



Tomato and Red Pepper Coulis with Poppy Seeds

Ingredients:

FRESH TOMATOES	700 G	1 GARLIC CLOVE	SALT
RED PEPPERS (CAPSICUMS)	300 G	THYME, BAY LEAVES, PARSLEY	
BLANCHED AND PEELED		1 TABLESPOON OF POPPY SEEDS	
WHITE ONIONS	180 G	1 DRIZZLE OF OLIVE OIL	

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Red peppers Onions Olive oil	300 g 180 g 1 drizzle	Put in bowl	110°C	Intermittent OIOI	6 min	Open	
2	Tomatoes Garlic clove Parsley Thyme Bay leaves Salt	700 g 1 – – – –	Add and mix	100°C	200 rpm	10 min	Closed	
3			Mix	–	3,500 rpm	30 sec		Taste and adjust seasoning
4				–	Turbo	30 sec		Optional depending on required result
5			Remove and add poppy seeds	–				



CHEF'S TIP

This coulis can be used for special dietary meals by eliminating the olive oil and salt.

