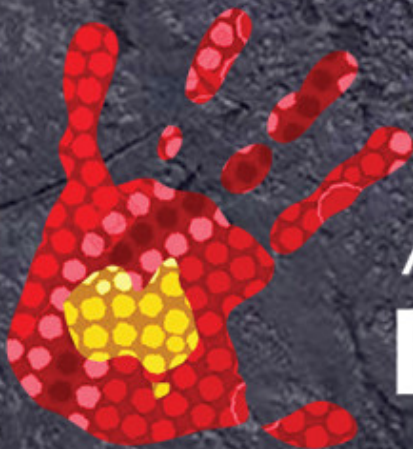


# RECIPES



## AUSTRALIAN BUSH SPICES

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# BLUE Recipes- BBQ Trout

Serves 4

## INGREDIENTS:

1. 4 rainbow trout
2. 8 lemon myrtle leaves or bay leaves
3. 2 lemons sliced
4. 50g butter, softened
5. 2 tablespoons **BLUE** Australian Bush Spice
6. 1 clove garlic, crushed

1. Rinse the fish and pat the cavity and skin dry using paper towels.
2. Blend the butter, **BLUE** and garlic until smooth.
3. Spread the butter over the skin of the fish. Tear off four sheets of aluminum foil large enough to enclose the fish.
4. Divide the lemon myrtle or bay leaves and lemon and place inside the cavity of the fish.
5. Place the fish onto the centre of the foil. Wrap in foil making sure that it is sealed tight. Cook the fish on a preheated barbecue grill, for 10 -15 minutes or until the fish flakes easily when tested with the tip of a flat bladed knife.
6. Serve the fish in its package on a plate, accompany with salad.

# BLUE Recipes- Crusted Salmon

Serves 4

## INGREDIENTS:

1. 500g peeled chopped potatoes
2. 50g butter
3. 50g Parmesan, finely grated
4. 1/2 cup milk
5. 4 salmon steaks
6. 1 tablespoon **BLUE** Australian Bush Spice
7. 1-2 tablespoons olive oil

1. Crust the salmon steaks on both sides with the **BLUE**. Heat the oil in a fry pan, add the salmon and cook over a medium heat until the salmon crust is crisp and the flesh is cooked to your liking.

2. Cook the potato in a large pan of boiling water, drain, add the butter and Parmesan and beat using electric beaters until smooth and creamy. Serve with halved finger limes or limes.

# BLUE Recipes- Prawn Cocktail

Serves 4

## INGREDIENTS:

1. 2 tablespoons macadamia oil
2. 1 tablespoon **BLUE** Australian Bush Spice
3. 500g green prawns, peeled, deveined and leaving tails intact
4. 200g mixed salad leaves
5. 2 tablespoons macadamia oil
6. 2 teaspoons grated palm sugar
7. 2 tablespoons lime juice

1. Put the oil, **BLUE** and prawns into a bowl and mix to coat the prawns.

2. Heat the oil in a large fry pan, add the prawns and cook over a medium heat until the prawns are pink and tender.

3. Arrange the lettuce on a plate, top with the cucumber and prawns.

Whisk together the macadamia oil, palm sugar and lime juice. Drizzle over the prawns and salad and serve.

# YELLOW Recipes- Bush Bread

Serves 4-6 as a side

## INGREDIENTS:

1. 1 baguette
2. 125g butter, softened
3. 2 tablespoons **YELLOW** Australian Bush Spice

1. Cut the baguette into 2cm thick slices, taking care not to cut all the way through.

2. Blend the butter with the **YELLOW** spice.

3. Spread both sides of the slices with the spiced butter. Cover with foil and bake for 20 minutes or until crisp and golden.

# YELLOW Recipes- Macadamia Spice Couscous

Serves 4-6 as a side

## INGREDIENTS:

1. 1 cup couscous
2. 50g butter, chopped
3. Cinnamon stick
4. 3 tablespoons YELLOW Australian Bush Spice
5. 2 tablespoons chopped fresh mint

1. Put the couscous into a bowl, add the butter and **YELLOW**.
2. Cover with 1 cup boiling water and allow to stand for 15 minutes or until all the liquid has been absorbed.
3. Add the mint and use a fork to rake the couscous to separate the grains.

# YELLOW Recipes- Pumpkin Soup

Serves 4-6

## INGREDIENTS:

1. 1 tablespoon olive oil
2. 1 onion, finely chopped
3. 750g pumpkin, peeled and chopped
4. 1 bay leaf
5. 1 litre chicken stock
6. 1 teaspoon YELLOW Australian Bush Spice
7. 1 small baguette, cut into thin slices
8. 150g ricotta cheese
9. 1-2 tablespoons YELLOW Australian Bush Spice

1. Heat the oil in a large pan, add the onion and cook over a medium heat until golden.

2. Add the pumpkin and cook until the pumpkin softens.

3. Stir in the stock and bay leaves, bring to boil, reduce heat to simmer, cook uncovered for 30 minutes or until the pumpkin is very soft.

