



Muhammara

Serving: 1

Veg

Ingredients

- Makes 1 bowl
- Roasted red bell pepper 1 bowl
- 2 tbsp toasted bread crumbs
- 2 tsp roasted walnuts
- 1 clove of garlic
- 1 tsp lemon juice
- 1 tsp cumin seeds
- A pinch of chilli flakes
- Salt to taste
- $\frac{1}{2}$ tsp extra virgin olive oil

Preparation Method

- 1. Mix all the ingredients together in a blender with water if required and blend till smooth in texture.
- 2. Transfer the dip to a bowl and serve it at room temperature with whole wheat lavash or whole wheat toasts or pita bread and fresh green salad for a yummy meal.