

TASTE WITHOUT WASTE

Rosemary, Roast Capsicum & Seed Dip

Makes 1 cup (250ml)

Ingredients

3 large red capsicums, halved and deseeded
4 sprigs rosemary
1/3 cup sunflower seeds
1/3 cup pepitas (pumpkin seeds)
Tiny sprinkle cayenne pepper
Good grind of sea salt and black pepper
1 tbsp lemon juice
8 leaves basil

Method

Preheat the oven to 200C. Line a baking pan with baking paper and arrange 2 sprigs of rosemary and the capsicum halves, cut side facing upwards, on the tray. Roast for 40 minutes or until the capsicums begin to turn blackened and charred in a few spots. Set the pan on a wire rack and leave to cool (slightly warmer than room temperature is fine).

Meanwhile, toast the sunflower seeds and pumpkin seeds in a small frying pan over a medium-low heat for five minutes, or until fragrant. Toss the pan every so often to prevent uneven toasting.

Once the capsicum has cooled, roughly chop and toss into a food processor, along with the toasted seeds, the 2 fresh sprigs of rosemary, cayenne, salt, pepper and lemon juice. Blitz until quite smooth (the amount of texture is up to you), stopping to scrape down the sides regularly. Taste and season with more salt/pepper/cayenne accordingly.

Transfer the dip to a glass jar (or airtight container), layering it with the basil leaves.

Dip will keep in the refrigerator for up to a week. Serve with bread, crudités or crisp-bread. Alternatively, pop in a wrap/sandwich!

*Source: Adapted from The Green Kitchen by David Frenkiel & Luise Vindahl.
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