



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
Easy

PREP TIME
20 mins

SERVINGS
4-6

Ingredients

Visit [capilanohoney.com.au](https://www.capilanohoney.com.au) to learn how to swap honey for sugar in your recipes.

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- 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 Manuka Honey
- 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



AUSTRALIAN MANUKA HONEY
Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).
The higher the MGO, the more potent the honey.

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 Australian Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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