



# BLOSSOM'S ORGANICS BARBEQUE SPICE BLEND



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

## CHICKPEA CASSEROLE

1. Grab a pot and fry 2 chopped onions in 2 tbsps. coconut or olive oil.
2. Add 1 tbsp. **Blossom's Organics BBQ Blend**, 1 tin of tomatoes / 1 bottle passata sauce / 2 tomatoes and stir.
3. Add approx. 500g of your favourite vegetables, ½ cup water and cook till nearly tender.
4. Add approx. 500g / 2 tins drained cooked chickpeas (or other legumes, we love French lentils).
5. Cook for a further 10 mins.
6. Serve with cous cous / mashed potato / rice / bread etc.

## ROASTED/PAN FRIED VEGGIES

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



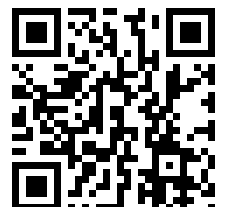
## VEGGIE "SPAG BOWL"

Instead of adding the usual herbs and spices, just add approx. half to 1 tablespoon of **Blossom's Organics BBQ Blend** when making your veggie "spag bowl" to approx. 500g chopped up vegetables.

## VEGGIE BURGERS

1. Chop 1 medium brown onion.
2. Add 500g vegetables finely chopped / grated
3. Add your favourite binding medium (egg replacement / flax eggs / chia eggs) and some breadcrumbs if you wish.
4. Shape into small discs or balls and fry in shallow oil till cooked (we love coconut oil).

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