



INGREDIENTS:

4 pcs	unMEAT Sausages, sliced diagonally	1 pc	green red bell pepper capsicum, deseeded and sliced lengthwise
1 tbsp	olive oil		
1 pc	white onion, sliced	1 pc	yellow/orange bell pepper/ capsicum, deseeded and sliced lengthwise
2-3 pcs	garlic cloves, minced		
1 tsp	dried Italian seasoning		
1 pc	red bell pepper/capsicum, deseeded and sliced lengthwise	To taste	salt and pepper
		Optional:	Cooked baby potatoes tossed in olive oil, dried Italian seasoning, salt and pepper

PROCEDURES:

1. In a pan, heat olive oil.
2. Add sliced onion and minced garlic to the hot pan, do not let the garlic burn.
3. Add the dried Italian seasoning and let it toast a bit.
4. Add the sliced unMEAT Sausages and cook until they have partially browned.
5. Add the sliced bell peppers and saute until the peppers have softened.
6. Season with salt and pepper and set aside.
7. Serve with baby potatoes tossed in olive oil, salt and pepper.



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