



Cannellini Bean and Roasted Red Pepper Dip

Ingredients

1 large red pepper, cored, deseeded and sliced
Olive oil, for roasting
1 tin cannellini beans, drained
1 garlic clove, finely chopped
Salt

Directions

1. Preheat the oven to 200°C/fan 180°.
2. Spread the pepper on a baking tray, drizzle with olive oil and toss. Roast for around 25 minutes, or until softened and starting to char at the edge.
3. Place the roasted peppers, cannellini beans and garlic in a food processor or blender and blitz to form a smooth paste.
4. Season well with salt.

Notes

- If the garlic is too strong, roast the clove whole alongside the pepper, peel and blend with the rest of the ingredients.
- Keep in the fridge or freeze.
- Great with vegetable sticks, wholegrain crackers or pitta. Try it in a sandwich or an addition to a salad.

