

### **Red peppers stewed with potatoes and olives**

4 tbsp extra virgin olive oil  
1 onion finely sliced  
4 garlic cloves finely sliced  
¼ tsp crushed chilli flakes  
3 red peppers, cored, seeded and cut into 2 inch long and 1 inch wide strips  
4 medium potatoes, cut into 2 inch chunks  
14 of tin Italian plum tomatoes, chopped  
4 oz pitted black olives  
1 handful fresh basil or parsley, chopped  
sea salt and black pepper.

*Method:* Heat oil in a heavy based pot. Add the onion and cook, stirring frequently over medium heat until soft and just golden, approximately 5 minutes. Add the garlic, chilli flakes, pepper, potato, tomato and olives. Turn the heat to low and simmer gently, stirring occasionally until the potatoes are tender, approximately 30-40 minutes. Stir in the basil or parsley. Add salt and pepper to taste. Serve hot at room temperature.

*Phillip Day – 'food for thought'*