

Roasted Red Pepper Soup

Developed from an idea in a *Waitrose Seasons* magazine - yet to be tried. I want to roast the peppers whole so as to profit from the juices that accumulate inside. This means they'll need seeding after roasting. Served with Dukkah.

Planning

serves:	6
prep time:	10 mins
cooking time:	50 mins

Ingredients

4 red peppers
1 large carrot, peeled & roughly chopped
1 red onion, roughly chopped
1 tbs balsamic vinegar
2 tbs olive oil
1 litre stock
50g roasted unsalted pistachio nuts
2 tsp sesame seeds
1 tsp black mustard seeds
1 tsp cumin seeds
salt & pepper

Method

Preheat the oven to 190°C (gas mk 5). Toss the vegetables together with the olive oil and balsamic vinegar and place in a roasting pan. Place in the oven and roast for about 35 mins, stirring halfway through, until they are tender and caramelised.

Meanwhile, make the dukkah. Place the nuts and seeds in a dry frying pan and toast over gentle heat until the mustard seeds start to pop. Allow to cool, then pulse them in a food processor until coarsely ground. Transfer to a bowl.

Add the vegetables, together with any accumulated juices, and stock to a pan and heat for a few minutes to blend the flavours. Blitz in a blender (preferably the same one that the dukkah was ground in). Season with salt and pepper to taste. Serve with some of the dukkah sprinkled on top.