

## ROASTED CAPSICUM DIP

### Equipment needed –

Food processor, measuring spoons, measuring cups, juicer, colander and 3 serving bowls.

### Ingredients from the Garden –

- 2 large red capsicums roasted
- 1 clove of garlic
- ¼ cup of parsley, finely chopped

### Ingredients from the Pantry –

- ¾ cup of chickpeas
- ½ teaspoon of dried chili flakes
- 1 teaspoon of ground coriander
- 2 tablespoons of lemon juice

### What to do –

1. Wash and pick the parsley leaves. Add ¼ cup of parsley into the food processor.
2. Add the roasted capsicums into the food processor with the parsley.
3. Open the can of chickpeas and empty into a colander over the sink. Rinse well with cold water. Measure out ¾ cup of the chickpeas and add to the food processor.
4. Juice the lemon and add 2 tablespoons of lemon juice into the food processor.
5. Peel the garlic and add to the food processor.
6. Measure out 1 teaspoon of coriander and add to the food processor.
7. Measure out ½ teaspoon of dried chili flakes and add to the food processor.
8. Blend until smooth. Divide the capsicum dip evenly amongst 3 small serving bowls.

### Serves –

- 28 students.