



Heart-Shaped Tray

<Ingredients> For 2 servings

- 1/2 of both a red and yellow bell peppers
- 50 g daikon radish*
- 3 tablespoons apple cider vinegar
- 2 tablespoons rice vinegar
- 2 tablespoons olive oil
- 2 tablespoons sugar
- 1/2 teaspoon salt

*can be substituted with another type of radish.



Marinated Paprika and Radish

Paprika is characterized by its high content of antioxidant vitamins, including beta-carotene, vitamin E, and vitamin C.

Beta-carotene is converted to vitamin A in the body as needed.

Vitamin A is necessary for eye function, skin and mucous membrane health, and is effective in restoring damage to mucous membranes and boosting immunity.

The absorption rate of β -carotene, which has a strong antioxidant effect, increases when eaten with lipids (such as olive oil).



Anti-aging foodstuffs

Paprika

<How to cook>

1. Cut bell peppers and daikon radish into strips.
2. Sprinkle the bell peppers and daikon with salt (not included in the quantity) and let sit for 10 minutes until wilted, then drain.
3. Mix apple cider vinegar, rice vinegar, olive oil, sugar, and salt together to make a marinade.
4. Add the marinade to the bell peppers and daikon and refrigerate for about 30 minutes.

