



Spiced Capsicum and Walnut Dip

EASY • 20 MINS

A good dip can be all it takes to elevate a party spread. This healthy and veggie-packed dip is made with flavour filled capsicum, cauliflower, garlic, walnuts, chilli & cumin for an unexpectedly moreish combo! Ideal for flat breads, crackers or sliced up veggies.

Recipe by @CookRepublic in partnership with Capilano Honey



SKILL LEVEL
Easy

PREP TIME
20 mins

SERVINGS
4-6

Ingredients

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

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- 2 red capsicum, cored and seeds removed
- 4-6 cauliflower florets
- 2 garlic cloves, peeled
- Juice of ½ lemon
- 150g walnuts, raw plus extra toasted, to serve
- Handful fresh breadcrumbs
- ¼ – ½ tsp red chilli flakes
- ½ tsp cumin, ground
- 2 tsp pomegranate molasses
- Olive Oil
- [Capilano Active Manuka Honey MGO 30+](#)
- Herbs
- Salt and pepper, to taste

Method

1. Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper. Place red capsicum and cauliflower florets on tray and bake for 15-20 minutes until charring and tender. Set cauliflower aside.
2. In a food processor, process the roasted capsicum with garlic, lemon juice, walnuts, fresh breadcrumbs, red chilli flakes, cumin, salt, pepper, pomegranate molasses and olive oil. Pulse until just smooth, tasting to adjust flavours as you wish.
3. To serve, place dip in a large bowl and top with cauliflower, toasted walnuts, herbs and a drizzle of Capilano Active Manuka Honey MGO 30+

Used in this recipe



FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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