

Mechouiya or Sweet Pepper Salad

A very good and refreshing recipe from the Maghreb. (The Maghreb is usually defined as encompassing much of the northern part of Africa, including a large portion of the Sahara Desert, but excluding Egypt)

Sweet peppers are peppers and peppers can also be roasted over a flame while holding them with a fork. The skin comes off too. But this cooking is essential for the taste of this salad which cannot be made with raw peppers.

Ingredients

3 red peppers
3 green or yellow bell peppers
3 cloves of garlic
1.5 dl of olive oil
1 lemon
Fine salt
Ground pepper

Method

Put the peppers to roast in the oven, turning them from time to time until they are well roasted.

Wrap them either in a plastic bag or in newspaper.

Let them cool.

Peel them and remove the seeds.

Cut the flesh into thin strips.

Crush the garlic.

Squeeze the lemon.

Place the peppers in the dish, alternating colors and sprinkle with olive oil and lemon juice, salt and give a few turns of the pepper mill and add the crushed garlic.

