

BELLPEPPER CAPSICUM SALAD (for 2)

Ingredients:

Red Bell Pepper – ½ cup

Yellow Bell Pepper – ½ cup

Green Capsicum – ½ cup

Onion – 1 thin slices

Cucumber – 1 diced

Tomato – 1 chopped

Garlic – 2 cloves crushed

Lemon Juice – ½ tbsp

Olive Oil – 1 tsp

Oregano – ½ tsp

Black Pepper – ½ tsp

Salt – ½ tsp

Fresh Coriander – 2 tbsp

Roasted Sunflower seeds – 1 tbsp

Method:

- Wash the bell peppers and capsicum. Cut them into half and remove the seeds.
- Dice all peppers into small cubes
- Slice Onion thin
- Dice cucumber and chop tomato
- Crush garlic cloves
- Mix all three peppers into a bowl.

- **Dressing:**
- Mix lemon juice, olive oil, oregano, black pepper and salt.
- Pour the dressing over the vegetables.
- Toss well for the mixture to mix well.
- Wait for 5 minutes for the garlic to blend.
- Add fresh coriander
- Sprinkle sunflower seeds on top.
- Serve fresh at room temperature.