



AVOCADO AND ROASTED RED PEPPER SALSA

Preheat the oven to 200°C and line a baking tray with baking paper. Rub the sweet peppers with a little olive oil, place them in the tray and roast in the oven for 15 minutes or until they have an even charred colour. Use tongs to put them in a sealable container and seal. After 15 minutes the peppers should be cool enough to handle and the skin easy to peel off. Remove the seeds, too, and place the smoky flesh of the peppers on a paper towel to drain any moisture. Cut into medium to small cubes.

Combine all the ingredients, including the rest of the oil, in a bowl and mix gently to avoid mashing the avocado. Season to taste.

Serves 8-10

75 ml olive oil
2 medium red sweet peppers,
washed and dried
2 small avocados, peeled, and cubed
2 large tomatoes, seeded and cubed
1 large red onion, chopped
1 red or green chilli, finely chopped
2 garlic cloves, roasted
juice of 1 lemon
bunch of coriander, roughly chopped
salt and pepper to taste

BUTTERNUT HUMMUS

Roast butternut

Preheat the oven to 180°C and line a baking tray with baking paper. Arrange butternut cubes in the tray, sprinkle with thyme, salt and pepper, and coat with olive oil. Roast for 10 minutes or until soft.

Hummus

To make the hummus, place roast butternut in a food processor with the rest of the ingredients, except salt and pepper. Pulse the mixture slowly until you've achieved the desired consistency. Season to taste. Serve hummus with fresh bread, toast, crackers, crisps or crudités.

Serves 8-12

120 g butternut, peeled, seeds
removed and cubed
5 thyme sprigs, leaves picked
salt and pepper to taste
30 ml olive oil

160 g chickpeas, drained
3 garlic cloves, roasted
juice of 1 lemon
handful of flat-leaf parsley, chopped
30 ml tahini or peanut butter
5 ml cumin seeds, toasted
60 ml olive oil
salt and pepper to taste

THYME AND ARTICHOKE CREAM CHEESE

Mix artichoke, thyme, spring onion, fennel seeds, lemon juice and cream cheese to make a chunky dip. Adjust the consistency with more cream cheese to thicken or cream to thin the dip. Season to taste. Serve as a dip with crisps, bread, bread sticks or crackers.

Serves 6-10

1 tin (285 g) artichoke hearts,
chopped into rough chunks
small bunch thyme, leaves picked and
roughly chopped
3 spring onions, thinly sliced
5 ml fennel seeds, toasted
juice of 1 small lemon
225 g cream cheese cream (optional)
salt and pepper to taste