

### **Sweet Red Pepper (Makes 2-3 portions)**

#### **Ingredients**

1 medium pepper

#### **Method**

1. Wash, core and de-seed the pepper.
2. Cut into squares and roast under a pre-heated grill until the skin is charred.
3. Place in a plastic bag and allow to cool.
4. Peel off the blistered skin and purée.

#### **Note**

This is good mixed with cauliflower or sweet potato.