

# Braised Capsicum, Onion & Tomato with Bay Leaves & Thyme

**Season:** Summer/Autumn

**Serves:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** bay leaves, capsicums, chilli, garlic, thyme, onions, parsley, tomatoes

**Recipe source:** Collingwood College, Victoria

This delicious braise is to be served at room temperature – look for platters that show off the colours of the salad. The dish could also be used as a pasta sauce.

## Equipment:

metric measuring jug,  
cups and spoons  
tea towel  
chopping board  
cook's knife  
large frying pan  
wooden spoon  
serving platters

## Ingredients:

½ cup olive oil  
2 onions, thinly sliced  
2 bay leaves  
1 long red chilli, de-seeded and  
finely chopped  
3 garlic cloves, finely chopped  
6 capsicums, de-seeded and  
thinly sliced  
12 fresh tomatoes, roughly  
chopped  
10 thyme sprigs, leaves picked  
1 small handful of parsley,  
finely chopped  
2 tbsp balsamic vinegar  
salt, to taste  
pepper, to taste



## What to do:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the large frying pan over a medium heat.
3. Add the onion and bay leaves, then sauté until translucent.
4. Add the chilli, garlic and capsicum, and continue to cook over a medium heat for about 15 minutes, stirring often.
5. Add the tomatoes and thyme, then reduce heat and cook for about 20 minutes, stirring occasionally.
6. Gently stir through the parsley and balsamic vinegar.
7. Season with the salt and pepper, to taste.
8. Divide the mixture among platters and serve.