



Vibrant Red Capsicum, Coriander and Macadamia Pesto

Recipe by Dr Sue Radd, from her book “Food as Medicine”



Serves 4



5 minutes

INGREDIENTS

- ¼ cup macadamia nuts
- 1 medium red capsicum, roasted, skin removed
- 1 bunch fresh coriander
- 2 tablespoons extra virgin olive oil
- 1½ teaspoons balsamic vinegar
- ½ teaspoon salt
- pepper, to taste



Afternoons

with Joel Rheinberger
on 936AM and the ABC listen app





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DIRECTIONS

1. Place macadamia nuts into a food processor and process until they resemble coarse breadcrumbs but are still loose, not pasty.
2. Add remaining ingredients and continue to puree until all ingredients are uniform but several colours can still be distinguished.
3. Transfer to a small glass bowl, cover, and refrigerate until required. Toss through pasta, spread on wholegrain crackers, add to steamed vegetables or baked tofu.

TIPS:

- To store for several days, drizzle paste with a thin film of olive oil before refrigerating.
- Cashew nuts can be substituted for the macadamias.
- I usually roast a large tray of capsicums when they are in season and inexpensive. Place in a hot oven for 45–60 minutes until the skins are blackened, allow capsicums to cool, then peel and remove their seeds. Layer the capsicum pieces in a glass jar and drizzle with olive oil, then refrigerate until desired.
- You can also purchase roasted capsicums from a deli or supermarket.



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