



BLOSSOM'S ORGANICS BARBEQUE SPICE BLEND

Blossom's Organics Barbeque Spice Blend can be sprinkled on various meats, flavour vegetables, chickpea and lentil casseroles, soups, and wherever your imagination might take you. As there are no additives, fillers or salt, a little goes a long way so please use sparingly to taste.

MEAT CASSEROLE

Tasty with any meat but particularly delicious with lamb shanks.

- Fry a chopped onion in oil.
- Add 1 tbsp **Blossom's Organics BBQ Blend** and approx. 1 kg of beef, lamb, chicken or vegetables.
- Add a large tin of tomatoes, your favourite passata sauce or fresh chopped tomatoes.
- Cook in oven at 180°C for approx. 1 hour (depending on what type of meat you are cooking). You can also use a slow cooker or deep frying pan on slow heat.

OR

- If you are in a hurry just chop all the ingredients and throw in a dish or pot with a couple tbsps of oil and then cook in oven at 180°C for approx. 1 hour.

VEGETABLE CASSEROLE

- Fry 2 chopped onions in 2 tbsps of coconut or olive oil.
- Add 1 tbsp. **Blossom's Organics BBQ Blend**, 1 tin of tomatoes, 1 bottle passata sauce or 2 fresh chopped tomatoes and stir.
- Add approx. 500g of your favourite vegetables, ½ cup water and cook until nearly tender.
- Add approx. 500g cooked chickpeas or other legumes (we love French lentils).
- Cook for a further 10 mins.

Serve with cous cous, mashed potato, rice or bread.

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“ SPAG BOWL ”

Instead of adding the usual herbs and spices, just add approx. ½ - 1 tbsp of **Blossom’s Organics BBQ Blend** when making your ‘spag bowl’ to approx. 500g minced meat and/or chopped vegetables.

ROASTED/PAN FRIED VEGGIES

- Chop a tray full of your favourite vegetables – we love sweet potato, pumpkin, carrot and beetroot.
- Drizzle some oil on top and sprinkle 2 tbsps **Blossom’s Organics BBQ Blend** with a pinch of salt to taste.
- Cook in oven at 180°C for 45 mins or until vegetables are cooked through.



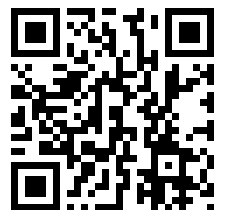
VEGGIE BURGERS

- Chop 1 medium brown onion.
- Add ½ - 1 tbsp **Blossom’s Organics BBQ Blend**.
- Add 500g vegetables finely chopped or grated – we love a pumpkin, chickpea base with beans, carrots, cauliflower and potato.
- Add a couple of eggs or your favourite binding medium (egg replacement, flax eggs, chia eggs) and some breadcrumbs if you wish.
- Shape into small discs or balls and fry in shallow oil until cooked.

BBQ AND HONEY CHICKEN WINGS OR DRUMETTES

- Make a marinade of olive oil, **Blossom’s Organics BBQ Blend**, a little salt and a bit of honey. Rub into the chicken, if you have time marinade for about an hour (or overnight for maximum flavour), the roast or pan fry. Delicious!

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