

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.

