

Peri - Peri Sauce

Makes: Approximately 1 cup

Prep time: 6 Minutes

Cooking time: 20 Minutes

Ingredients:

- ½ red onion, finely chopped
- 2 cloves garlic, roughly chopped
- 3 long red chillies, deseeded
- ½ red capsicum, cut into chunks
- 1 medium tomato, cut into chunks
- 1-2 tablespoon olive oil
- ½ lemon, zest and juice
- 1 tablespoon red wine vinegar
- 1 teaspoon sugar
- 1 teaspoon salt
- pinch black pepper
- 1 small dried bay leaf
- 1 teaspoon dried oregano
- ½ teaspoon smoked paprika

Method:

Preheat the oven to 200° c

- Place the first five ingredients onto a lined baking tray , spray or drizzle with oil, and place in preheated oven for 20 minutes, allow to cool
- When cooled, add to the blender,
- Add the remaining ingredients to the blender and blend until smooth
- **Serve with Chicken, Fish, Lamb or Vegetables. Enjoy!**
- **This sauce will keep for 3-4 weeks in the fridge**



*This recipe is a favourite of Adam Liaw, it's spicy and so very tasty. You can serve it with fish, chicken, lamb and great with roasted vegetables. **Enjoy!***