



# Pan-Braised Peppers with Olives and Tomato

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**OLIVES**

## Ingredients

- 1 tablespoon olive oil
- 2 medium onions coarsely chopped
- 3 large peppers, red, green and yellow deseeded and cut into strips
- 15 green olives pitted and diced
- 500g of tomatoes, skinned and chopped
- 1 teaspoon coriander seeds
- 1 teaspoon black peppercorns
- ½ teaspoon salt
- ½ teaspoon ground chil

## Method

Heat the olive oil in a large frying pan and fry the onions for about 5 minutes until golden. Add the peppers and cook gently for 2 – 3 minutes, then stir in the olives and tomatoes.

Crush the coriander seeds and peppercorns. Add the salt and chili to the crushed seeds and sprinkle the mixture over the peppers, olives and tomatoes. Mix together lightly, cover the pan and cook gently for 20 minutes.

Suitable for vegetarians

Preparation time: 25 minutes

Cooking time: 30 minutes