4. Allow to cool slightly, blend in batches until smooth. Season with 1 teaspoon of YELLOW Australian Bush Spice.

5. Toast the baguette slices. Top with the combined ricotta and YELLOW. Spread over the toasted baguette.

6. Serve bowls of the pumpkin soup, topped with the YELLOW ricotta toasts.

# YELLOW Recipes- Steamed Asparagus, green beans and feta

Serves 4 as a side

## INGREDIENTS:

1. 2 bunches asparagus
2. 200g green beans, trimmed
3. 100g marinated feta
4. 1 tablespoon YELLOW Australian Bush Spice
5. Lime wedges, to serve

1. Steam the asparagus and green beans until bright green and tender.
2. Arrange the asparagus onto a serving plate, stack the beans on top.
3. Crumble the feta over the top and drizzle with a little of the marinated oil.
4. Sprinkle with the **YELLOW** bush spice and serve with the lime squeezed over the top.



# YELLOW Recipes- Yogurt Balls

Serves 4 as a side

## INGREDIENTS:

1. 750g (2 1/2lb) plain Greek style yoghurt
2. 1 teaspoon salt
3. 2 clean 50 x 50cm muslin squares
4. 2 cups (500ml/16floz) olive oil
5. 2-3 tablespoons YELLOW Australian Bush Spice

1. Place the yoghurt and salt into a bowl and mix to combine. Put the muslin squares on top of each other and place the yoghurt in the centre. Gather up the corners and tie firmly with string and suspend the bag over a bowl. Chill for 1-2 days.

2. Once drained, remove the cloth and discard.

3. Roll tablespoons of the mixture into balls and roll the balls in the **YELLOW**. Serve the balls with rocket on crisp Italian bread

To store: Fill a 1-litre jar with olive oil and put the balls into the jar.

# GREEN Recipes- Quick Tomato Salad

Serves 4 as a side

## INGREDIENTS:

1. 4 ripe tomatoes, cut into thick slices
2. 1 small Lebanese cucumber, sliced
3. 1 ½ tablespoons GREEN Australian Bush Spice
4. 1 tablespoon finely shredded fresh basil
5. 1 tablespoon extra virgin olive oil

1. Arrange the tomatoes and cucumber onto a serving plate.
2. Sprinkle with the GREEN and basil.
3. Drizzle with extra virgin olive oil and serve immediately.

# GREEN Recipes- Rocket With Fried Haloumi

Serves 4 as a light meal or entrée.

## INGREDIENTS:

1. 1 tablespoon olive oil
2. 500g haloumi, cut into thick slices
3. 1 tablespoon lemon juice
4. 150g baby rocket
5. 1 ripe tomato, finely chopped
6. 1 1/2 tablespoons extra virgin olive oil
7. 1 tablespoon lemon juice
8. 1 tablespoon balsamic vinegar
9. 2 teaspoons honey
10. 2 tablespoons GREEN Australian Bush Spice

1. Heat the oil in a fry pan, add the haloumi and cook over a medium heat until crisp and golden brown on both sides.
2. Remove from the heat and drizzle with the lemon juice.
3. Place the rocket and tomato into a bowl.
4. Whisk together the olive oil, lemon juice, vinegar, honey and half of the GREEN. Pour over the rocket and toss well to coat the rocket in the dressing.
5. Stack the haloumi onto individual plates, top with the rocket salad and sprinkle with the remaining GREEN.

# GREEN Recipes- Green Salad

Serves 4 as a side

## INGREDIENTS:

1. 200g mixed salad leaves
2. 50g sunflower sprouts
3. 1 cup fresh herbs - mint, coriander, Vietnamese mint
4. 2 tablespoons extra virgin olive oil
5. 1 tablespoon balsamic vinegar
6. 1 tablespoon GREEN Australian Bush Spice

1. Put the leaves, sprouts and herbs into a bowl and toss lightly to combine.
2. Whisk together the oil, vinegar and **GREEN** until combined.
3. Pour over the leaves and toss to coat the leaves in the dressing. Serve immediately.

# ORANGE Recipes- Chicken and bamboo shoot curry

Serves 4

## INGREDIENTS:

1. 2 tablespoon rice bran oil
2. 1 tablespoon ORANGE Australian Bush Spice
3. 500g chicken thigh fillets, chopped
4. 400ml coconut milk
5. 200g can bamboo shoots, drained
6. 100g cherry tomatoes
7. 1 tablespoon grated palm sugar
8. 1 tablespoon lemon juice Serves 4 as a side

1. Heat the oil in a large pan, add the onion and cook over a medium heat until soft and golden.

2. Add the **ORANGE** and chicken and cook for 5 minutes or until the chicken changes colour.

3. Add the coconut milk, bamboo shoots and cherry tomatoes, bring to boil, reduce heat, cover and cook for 15 minutes or until the chicken is tender.

