

Roasted Capsicum, Feta and Macadamia Dip

Makes: ~2 cups

Prep time: 15 minutes + cooling time

Cook time: 45 minutes

Ingredients

3 large red capsicums

2 garlic cloves, peeled

1 ½ tablespoons olive oil

Salt and pepper, to taste

½ cup roasted macadamias, plus extra to serve

100g reduced fat feta

1 tablespoon lemon juice

Fresh thyme leaves, to serve

Assorted vegetable crudites, to serve



Method

PREHEAT oven to 180°C. Line a large baking tray with baking paper.

PLACE capsicums and garlic on lined tray. Use hands to cover with 2 teaspoons olive oil, and sprinkle with salt and pepper to taste.

TRANSFER tray to oven to bake. Remove garlic after 15 minutes, or once soft and golden.

CONTINUE to roast capsicums for a further 25-30 minutes, or until blackened and soft.

REMOVE capsicums and set aside to cool in a plastic bag and/or heatproof pot with lid, as this will help to soften the skin and allow for easy removal. Once cool, gently remove stem, seeds and skin from the capsicums.

ADD roasted capsicums and garlic to a food processor, along with the macadamias, feta and lemon juice. Pulse a few times to combine. With the food processor running, slowly drizzle in remaining olive oil until desired consistency is reached. Season with salt and pepper to taste.

TRANSFER to a small bowl and top with fresh thyme leaves and extra macadamia pieces.

SERVE with assorted vegetable crudites and seeded crackers.

Recipe courtesy of the Country Kitchens team