

MAGIC CRUNCHY SMOKY SPRINKLE

INGREDIENTS

macadamias, almonds, sesame seeds, ground coriander, smoked paprika, salt.

HOW TO USE YOUR SPRINKLE

on eggs – sprinkle over poached, boiled, scrambled or fried eggs. Or even to bring life to an omelette.

on veggies – drizzle cooked veggies with a little extra virgin olive oil and then let the magic sprinkle do its job.

with chicken or fish – sprinkle over any cooked protein.

with avocado – sprinkle on your favorite avocado on toast.

on soup – add texture to your favourite creamy soup.

on salads - add crunch and flavour to your favourite salad.

with dips - sprinkle over hummus, babaganoush or other dip.

NOTE: Trust your instincts. If you think isomething is going to taste delicious, it usually does.

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PRESERVED LEMONS

INGREDIENTS

lemons, salt, bay leaves

HOW TO USE

Remove one quarter (one slice) from the jar. Discard the flesh and finely slice or dice the skins. They're quite salty so go easy with the seasoning.

in general – use the anywhere you'd normally use lemon zest for a more intense, lemon kick

in salads - finely chopped and sprinkle over.

for a fragrant sauce for fish or chicken – combine 2 tablespoons lemon juice with 4 tablespoons olive oil and 1/4 preserved lemon (one piece from the jar) finely chopped.

lemony greens - finely slice and toss through cooked greens such as spinach, silverbeet, chard or kale.

preserved lemon & yoghurt sauce - finely chop and stir into Greek yoghurt.- great with fish, chicken or vegetables.

couscous, lentils or rice - finely chop 1/4 lemon and stir throughcooked couscous or lentils or steamed rice.

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PICKLED ONIONS

INGREDIENTS

onion, vinegar, salt

HOW TO USE

with steak – sprinkle over steak and serve with mustard.

with avocado – smash ripe avocado on your favourite toast and top with the onions and plenty of black pepper.

on salads – excellent for adding crunch and zing to any salad especially tabbouleh.

with chicken – cook chicken and serve with hummus and these pretty pink onions.

with burgers – makes any beef or veggie burger better.

with kebabs – lovely on any kebab or with anything that has hummus involved.

with cheese – I love serving them with hard or soft cheeses or use them on a cheese toastie.

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BALSAMIC CHERRIES

INGREDIENTS

onion, vinegar, salt

HOW TO USE

on salads – excellent for adding sweetness and zing to any salad especially tabbouleh.

with chicken –take your next roast chicken to the next level by serving these cherries as a flavour bomb.

with ham – a must on our Christmas ham table.

with kebabs – lovely on any kebab or with anything that has hummus involved.

with cheese – I love serving them with hard or soft cheeses .

as a sauce - finely chop a handful of the cherries, mix 2 tablespoons of the balsamic vinegar with 4 tablespoons extra virgin olive oil. Toss in the cherries and some roast almonds and serve with chicken or pork.

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