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by Liz Robb

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

anchovy fillets on garlicy 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.