

Omega 3 Packed Dukkah

Ingredients

1 cup walnuts
½ cup pistachios
¼ cup sesame seeds
2 tbsp coriander seeds
1 tbsp cumin seeds
2 tsp peppercorns
1 to 2 tsp salt
¼ cup dulce flakes
½ cup hemp seeds

Method

1. Place the walnuts and pistachios on a baking tray and put in a 160°C oven for 5 to 10 minutes or until they brown.
2. Roughly chop the nuts, leave some big pieces and some small.
3. In a frying pan add the sesame seeds, coriander seeds, cumin and pepper and heat up for 2 minutes or so, stirring continuously. You want the sesame seeds to brown a little and not burn the cumin. Let cool down then place in a spice grinder or mortar and pestle and grind until fine.
4. Mix all the ingredients together and place in an airtight container and place in the fridge.



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