

Spicy Nuts Recipe

1 egg white
2 tsp curry powder (can use and herb/spice mix)
300g raw nuts
100g mixed seeds
Good pinch of sea salt

I first saw something similar done on a cooking show with Bill Grainger, it was funny cause I used to get coffee from him early morning on my way to an ICU shift, not knowing who he was, just that he was conveniently located to sneaky Sydney parking in the back streets of Darlinghurst. Years later there he was, on my TV, using an egg white to help the seasoning stick....Genius!

Method

You can start this recipe a day ahead by pre soaking or activating your nuts and seeds if you choose. Dry them well before adding them to the spice mix though.

Mix all the ingredients well in a bowl until all the nuts and seeds are coated.

Pour onto a lined baking tray.

Spread evenly.

Bake at 180 degrees until golden, approximately 15 mins.

The nuts will harden once cooled.

Store in an airtight container, and hide them, as they won't last long ;-)

Enjoy!

Xxx Jane