SPANISH · SAUCE

Romesco Sauce with Almonds and Hazelnuts

60 min · Makes 20 × 2 tbsp · 47 kcal a portion · Video 10:36 · Chef Jack Ovens

Vegan · Gluten-free ingredients

Made from roasted capsicum, tomato, almonds, hazelnuts and olive oil with no bread or sugar: 2 tbsp have under 50 kcal and under 2 g of net carbs, with most of the energy from nut and olive-oil fat.

Diet notes: Keto (1.5 g net carbs a serve).

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Ingredients

11 · MAKES 20 × 2 TBSP

- [ ] 2 **red capsicums** (bell peppers), halved and seeded
- [ ] 2½ tsp **coconut oil** (1½ tsp for the peppers, 1 tsp for the tomatoes)
- [ ] 25 g whole **almonds**
- [ ] 25 g whole **hazelnuts**
- [ ] 2 large **tomatoes**, peeled and diced
- [ ] 1 **long red chilli**, seeded and roughly chopped
- [ ] 1 tsp **sweet paprika**
- [ ] 4 **garlic** cloves, roughly chopped
- [ ] 1½ tbsp **red wine vinegar**
- [ ] 3 tbsp extra **virgin olive oil**
- [ ] **Salt**: a pinch plus about 1 tsp salt

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C fan. Lay the seeded capsicum halves cut side down on a tray, rub with 1½ tsp coconut oil and roast 30–35 minutes, turning halfway. Roast the almonds and hazelnuts on another tray for 5–6 minutes, then cool. 0:18
2. Score the tomatoes, drop them into boiling water for 20–30 seconds, then into iced water; peel and dice. Mix with the chilli, paprika, 1 tsp coconut oil and a small pinch of salt. 2:11
3. Fry the tomato mixture in a hot frying pan for 3–4 minutes until the tomatoes start to break down, then set aside to cool. 5:45
4. Put the roasted capsicums in a covered bowl for 10 minutes to steam, then peel off the skins and chop. Rub the skins off the hazelnuts and roughly chop the nuts. 6:19
5. Blitz the nuts in a blender until finely ground. Add the capsicums, tomato mixture, garlic and vinegar and blend, scraping down the sides. 8:20
6. With the motor running, drizzle in the olive oil. Season with about 1 tsp salt and blend once more. 9:11

> **Tip** Makes about 590 ml (20 portions of 2 tbsp). Serve with fish, seafood, grilled vegetables or chicken, or thin with a little water. Olive oil can replace the coconut oil. Keeps about a week in a sealed jar in the fridge.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 20 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
47 kcal 200 kJ	**0.8** g 2% of a day	**2.3** g 1.5 g net · 1.2 g sugars 1% of a day	**0.9** g 3% of a day	**4** g 0.8 g saturated 5% of a day	**130** mg 6% of a day

Energy from net carbs 13% · protein 7% · fat 80% — fits keto: 1.5 g net carbs, 80% of the energy from fat

High in (20%+ of a day) Vitamin C 25%

Recipe and video: Chef Jack Ovens (@ChefJackOvens) on YouTube — youtube.com/watch?v=Mw4hwU6jmZs, published 17 August 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/romesco-sauce-roasted-pepper-nut