

Recipe Card: Red Pepper & Garlic Dip

Ingredients:

- Red Peppers/Capsicums: 4 Large (and ripe)
- Garlic: 1 clove
- Spring Onion/scallion: 1
- Cilantro/coriander: 1 small bunch
- Lime: ½ to 1
- Salt to taste
- Water(only if you prefer a thinner dip/sauce)

Preheat your oven to 180°C/356°.

Wash and dry the red peppers and lay them out (whole) on a baking tray. Cook on fan bake for 35-45 minutes or until very soft and charred on the outside.

Place the cooked peppers into a bowl, cover and let sit at room temperature for 20 minutes. Allowing the peppers to steam in the bowl will make it much easier to remove the skins.

Once cooled remove the skin. Place in a blender with all of your ingredients (add ½ the lime to start off with and do NOT add water straight away - add once blended if you prefer your sauce to be thinner)

Garnish with cilantro/coriander and you're ready to serve. This is a great dip to have with potato cakes, wedges and samosas. We also have it with biryani and rice dishes.