



Friggiarelli

3/4 cup extra virgin olive oil (176ml)
3 garlic cloves, unpeeled
1 fresh chili pepper, chopped
2 lb friggiarelli*, seeded (914g)**
salt and pepper, to season
a bunch fresh basil leaves, coarsely chopped
10 cherry tomatoes, quartered

Com Si Fa?

- Heat up extra virgin olive oil in a saucepan.
- Add garlic, chili pepper and cook until garlic turns golden.
- Remove the garlic and discard.
- Add the peppers and season with salt and pepper.
- Add basil leaves, tomatoes and cook until peppers become soft.

- Friggiarelli are sweet green, small, thin peppers.

- To seed the peppers, rip off the stem / top part of the pepper and rub pepper between the palm of your hands. Seeds will become loose and fall out of the opening.

Per 4 persone



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