

Marinated Red Peppers and Cantabrico Anchovies



PREP TIME
10 MINS



COOK TIME
5 MINS



TOTAL TIME
15 MINS



SERVES 4 PEOPLE



EASY



Ingredients

4 romano red peppers, core and seeds removed, cut into halves
2 banana shallots, finely chopped
2 tbsp baby capers
8 sprigs of thyme, picked and finely chopped
6 tbsp arbequina olive oil
2 tbsp sherry vinegar
Sea salt to taste
16 Cantábrico anchovies

Method

Pre-heat your grill. Place the peppers halves, skin side up on a tray, drizzle with one tablespoon of the olive oil and place under the grill, until the skins are charred all round. Remove from the grill, cover with a kitchen cloth or aluminium foil and allow the peppers to rest and steam for 10 minutes. After this time, you will be able to peel them very easily. Cut the peppers into long strips and allow to cool down, reserve the cooking juices.

To marinate the peppers, divide the strips between four serving plates laying them flat in the centre of the plate and season with salt. Sprinkle some chopped shallots, thyme and capers and drizzle with some sherry vinegar, olive oil and the cooking juices from the peppers and allow to marinate for 5 minutes. Place the anchovy fillets between the red peppers and serve.