

Helergon Kitchen

Sweet Pepper Salad – Quick & Simple Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 3 large sweet bell peppers (red, orange, yellow), sliced into thin strips
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp apple cider vinegar
- [ ] 1 tsp honey (optional)
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp finely chopped fresh basil or parsley
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash the peppers, remove the stems and seeds, then slice them into thin, uniform strips.
2. In a small bowl, whisk together olive oil, apple cider vinegar, honey (if using), lemon juice, a pinch of salt, and black pepper until emulsified.
3. Place the sliced peppers in a large mixing bowl and pour the vinaigrette over them. Toss gently to coat each strip evenly.
4. Add the chopped fresh herbs, give the salad one last light toss, and taste for seasoning. Adjust salt or lemon juice if needed.
5. Let the salad rest for 5 minutes at room temperature, or chill for up to 30 minutes for a cooler bite. Serve immediately.

Nutrition per serving

120 kcal	2 g	8 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, add a handful of toasted pumpkin seeds just before serving.
- If you prefer a tangier profile, increase the apple cider vinegar by half a teaspoon.
- A drizzle of toasted sesame oil can add an unexpected nutty aroma.