

OVERALL time: 90 mins

Roasted Red Pepper & White Bean Salad

An easy to make salad, celebrating all the goodness of beans! Made even more delicious with the ever-popular **Cape Herb & Spice Greek Style Lemon & Herb Seasoning**.

Metric

Number of servings : 4

ingredients

For the salad

- 6 large red peppers
- 2 Tbsp balsamic vinegar
- 2 Tbsp **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 0.5 large red onion, thinly sliced
- 1 pinch **Cape Herb and Spice Atlantic Sea Salt**
- 2 tsp white wine vinegar, or similar
- 100 g sundried tomatoes, roughly chopped
- 200 g olives, whole or pitted
- 2 Tbsp capers
- 0.25 cup parsley leaves, chopped
- 1 tin cannellini beans, rinsed & drained
- 1 tin butter beans, rinsed & drained

For the vinaigrette

- juices from the roasted peppers dish
- 2 Tbsp sweet, mild mustard
- 1 tsp **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 4 Tbsp balsamic vinegar

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 60 mins

Preheat oven to 180°C.

Slice peppers in half and remove the cores and seeds.

Place them in a roasting dish so that they fit snugly together.

Drizzle with olive oil and balsamic vinegar.

Season with **Cape Herb & Spice Greek Style Lemon & Herb Seasoning**.

Rub the seasoning all over the peppers and then arrange them cut side down.

Transfer to the oven and roast for 60 - 75 minutes until the skin is charred and the insides are supremely tender.

Remove from the oven and quickly cover the dish with a large roasting tray or anything to trap the steam inside the dish.

(You can also scrape them into a bowl and cover with cling film.)

Leave to steam for 10 minutes.

Once cool enough to handle, remove and discard the skins.

Slice peppers into strips.

Keep the roasting juices for the vinaigrette.

While the peppers are roasting, combine red onion with salt, sugar and vinegar.

Toss together and then set aside until assembly.

For the vinaigrette:

Combine all the ingredients in a small bowl.

Season well with **Cape Herb & Spice Greek Style Lemon & Herb Seasoning**.

Whisk well to combine.

Assembly:

Combine all the salad ingredients in a large bowl.

Mix everything together well.

Just before serving, drizzle with vinaigrette and toss again.

Serve and enjoy!

<https://capeherb.co.za>

Metric

ingredients

For the salad

- 6 large red peppers
- 2 Tbsp balsamic vinegar
- 2 Tbsp **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 0.5 large red onion, thinly sliced
- 1 pinch **Cape Herb and Spice Atlantic Sea Salt**
- 2 tsp white wine vinegar, or similar
- 100 g sundried tomatoes, roughly chopped
- 200 g olives, whole or pitted
- 2 Tbsp capers
- 0.25 cup parsley leaves, chopped
- 1 tin cannellini beans, rinsed & drained

- 1 tin butter beans, rinsed & drained

For the vinaigrette

- juices from the roasted peppers dish
- 2 Tbsp sweet, mild mustard
- 1 tsp **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 4 Tbsp balsamic vinegard

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 60 mins

Preheat oven to 180°C.

Slice peppers in half and remove the cores and seeds.

Place them in a roasting dish so that they fit snugly together.

Drizzle with olive oil and balsamic vinegar.

Season with **Cape Herb & Spice Greek Style Lemon & Herb Seasoning**.

Rub the seasoning all over the peppers and then arrange them cut side down.

Transfer to the oven and roast for 60 - 75 minutes until the skin is charred and the insides are supremely tender.

Remove from the oven and quickly cover the dish with a large roasting tray or anything to trap the steam inside the dish.

(You can also scrape them into a bowl and cover with cling film.)

Leave to steam for 10 minutes.

Once cool enough to handle, remove and discard the skins.

Slice peppers into strips.

Keep the roasting juices for the vinaigrette.

While the peppers are roasting, combine red onion with salt, sugar and vinegar.

Toss together and then set aside until assembly.

For the vinaigrette:

Combine all the ingredients in a small bowl.

Season well with **Cape Herb & Spice Greek Style Lemon & Herb Seasoning**.

Whisk well to combine.

Assembly:

Combine all the salad ingredients in a large bowl.

Mix everything together well.

Just before serving, drizzle with vinaigrette and toss again.

Serve and enjoy!

<https://capeherb.co.za>