

Capsicum and Sundried Tomato Dip



Wendy Lind has kindly shared the recipe she used to make the delicious dip she made for the Melbourne Cup Lunch. The recipe is made in a Thermomax Machine but can easily be adapted for a food processor.

Ingredients:

1 clove clove garlic
150 grams Sundried or Semi-Sundried Tomato
1 red capsicum, quartered
160g Unsalted Cashews
40g Olive Oil
40g White balsamic vinegar
2Tbs Parmesan Cheese, grated.

Place all ingredients into TM bowl and set dial to closed lid position.

Pulse with Turbo button 5-10 seconds (about 4 pulses) so that you have a rough but even chopped mixture.