**Grilled Polenta with roasted capsicum**

**Ingredients:**

3 capsicums (any colour)

4 cups vegetable stock

Pinch salt

1 cup polenta

1 table spoon balsamic vinegar

3 tomatoes

**What to do:**

1. Preheat oven to 210c.
2. Slice capsicum thinly and toss in a baking tray with balsamic vinegar and a drizzle of oil.
3. Roast in oven for 20mins.
4. Heat stock and salt in a large pot and bring to the boil.
5. Add polenta in a slow and steady stream, stirring constantly.
6. Cook over medium heat stirring for 20mins.
7. Pour hot polenta into baking dishes freshly rinsed with cold water. Leave to set for 15mins.
8. Cut tomatoes into thin half slices and add to roasting capsicums.
9. Turn polenta out of dish onto a chopping board and cut into slices.
10. And grill under hot grill until brown.
11. Arrange grilled polenta’s on serving plates and top with roasted capsicum and tomato.