

DUKKAH

DAIRY
FREE

VEGETARIAN



Makes 1 cup



Prep Time 15 minutes



Cook Time 5 minutes



Easy As



INGREDIENTS

- ½ cup slivered almonds
- 2 Tbsp sunflower seeds
- 2 Tbsp Gregg's Sesame Seeds
- 1 Tbsp Gregg's Cumin Seeds
- 1 Tbsp Gregg's Coriander Seeds
- 1 Tbsp Gregg's Ground Paprika

METHOD

1. Gently toast the almonds and sunflower seeds in a small pan over a medium heat until the almonds are golden. Set aside to cool.
2. Add the Gregg's Sesame Seeds, Gregg's Cumin Seeds and Gregg's Coriander Seeds to the pan and lightly toast until

- 1 tsp flaky sea salt

fragrant. Transfer to a small bowl. Add the **Gregg's Ground Paprika** and salt.

3. Place all the toasted ingredients into a spice grinder or blender. Pulse a few times to crush the spices and roughly chop the nuts and seeds. The mix should be like rough breadcrumbs. Store in an airtight container.

TIPS

- Dukkah is very versatile:
 - Use to sprinkle over your favourite hummus
 - Coat chicken breasts or fish fillets in the dukkah in place of breadcrumbs
 - Toss cubes of beef or chicken in a little olive oil and then toss in the dukkah – thread onto skewers and BBQ for a delicious kebab idea
 - Sprinkle over poached or scrambled eggs
 - Stir it into cooked pasta
 - Dip bread into olive oil and then into the dukkah for a delicious addition to your antipasto platter
- If you don't have a spice grinder or blender, the nuts and sunflower seeds can be finely chopped with a knife. Using a mortar and pestle grind to crush the cumin and coriander seeds. Mix all the ingredients together.
- If stored in an airtight container will keep for up to 1 month.