

Pepper, Sweet Chilli & Lime Dip

Ingredients

1 red pepper, deseeded and diced finely

Juice from 1 lime or 10 drops of lime juice

Sweet chilli sauce (enough to cover the pepper)

Sprinkle of chopped fresh coriander

Method

1. Combine the lime juice and diced peppers.
2. Add just enough sweet chilli sauce to cover the peppers.
3. Sprinkle in some coriander and mix all together.

This recipe keeps well in fridge for a few days.

This makes a great dip-could have with low protein crackers or it is also good with rice or just on toast.