

**EAT THEM
TO DEFEAT THEM**



**YOU'RE STUFFED
PEPPERS!**



Monstrous Red
Pepper, Tomato
& Cashew dip



Hullfood
PARTNERSHIP

hullfoodpartnership.org.uk/vegpower



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Monstrous Red Pepper, Tomato & Cashew nut dip

INGREDIENTS

- 2 x Red peppers – sliced into 2cm squares
- 200g x Cherry tomatoes – sliced in half
- 1 x Red onion – sliced
- 3 x Garlic cloves – squashed skin on with back of a knife
- 1 x cup Cashew nuts
- Olive Oil
- 1 Tbsp Apple cider vinegar
- 1 Tsp paprika powder
- Sea salt & pepper
- Optional: finger chilli, cayenne pepper, herbs of choice



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METHOD

1. Heat the oven to 180 C.
2. Place the sliced bodies of the red peppers, tomatoes, red onion, garlic and paprika into a baking tray and toss this monster mix together with 2 tablespoons of olive oil.
3. Place tray into the oven and roast the veggies for 30 minutes until they are no longer able to fight.

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4. Place roasted vegetables into a bowl and set aside to cool for 5mins. Skin the garlic to make sure its weak and softened.
5. Place the monster mix (roasted veggies), cashews, 2 tablespoons of olive oil, apple cider vinegar (plus any extras optional to you) into a high speed blender until it reaches your desired consistency. The vegetables blood dip is now ready, if you would like it smoother add more oil or water to thin it out.



Serve to hungry veg warriors with carrot sticks, celery or crackers



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