



## Smokey Capsicum Sauce

EASY • 5 MINS

Smokey char-grilled marinated capsicum mixed plus sweet honey, almonds and garlic = your new favourite sauce.

Ideal with: Grilled chicken, pan-fried salmon, drizzled onto scrambled eggs or served alongside vegetable dishes such as warm salads or buddha bowls.



**SKILL LEVEL**  
Easy

**PREP TIME**  
5 mins

**SERVINGS**  
4-6 as a dressing or sauce

### Ingredients

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



- 1 x 330g jar char-grilled marinated capsicum (approx. 200g capsicum)
- 2 Roma tomatoes
- 1 cup almonds
- ¼ cup extra virgin olive oil
- 1 tbsp **Capilano Honey**
- 1 tsp or whole clove garlic, crushed
- 2-3 tsp sherry vinegar or apple cider vinegar or lemon juice
- Salt and pepper, to taste

## Method

1. In a food processor, combine drained capsicum and all ingredients. Pulse until a semi-smooth paste is formed.

Used in this recipe

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!