



RED PEPPER HOUMOUS



INGREDIENTS

1 red pepper

1 x 400g can chickpeas – drained and rinsed

1 clove garlic – crushed

½ teaspoon dried mixed herbs

½ teaspoon smoked paprika

½ teaspoon lemon juice

1 tablespoon plain **yogurt**

black pepper to season

50ml cold water (if needed)

EQUIPMENT

foil, food processor, can opener,

colander, tablespoon, teaspoon

SERVES: 4

PREP TIME: 15 minutes

ALLERGENS: milk

COOK TIME: 10-15 minutes

METHOD

- 1 Wash the pepper and then wrap in foil. Place the pepper on the hot coals of the campfire for 8-10 minutes until cooked (alternatively bake in a pre-heated oven at 200°C for 12-15 minutes). Once the pepper is cooked, leave to cool, then pull flesh of the pepper off the stalk and middle.
- 2 To make the houmous, place the pepper in the processor with all of the other ingredients.
- 3 Blend until you make a paste. If the houmous is too thick, add a little water (a teaspoon at a time) to help make a 'dippable' hummus.
- 4 Serve with flatbreads and vegetable sticks



HWMWS PUPUR COCH



CYNHWYSION

1 pupur coch

1 can 400g gwygbys – wedi'u draenio a'u golchi

1 ewin garlleg – wedi'i wasgu

½ llwy de perlysiau cymysg sych

½ llwy de paprica wedi'i fygw

½ llwy de sudd lemwn

1 llwy fwrdd **iogwrt** plaen

pupur du – i flasw

50ml dŵr oer (os oes angen)

OFFER

ffoil, prosesydd bwyd,

agorwr tuniau, colandr,

llwy fwrdd, llwy de

DIGON I: 4

AMSER PARATOI: 15 munud

ALLERGEDD: Ilaeth

AMSER COGINIO: 10-15 munud

DULL

- 1** Golchwch y pupur coch a'i lapio mewn ffoil. Rhwch ar y tân am 8-10 munud nes ei fod wedi coginio (neu, coginiwch mewn popty 200°C am 12-15 munud). Unwaith ei fod wedi coginio, gadewch I oeri ac yna tynnwch oddiar y coesyn a'r canol.
- 2** I wneud yr hwmws, rhwch y pupur a'r cynhwysion eraill yn y prosesydd bwyd.
- 3** Cymysgwch nes yn llyfn. Os yw yn rhy dew, ychwanegwch ychydig ddŵr (fesul llwy de) i wneud hwmws y gellwch ddipio ynddo.
- 4** Gweiniwch gyda fflatbreads a sglodion llysiau.