



GLUTEN  
FREE

# Spicy Chilli Tomato Dip

PREP 5 MINS | COOK 25 MINS | SERVES: 4-6

## INGREDIENTS

- 1/2 tablespoon olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon crushed chilli flakes
- 2 tablespoons onion, chopped
- 2 tablespoons green capsicum, chopped
- 1/2 large fresh red chilli, chopped
- 200g chopped tomatoes
- 2 tablespoons tomato puree

## PREPARATION

1. Add the olive oil to a pan over a moderate heat; once warm add garlic, cayenne, paprika and chilli flakes, cook for 2-3 minutes until fragrant.
2. Add onion, green capsicum and fresh chilli and cook gently for 10 minutes.
3. Add chopped tomatoes and tomato puree, simmer gently for a further 10 minutes.
4. Remove from heat and allow to cool then blitz with a hand blender until smooth.
5. Prepare your meatballs as per pack instructions and serve with this deliciously spicy dipping sauce (can be served hot or cold).