

DUKKAH

MAKES 160G / PREPARE 5MINS

Ingredients

2 tsp Fennel Seeds
 2 tsp Cumin seeds
 ¼ tsp Paprika, sweet and smoked
 5 tbsp Sesame seeds
 2tbsp Hazelnuts, cubed
 Sea salt and black pepper

Instructions

If your hazelnuts are whole, toast in a dry baking sheet for 10min at 160C. Then wrap in a clean tea-towel and roll on the kitchen bench to remove the papery skins. Then put them in a food processor and pulse a few times, you want texture so don't pulverize them.

Toast the seeds and hazelnuts, if you bought them already skinned and cubed, in a dry pan stirring constantly. When they are fragrant (a few minutes) add the paprika, salt and pepper and toast for another minute.

Cool down and store in air tight container for up to 2 weeks.

Serve with breads to dip in olive oil and then dukkah.
 Use to spice up soups, salads and grilled fish or meat.
 A great spice mix to have in your cupboard!



Nutrifacts



Hazelnuts are high in FIBRE and PROTEIN as well as fat. Hazelnuts are high in the antioxidant VITAMIN E and minerals like COPPER which is an important component of a powerful antioxidant enzyme (Superoxide dismutase or SOD) that helps reduce the levels of harmful free-radicals in our bodies and MAGNESIUM, necessary for energy production, muscle relaxation as well as calcium metabolism.

Sesame seeds are a good source of CALCIUM and OMEGA-6 essential fatty acids.