



Spiced Bell Pepper 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 bell pepper, 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

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Ingredients

- 2 red bell pepper, 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 Authentic 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 bell pepper 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 bell pepper 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 flavors as you wish.
3. To serve, place dip in a large bowl and top with cauliflower, toasted walnuts, herbs and a drizzle of Capilano Authentic Manuka Honey MGO 30+

Used in this recipe



Authentic Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees*, Capilano 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, Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

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

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