

Snacky Stuff

Veggie bowls!



Veggie bowl with honey-lime dip

Ingredients

- 1 red pepper
- 1 carrot (cut into strips)
- ½ courgette (cut into strips)
- 3 broccoli florets
- Juice of 1 lime
- 2 teaspoons honey

Equipment

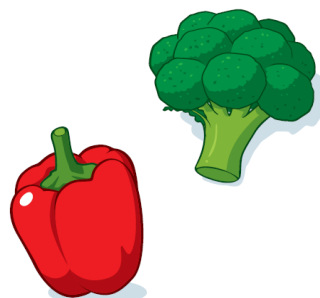
- Knife
- Chopping board
- Bowl
- Whisk

Method

1. Slice the top off the pepper and remove the seeds. Reserve the top
2. Place the carrot, courgette and broccoli in the bottom part of the pepper
3. Place the lime juice and honey into a bowl. Use the whisk to combine until the honey is fully incorporated
4. Pour the honey-lime dressing into the top section of the pepper
5. Serve the dressing alongside the pepper 'bowl' and use it to dip the vegetables

This simple recipe can be adapted to include almost any vegetable. Why not try...

- Cauliflower
- Sweetcorn
- Yellow or green pepper
- Radishes
- Cucumber
- Tomatoes
- Celery
- Peas
- Runner beans
- Baby corn



Or create a sweet version using a half of a scooped out galia melon as a bowl and filling with apple chunks, orange segments, strawberries and watermelon.

The dressing recipe works equally well with the fruity flavours or drizzle over homemade raspberry coulis by mashing raspberries and adding icing sugar to taste.

