

Roasted Red Pepper Sauce



Enjoy the rich, roasted taste of red peppers in a creamy, versatile sauce that elevates any dish. Add a delicious touch to your meals with this smooth, flavourful addition!

Preparation 8 min

Cooking 25-30 min

Servings 4

Nutrition Facts (per serving)

Calories 85

Fat 5

Carbohydrates 8

Fibre 2

Protein 3

Sodium 100

Ingredients

- 2 red peppers, halved and seeded
- 15 ml (1 tbsp) canola or avocado oil
- 250 ml (1 cup) unsweetened plant-based milk
- 2 garlic cloves, minced
- 5 to 10 ml (1 to 2 tsp) sriracha
- 15 ml (1 tbsp) Dijon mustard

- Salt and pepper, to taste
- Topping ideas: Fresh herbs, grilled tofu, grilled mushrooms, cooked broccoli, steamed spinach, shredded cheese, etc.

Preparation

1. Preheat the oven to 425°F.
2. Place the red peppers on a baking sheet lined with parchment paper or aluminum foil.
3. Brush the peppers with oil, then roast in the oven for 25-30 minutes.
4. Transfer the roasted peppers and all other ingredients to a blender and blend for about 1 minute until smooth.
5. Adjust seasoning if necessary.
6. Serve over pasta or veggie noodles with your choice of toppings for a vibrant, tasty dish. Enjoy!

Notes



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