, with good food.

Ingredients.

- 2 Large capsicum, preferably red, diced chunky.
- 2 onions, sliced thick.
- 2 Tablespoons olive oil or ghee.
- 2 Tablespoons balsamic vinegar.
- salt and pepper.

Method.

1. Place your oil into a saucepan and heat on medium heat, add in the capsicum and onion and stir gently for around 10-15 mins until the veggies have caramelised but retained some of their crunchiness.
2. Add the balsamic vinegar and season with salt and pepper, then reduce down until it has thickened up.
3. Place your mixture into a bowl and serve.

Helpful tips

You could easily double or triple this recipe, it will keep well in the fridge in a jar or container for around a week. Goes really well alongside an omelette, you'll find a multitude of things to serve it with throughout the week.

Nutritional information (Per serve)

Prep 10 minutes Cook 20 mins.

Cal 82 Kj 343

Carbs 6g

Fats 7g

Protein 0g