

Grilled Chilli Dressing

This dressing is fantastic with the Unbelievable Root Vegetable Salad recipe found in the Salads and Dressings section..

Categories

Gluten-free

Yields: 1 serving

Preparation time: 6 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw

Ingredients

Hot chili peppers, red, raw	3 each - approx 4" - 6" long
Olive oil	10 tablespoon
Lemon juice, fresh	3.5 tablespoon
Salt, sea salt	1 dash
Black pepper, ground	1 dash

Instructions

Preparation

1. You will need a small bunch of fresh mint, leaves picked and finely chopped (mint not listed in ingredients)
2. You will need extra virgin olive oil for this dressing
3. You will need lemon juice from a fresh lemon
4. When choosing the chillies, choose wisely and don't go for super hot... look for mildly spicy and use discretion as this dressing is not meant to be too spicy

Directions

1. Pick the chillies with the tip of a sharp knife (this stops them from popping or exploding when they are cooked). Be careful when handling spicy peppers, try to use gloves instead of bare hands and do not touch your eyes or anywhere else.
2. Hold your chillies, one at a time (with a pair of metal tongs) in a gas flame until they're blackened and blistered all over, but do not burn them to a crisp. If you don't have a gas stove, pop them under a hot broiler setting in the oven instead until they're blackened and blistered all over.
3. Place the chillies in a small bowl, cover with plastic wrap and set aside for 15 minutes. This way they will steam in their own heat and the skins will peel off very easily.

4. Peel the chillies with a knife, open them up and scrape out all of the white seeds (the seeds are where all the heat is so be careful).
5. Discard the seeds, and then finely chop the flesh of the chillies.
6. Put in a mixing bowl, add the oil, lemon juice and mint. Mix well, and season with salt and pepper to taste.
7. Add to salads or anything you might think this dressing might taste well with. Enjoy.