

Recipe Name: Savory Waffles With Roasted Peppers In Sun Dried Tomato Pesto Recipe

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 50 grams Sun Dried Tomatoes - drain the excess oil	2
• 1 sprig Basil leaves - roughly chopped	
• 2 cloves Garlic - finely chopped	
• 1 tablespoon Badam (Almond) - roasted	
• 1 tablespoon Parmigiano reggiano cheese - grated	
• 2 tablespoons Extra Virgin Olive Oil	
• 1/2 tablespoon Whole Black Peppercorns	
• Salt - to taste	
• 1 tablespoon Extra Virgin Olive Oil	
• 1/2 Red Bell pepper (Capsicum) - diced	
• 1/2 Green Bell Pepper (Capsicum) - diced	
• 1/2 Yellow Bell Pepper (Capsicum) - diced	
• 2 tablespoons Black olives - sliced	
• 2 tablespoons Pickled Jalapenos - sliced	
• 3 tablespoons Sun Dried Tomato Pesto	
• 1 Whole Egg	
• 3/4 cup Milk	
• 1/4 cup Sunflower Oil	
• 1 teaspoon Sugar	
• 2 teaspoons Baking powder	
• Salt - to taste	
• 1 cup Whole Wheat Flour	
• 1 teaspoon Black pepper powder	
• 1 teaspoon Dried oregano	

Preparation

- In a blender combine sundried tomatoes, basil leaves, garlic, almonds, parmigiano reggiano cheese,



whole black peppercorns and salt.

- While you blitz, keep adding a little olive oil at a time if the paste is too firm to grind.
- If your sundried tomatoes are too firm, then it's a good idea to soak it in a little warm water for about 15 minutes, then grind it to make a pesto.
- Switch to high heat and pan fry them for 2-3 minutes.
- Finally add in the sundried tomato pesto and give it a good stir.
- Turn off the flame.
- For the savoury waffles: Preheat waffle iron.
- Beat eggs in large bowl with hand beater until fluffy.
- Beat in milk, vegetable oil, sugar, baking powder, pepper, oregano and salt, just until smooth.
- Finally add in the flour and stir to combine well, until it is smooth with no lumps. Grease the waffle iron pan with oil.
- Pour mix on to hot waffle iron.
- Cook until golden brown.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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