

## Roasted Capsicum & Walnut Dip

4 roasted red capsicums  
100g walnuts  
1 whole garlic bulb roasted  
Chilli to taste  
Juice of half a lemon  
Herbamare to taste

When cool squeeze out roasted garlic.  
Place all ingredients in a blender and blitz until a smooth dip like consistency is achieved.

Serve with vege sticks or your favourite crackers.



## Roasted Capsicum

Capsicums  
Preheat oven to 200C.

Cut capsicum in large pieces, discarding seeds.  
Place skin side up on a baking tray, lined with baking paper.  
Roast in a hot oven until skins are black.

Remove from the oven.  
Transfer to a glass bowl & cover.  
When cool, peel off skins & discard

Roasted capsicum is now ready to be used in a dip or sliced & tossed through a salad.

## Stuffed Capsicum

2 cups cooked quinoa  
6 capsicums stem & seeds removed  
1 diced onion  
6 cloves minced garlic  
1 diced zucchini  
1 small eggplant diced  
3 tomatoes diced  
Herbamare & black pepper to taste  
1/2 cup nutritional yeast

Place onion, garlic & tomatoes at the bottom of a large saucepan & add remaining vegetables.

Season with Herbamare.

Cover & gently simmer until vegetables have softened.

Stir quinoa and nutritional yeast into vegetable mixture.

Fill capsicums with the mixture.

Place on lined baking tray and bake in moderate oven until tender.

## Roasted Capsicum Medley

1 large zucchini diced  
1 large red capsicum diced  
1/2 small butternut pumpkin peeled & diced  
Punnet of button mushrooms halved  
Punnet of cherry tomatoes  
1 red onion diced  
1 tablespoon coconut or olive oil  
Herbamare (healthy salt)

Place vegetables in a large bowl & coat with coconut or olive oil

Place on a tray lined with baking paper.  
Season with Herbamare.

Cook 180 degrees for about 30 minutes or until all veges are cooked to your liking!