

Roasted paprika peppers



This dish is a great side to go with any meat or fish recipe.

Low FODMAP and gluten free.



Ingredients

- 3 peppers (yellow and orange)
- 1tbsp of garlic infused oil
- 1tsp of smoked paprika
- Salt and pepper to taste

Method

Slice the top of the pepper and remove the stalk, slice the pepper.

For the main body of the pepper again slice it, but remove any white pithy material from the inside.

Add the oil paprika and seasoning and roast until soft.

Really simple and lovely tasting dish.