

Char-grilled red pepper dip

(Recipe produced by Nishma Shah)

Makes: 200 grams

Meat-free, fish-free, egg-free, dairy-free, wheat-free, gluten-free, soya-free, no added sugar.

Ingredients:

- 2 red peppers
- 3 sundried tomatoes (appx 30 grams)
- 15 grams walnuts
- $\frac{1}{4}$ teaspoon chilli flakes
- 1 clove garlic
- $\frac{1}{4}$ teaspoon dried basil
- Salt to taste

Equipment:

Hand blender, jug, flame spreader, kitchen pincers, spoon, glass bowl & cover, glass jar (for storage).

Method:

1. Char-grill the red peppers (e.g. over a gas hob flame using a flame spreader).
Use kitchen pincers to hold the stem of a whole pepper and turn it around over the naked flames until the whole pepper is charred.
2. Leave the charred peppers to cool.
3. Once cooled, the skin will wither. Wash the peppers under running water and remove the skin.
4. With the exception of the dried basil, put all the ingredients in a jug and blend either to a smooth paste or a coarsely blended paste.
5. The dip should have a lovely smokey flavour.
6. Add the dried basil and some salt according to your preference.
7. Transfer to a glass bowl for serving.

Enjoy... 😊

Tip:

This dip can be stored chilled in glass jar for up to 3 days 😊