Smokey Capsicum Sauce

EASY • 5 MINS

Smokey char-grilled marinated capsicum mixed plus sweet honey, almonds and garlic = your new favourite sauce.

Ideal with: Grilled chicken, pan-fried salmon, drizzled onto scrambled eggs or served alongside vegetable dishes such as warm salads or buddha bowls.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	5 mins	4-6 as a dressing or sauce

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

- 1 x 330g jar char-grilled marinated capsicum (approx. 200g capsicum)
- 2 Roma tomatoes
- 1 cup almonds
- ¼ cup extra virgin olive oil
- 1 tbsp Capilano Pure Honey
- 1 tsp or whole clove garlic, crushed
- 2-3 tsp sherry vinegar or apple cider vinegar or lemon juice
- Salt and pepper, to taste

Method

1. In a food processor, combine drained capsicum and all ingredients. Pulse until a semi-smooth paste is formed.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!