

Taste is in our nature



Cauliflower with chilli and capsicum

Serves 6 (as a side dish)

A combination of capsicum colours looks good through this mixture.

Add more or less chilli according to your taste.

I sometimes add a clove of garlic too.

Any leftover cauliflower can be used as a salad with a dash of verjuice or lemon juice added.

INGREDIENTS:

- 500g cauliflower florets, washed
- 1 cup capsicum strips
- ½ cup Italian parsley leaves
- 1 bird's-eye chilli, seeds removed and finely chopped
- 2 tablespoons extra virgin olive oil
- salt
- freshly ground black pepper

DIRECTIONS:

Place the cauliflower florets in a saucepan of boiling salted water.

Cook until the cauliflower is just tender and then quickly drain and run under cold water and thoroughly drain again.

Remove the pith and seeds from the capsicum and cut into thin strips.

Heat the oil in a wide frying pan over a medium to high heat.

Add the chilli and stir being careful not to burn the chilli.

Add the capsicum and cook for a minute or two then add the cauliflower and toss through the mixture so that it is coated with the chilli flavoured oil.

Grind over some black pepper and add the parsley.

Serve immediately.

*Tassie caulies
are bulging with
cauliflower.*