

# Roast peppers & onions with balsamic vinegar and pistachio gremolata

I'm forever teaming peppers with other vegetables, but quite frankly, they're just as good on their own

**Serves 6**

**Prepare 15 minutes**

**Cook 35-45 minutes**

- 6 red peppers (or a mixture of red and yellow), halved and deseeded
- 5 tbsp olive oil
- 3 tbsp balsamic vinegar
- 2 large red onions, peeled and cut into wedges

## **For the gremolata**

- 55g pistachio kernels
- ½ x 25g pack flat leaf parsley, leaves picked
- 2 cloves garlic, roughly chopped
- ½ unwaxed lemon, zest

**1** Preheat the oven to 200°C, gas mark 6. Put the peppers into a large roasting tin. Mix the oil and vinegar in a jug, then season. Pour about two-thirds of the olive and balsamic mixture over the peppers.

**2** Put the onions into a small roasting tin, then pour the remaining mixture over. Both vegetables should lie in a single layer. Toss them with your hands, then roast for 35-45 minutes, with the peppers on the top shelf and the onions underneath, until the peppers are soft and slightly charred at the edges and the onions are soft and a little charred.

**3** Cut the cooked peppers into broad strips. Put both vegetables into a serving bowl with any juices. Check the seasoning. Put all the gremolata ingredients onto a board and finely chop together. Scatter over the vegetables, then serve with the chicken.

**GOOD HEALTH SOURCE OF FIBRE/  
LOW IN SAT FAT/4 PLANT VARIETIES**

**V Per serving** 1116kJ/268kcal/14g fat/2.1g sat fat/27g carbs/23g sugars/  
6g fibre/5g protein/trace salt/1 of your 5 a day/gluten free/vegan