Spiced Capsicum and Walnut Dip

EASY • 20 MINS

A good dip can be all it takes to elevate a party spread. This healthy and veggie-packed dip is made with flavour filled capsicum, cauliflower, garlic, walnuts, chilli & cumin for an unexpectedly moreish combo! Ideal for flat breads, crackers or sliced up veggies.

Recipe by @CookRepublic in partnership with Capilano Honey



SKILL LEVEL	PREP TIME	SERVINGS
Easy	20 mins	4-6

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!

- 2 red capsicum, cored and seeds removed
- 4-6 cauliflower florets
- 2 garlic cloves, peeled
- Juice of ½ lemon
- 150g walnuts, raw plus extra toasted, to serve
- Handful fresh breadcrumbs
- ¼ – ½ tsp red chilli flakes
- ½ tsp cumin, ground
- 2 tsp pomegranate molasses
- Olive Oil
- Capilano Active Manuka Honey MGO 30+
- Herbs
- Salt and pepper, to taste

Method

1. Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper. Place red capsicum and cauliflower florets on tray and back for 15-20 minutes until charring and tender. Set cauliflower aside.

2. In a food processor, process the roasted capsicum with garlic, lemon juice, walnuts, fresh breadcrumbs, red chilli flakes, cumin, salt, pepper, pomegranate molasses and olive oil. Pulse until just smooth, tasting to adjust flavours as you wish.

3. To serve, place dip in a large bowl and top with cauliflower, toasted walnuts, herbs and a drizzle of Capilano Active Manuka Honey MGO 30+

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste
Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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!