

Mackerel Pepper Food



Ingredients (2-4 people)

- 4 medium bell peppers (400 g after cleaning)
- 1 can of Lotka fillet mackerel in sunflower oil (115 g)
- 1 tablespoon olive oil / sunflower
- 1 clove of garlic
- 1 small white onion
- 7-8 cherry tomatoes
- 1 teaspoon salted capers
- salt to taste
- pepper to taste

Step by step preparation

Finely chop the onion and garlic, cut the cherry tomatoes into quarters.

Put the oil in a non-stick pan, add the onion, garlic and capers and sauté for about 1 minute. Add the peppers and mix. Cook on low heat for about 6-7 minutes or until the peppers soften, then add the mackerel with the canned oil. Leave the pepper dish with mackerel for another 10 minutes on low heat, season with salt and pepper to taste, then turn off the heat and serve with gusto. It is a simple, fast food, with polenta or slices of toast is incredibly tasty!

