



Provençal Sweet pepper

Cooking time: 25 minutes

Ingredients :

- 1 Teaspoon Of Oil
- 3 Sweet Peppers
- 3 Garlic Cloves
- 5ml Provençal Herbs
- Salt And Pepper

Preparation :

Wash, cut and seed the sweet pepper. Cut them in strips. Put oil, sweet pepper, garlic, Provençal herbs, salt, pepper in the *CromoTanium* frying pan and close it. Put the *CromoTanium* frying pan on medium heat. When temperature reaches 40°C, drop to medium/low and keep cooking till temperature reaches 80°C. Take off the heat.