



CAPSICUM SAUCE

SERVES 4

COOK TIME: 30 MIN

INGREDIENTS

- 4 to 6 x large Capsicums (Red Peppers)
- 1 Large pkt of non-salted Cashew nuts
- 1 Fresh Lemon
- Garlic
- Paprika
- Salt to taste
- Chilli - Optional

METHOD

Roast off the red peppers on the braai, until heavily charred on the outside

Peel off the skins and all the pips
Place the flesh in a mixer or you can use a hand blender.

Place in remaining ingredients and mix

Add any further spices to your preference

This is great for sauce over meat, pasta sauces or to use as a dip