FRENCH · SIDE

Piperade: Silky Basque Peppers with Caramelised Onions

60 min · Serves 4 · 172 kcal a serve · Video 8:08 · Helen Rennie

Vegan · Paleo · Gluten-free ingredients · No nuts listed

13 g net carbs a serve and plenty of vitamin C: peppers and onions slow-cooked in olive oil until jammy, with no sugar or butter.

Diet notes: Low saturated fat (1.4 g, 7% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 6 · SERVES 4

- [ ] 4 **red**, orange or yellow peppers
- [ ] 3 tbsp **olive oil**, plus a little more if the pan looks dry
- [ ] 2 **yellow onions**, sliced pole to pole
- [ ] 4 **garlic** cloves, thinly sliced
- [ ] 1 tsp **balsamic vinegar**
- [ ] **salt** to taste (a few pinches as you go)

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the grill to high for 15 minutes. Cut the flesh off the peppers in flat pieces and grill skin side down until the skin is mostly black, then cover in a bowl to steam while they cool. 1:24
2. Heat 3 tbsp olive oil in a 25 cm stainless skillet over medium-high heat. Add the onions and a couple of big pinches of salt, then leave them until they brown underneath; stir and keep browning for 10–20 minutes, lowering the heat if anything turns black. 3:31
3. Turn the heat to low, add the garlic and a pinch of salt and cook gently 5–10 minutes until it softens. 5:17
4. Peel the peppers (remove every burnt bit), slice them lengthwise and add to the onions with a little salt and 1–2 tbsp water. Let the water be absorbed, about 5 minutes, and repeat 3–4 times until the onions are jammy and the peppers silky. 5:28
5. Stir in the balsamic vinegar, taste for salt and cool 10 minutes. Serve warm or cold; it keeps a week in the fridge. 6:41

> **Tip** Serves 3–4 as a side or 6 as an appetiser. Helen serves it with delicate white fish; it is also good with eggs or grilled chicken.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
172 kcal	2.5 g	17 g	4.5 g	11 g	400 mg
720 kJ	5% of a day	13 g net · 9.7 g sugars	16% of a day	1.4 g saturated	17% of a day
		6% of a day		14% of a day	

Energy from net carbs 32% · protein 6% · fat 62%

High in (20%+ of a day) Vitamin C 220% · Vitamin B6 33% · Vitamin A 26% · Vitamin E 26% · Folate 21%

Source of (10–19%) Vitamin K 11%

Recipe and video: Helen Rennie on YouTube — youtube.com/watch?v=mxU5vkMq8O0. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/helen-rennie-piperade