

## Peperonata - Italian Fried Peppers

<b>Equipment</b>	<b>Ingredients</b>
Chopping board	¼ cup olive oil
Knives	2 red peppers cut into strips
Measuring cup	2 yellow peppers cut into strips
Measuring spoons	2 orange or green peppers cut into strips
Large bowl	1 large onion, sliced
Mixing spoon	2 tablespoons crushed garlic
Frying pan	1 tablespoon dried oregano
	1 tablespoon sugar
	4-5 Roma tomatoes, diced
	Salt and pepper to taste
	½ cup fresh basil, leaves torn roughly
	Lemon juice

### **How TO MAKE IT:**

- 1 Heat olive oil in a large frying pan on medium high heat. Add the onions, sprinkle with a little salt and saute for 2-3 minutes, until the onions just begin to colour.
- 2 Add the peppers and stir well to combine with the onions. Saute for 4-5 minutes, stirring often. The pepper should be al dente – cooked, but with a little crunch left in them.
- 3 Add the garlic, and saute another 1-2 minutes. Sprinkle a little more salt over everything and add the sugar and dried oregano. Cook 1 minute. Add the diced tomatoes, and cook just one minute further.
- 4 Turn off the heat and mix in the torn basil. Grind some black pepper over everything. Right before serving squeeze a little lemon juice over the dish.