

*Roasted Red Bell Pepper
+ Walnut Dip (Muhammara)*



EMBODY NOURISH

Roasted Red Bell Pepper + Walnut Dip (Muhammara)

CREATES: 3 CUPS

PREP: 5 MINS

COOK: 25 MINS

TOTAL: 30 MINS

V | VF | GF

INGREDIENTS

- 1/2 cup olive oil
- 4 fresh red bell peppers, sliced and deseeded
- 1 white onion, diced
- 3 garlic cloves, minced
- 2 tbsp lemon juice
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp cayenne pepper
- 2 cups walnuts, crushed (more for garnish)
- Italian parsley, for garnish
- Sea salt and ground pepper, to taste

DIRECTIONS

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1. Heat olive oil over medium heat in a medium-sized saucepan. Add in garlic and onion and saute until soft and fragrant. Cook the red bell peppers for 10 minutes and remove. Add in the walnuts and cook until lightly browned. Remove to cool.
2. Add in the bell peppers, walnuts, onion, lemon juice, olive oil, cumin, paprika and cayenne pepper to a food processor. Blend until smooth. Adjust the mixture to your desired consistency and taste with lemon juice, oil, salt and pepper.
3. Transfer to a bowl and cover in the fridge until chilled. Serve with a sprinkle of crushed walnuts and parsley. Keep in the fridge for up to 5 days.

NOTES

*Add more water (1 tbsp) if the mixture is too thick.