

Roasted Red Capsicum & Sun-dried Tomato Dip

vegan nut-free dairy-free gluten-free

Ingredients

- 10 sun-dried tomato halves (not stored in oil)
- 2 roasted red capsicums (see below)
- 2 garlic cloves crushed
- 1 chilli (seeds removed)
- 200g can kidney beans
- 200g soft tofu
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ¼ cup virgin olive oil
- Ground black pepper and sea salt to taste



Preparation of Dip

1. Soak tomatoes in hot water until soft, and then squeeze out moisture.
2. Chop tomatoes and place in a blender, with roasted capsicums, garlic and chilli and blend until fine.
3. Add beans, tofu herbs and spices and blend until fine.
4. Slowly add oil while blender is still going on low speed until smooth.
5. Pour into a dish, cover and refrigerate at least 30 minutes before serving.

Preparation of Roast Capsicums

1. Bake whole at 220°C in oven for 15-20mins
2. Then place them in a paper bag and seal tightly to allow them to cook for another 25mins in their own heat.
3. Remove from bag and peel off skins.
4. Remove seeds and either use immediately or store in air-tight container for up to 3 days.
5. They can also be frozen for up to 1 month - cut into strips and put in a freezer zip-lock bag.

Crudités

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Crudités – the fancy name for sliced or whole raw vegetables served with dip. Use vegetables such as cauliflower, capsicum, cucumber, celery, snow peas, fresh asparagus, green beans and carrots.

Serving

1. Slice vegetables long ways or keep whole.
2. Place bowl of dip in centre of serving plate/board and fan the vegetables out around it.