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Chargrilled Zucchini and Capsicum with fresh English spinach

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Ingredients

- 2 large Zucchini – sliced
- 1 large Capsicum – slice
- 400-500g English spinach
- Thai basil leaves – handful, torn
- 1 cup Mint leaves, torn
- Chilli Mild – finely sliced and de-seeded
- Olive oil
- Lemon juice

Method

1. Place zucchini and capsicum strips in a bowl and add olive oil, chilli, salt and pepper. Toss until all of the strips are covered with oil and combined.
2. Heat a ridged grill pan until smoking hot and grill the strips until tender yet crunchy, about 4 minutes each side and drain on paper towels.
3. Toss the zucchini and capsicum strips in the lemon juice, mint, thai basil and add some more extra virgin olive oil. Serve on a bed of fresh English spinach.