



Posted on 6 May 2019

by Liz Robb

**A fabulous simple savoury lunch or
tapas; colourful juicy peppers and salty**

anchovy fillets on garlicky toast, served with a drizzle of thick balsamic glaze.

Ingredients

5 assorted mini peppers; red, yellow and orange

Olive oil

A few sprigs of fresh thyme

4 slices of rustic bread

1 fat clove of garlic

Balsamic glaze

50g anchovy fillets

Servings

2

Person

Preparation

- 1 Deseed the peppers and slice into thick strips.
- 2 Gently heat the olive oil in a small pan and then cook the peppers with a few sprigs of thyme over a very low heat, stirring occasionally, for about 20 minutes. Discard the thyme stalks.
- 3 Slice the bread from a rustic loaf and drizzle each slice with a little olive oil. Peel and slightly crush the garlic and rub onto the bread. Toast on both sides in a griddle pan.
- 4 Drizzle balsamic glaze onto 2 plates, place 2 toasts on each and pile on the peppers and anchovies. Garnish with a little thyme.

Cooks Note

I bought the little anchovy fillets from my local fishmonger; you can buy them in plain olive oil, or in chilli oil if you prefer. Or, if you can't find them, you could use canned ones instead.
