Smokey Bell Pepper Sauce

EASY • 5 MINS

Smokey char-grilled marinated bell pepper mixed plus sweet honey, almonds and garlic = your new favorite 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.

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- 1 x 330g jar char-grilled marinated bell pepper (approx. 200g bell pepper)
- 2 Roma tomatoes
- 1 cup almonds
- ¼ cup extra virgin olive oil
- 1 tbsp Capilano Organic Raw 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 bell pepper and all ingredients. Pulse until a semi-smooth paste is formed.

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

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

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