

Roasted Red Capsicum, Parmesan and Pine Nut Dip

NEED:

50g Parmesan, cubed
1 clove garlic
Handful basil leaves
1 tbsp balsamic vinegar
2 tbsp EVOO (Extra Virgin Olive Oil)
Generous pinch sea salt
50g pine nuts, toasted
1 red capsicum, roasted*

DO:

Place parmesan, garlic and basil leaves into HMP and mill **10 sec/speed 8**.
Add all remaining ingredients and chop **5 sec/speed 3**.
Serve immediately with crackers or crostini of choice.

*To roast capsicum, place under hot grill, turning occasionally until all skin is charred and flesh is soft. (around 15 minutes) Transfer to a ceramic or heat proof bowl. Cover bowl tightly with plastic wrap and allow to cool completely. Peel and deseed completely before proceeding with recipe.

Alternatively, replace roasted capsicum with 100g flame grilled peppers, available at deli counters in most supermarkets.