MIDDLE EASTERN · SNACK · SIDE

Muhammara (Syrian Red Pepper and Walnut Dip)

60 min · Serves 8 · 200 kcal a serve · Video 7:15 · Middle Eats

Vegan

Roasted red peppers and walnuts make a vegan dip rich in vitamin C and plant omega-3, and most of its fat is the unsaturated kind from walnuts and olive oil.

Diet notes: Low saturated fat (1.8 g, 8% of the energy).

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Ingredients 13 · SERVES 8

- [ ] 250 g **roasted red pepper flesh** (from about 3–4 red capsicums), skinned and seeded
- [ ] ½ **onion**, charred with the peppers
- [ ] 60 g **walnuts**, toasted
- [ ] 60 g **fine breadcrumbs**, toasted
- [ ] 4 tbsp **olive oil**
- [ ] 4 tbsp **pomegranate molasses**
- [ ] 1 tbsp **tahini**
- [ ] 1 tsp **Aleppo pepper** (or other chilli flakes)
- [ ] ¾ tsp **ground cumin**
- [ ] 1 tsp **salt**
- [ ] a drizzle of **olive oil**, to garnish
- [ ] a few chopped **walnuts**, to garnish
- [ ] a sprig of **mint**, to garnish

Allergens found in the listed ingredients: Gluten, Tree nuts, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toast the walnuts in a dry pan over medium heat, stirring, for about 5 minutes until they smell toasty; tip out. Toast the breadcrumbs in the same pan for about 5 minutes until a few shades darker. 3:23
2. Put the peppers (stalks trimmed) and a halved onion on a rack over a foil-lined tray and grill (broil) on medium about 8 minutes a side, turning until charred all over and soft. 1:16
3. Pile the hot peppers and onion into a bowl, cover tightly with plastic wrap and leave 15 minutes. Peel off the skins and remove cores and seeds (don't rinse them). Weigh 250 g pepper flesh and keep half the onion. 2:19
4. Put the walnuts, breadcrumbs, pepper, onion, olive oil, pomegranate molasses, tahini, Aleppo pepper, cumin and salt in a food processor. Blend 1–2 minutes, scraping down the sides, until it looks like a red pesto. 4:06
5. Pile into a bowl, swirl a well in the centre with the back of a spoon, drizzle with olive oil and top with chopped walnuts, a pinch of Aleppo pepper and a sprig of mint. 5:33

> **Tip** Serves about 8 as a dip (our estimate). Eat with flatbread or raw vegetables. For the Lebanese version, stir in 2 tbsp tomato paste and ½ tsp sumac. Keeps 4–5 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
200 kcal	3.4 g	16 g	2.5 g	14 g	350 mg
840 kJ	7% of a day	14 g net · 6.3 g sugars 6% of a day	9% of a day	1.8 g saturated 19% of a day	15% of a day

Energy from net carbs 29% · protein 7% · fat 64%

High in (20%+ of a day) Omega-3 53% · Vitamin C 46%

Source of (10–19%) Vitamin E 11% · Vitamin B6 10%

Recipe and video: Middle Eats (@MiddleEats) on YouTube — youtube.com/watch?v=FetbU_N8rk8, published 22 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/muhammara-red-pepper-walnut-dip