4. Turn off the heat, stir in the palm sugar and lemon juice, stir until the sugar dissolves.

# ORANGE Recipes- Lamb and Macadamia Korma

Serves 4

## INGREDIENTS:

1. 500g diced lamb leg
2. 2 tablespoons Greek style yoghurt
3. 2 teaspoons grated ginger
4. 2 cloves garlic, chopped
5. 2 tablespoons ORANGE Australian Bush Spice
6. ½ cup macadamias
7. 2 tablespoons vegetable oil
8. 1 onion, finely chopped
9. 1 cinnamon stick
10. 400ml coconut cream

1. Put the lamb and yoghurt into a bowl and mix to combine. Cover and allow to marinate for 30 minutes.

2. Put the ginger, garlic, **ORANGE** and macadamias into a spice grinder or mortar and pestle and process or pound until smooth, you need to add a little water to loosen the mixture.

3. Heat the oil in a pan, add the onions and cook over a medium heat for 5 minutes or until soft and golden. Add the marinated lamb and cook for 5 minutes or until browned.

4. Add the spice paste, cinnamon and coconut cream and ½ cup water, bring to boil, reduce heat and simmer covered for 30 minutes. Remove the lid and cook for 20 minutes more or until the sauce is thick.

# ORANGE Recipes- Vegetable Tofu Curry

Serves 4

## INGREDIENTS:

1. 1 tablespoon macadamia oil
2. 1 onion, finely chopped
3. 2 tablespoons ORANGE Australian Bush Spice
4. 300g firm tofu, cubes
5. 250g orange sweet potato, peeled and cubed
6. 1 carrot, peeled and sliced
7. 1 zucchini, sliced
8. 1 red capsicum, cubed
9. 400g can peeled chopped tomatoes
10. 1 tablespoon sugar
11. ¼ cup Greek style yoghurt
12. 2 tablespoons chopped fresh coriander

1. Heat the macadamia oil in a pan, add the onion and cook over a medium heat for 5 minutes or until soft and golden.

2. Add the **ORANGE** and tofu and cook until the tofu is browned.

3. Add the vegetables, tomatoes and sugar, bring to boil, cover and cook for 20 minutes or until the vegetables are soft.

4. Stir in the yoghurt, coriander and serve.

# RED Recipes- Crusted Lamb

Serves 4

## INGREDIENTS:

1. 500g lamb backstrap
2. 2 tablespoons RED Australian bush spice
3. 1 tablespoon olive oil
4. 1 Turkish pide bread, cut into four even pieces
5. 100g salad leaves
6. 2 ripe tomatoes, sliced
7. 200g hummus
8. 2 tablespoons mint

1. Trim any excess fat from the lamb and roll to coat in the **RED**.
2. Heat the oil in a large non stick fry pan, add the lamb and cook over a medium heat until the lamb is cooked to your liking.
3. Toast the Turkish bread until crisp and golden. Divide the salad leaves between four of the base pieces of bread, top with sliced tomatoes.
4. Finish with the lamb and minted hummus. Top with the remaining pieces of toasted bread.



# RED Recipes- Meaty Bush Bites

Serves 4

## INGREDIENTS:

1. 500g lean beef or lamb mince
2. 1 egg, lightly beaten
3. 1 small onion, finely grated
4. 2 tablespoons tomato salsa
5. 3 tablespoons RED Australian Bush Spice
6. ½ cup fresh breadcrumbs
7. 2 tablespoons chopped fresh coriander

1. Put the mince, egg, onion, salsa, RED, breadcrumbs and coriander into a bowl, use clean hands and mix thoroughly to combine.

2. Shape heaped tablespoons of the mixture into meatballs, place onto a tray cover and refrigerate for 1 hour (this will help the meatballs keep together during cooking).

3. Heat the oil in a large fry pan; cook the meatballs in 2-3 batches until cooked through. Keep warm in a moderate oven (180C oven) whilst you cook the remaining meatballs. Serve with your choice of dipping sauce.

# RED Recipes- True Australian Kangaroo

Serves 4

## INGREDIENTS:

1. 5500g kangaroo fillet
2. 2 tablespoons RED Australian bush spices
3. 1 1/2 tablespoons macadamia oil
4. 1 teaspoon lemon myrtle honey
5. 1 tablespoon orange juice

1. Put the kangaroo into a non metallic dish.
2. Combine the **RED**, macadamia oil, honey and orange juice.
3. Pour over the kangaroo and rub to coat in the marinade.
4. Cover and refrigerate overnight. Bring to room temperature before cooking.
5. Cook the kangaroo on a preheated BBQ grill or flat plate until cooked to your liking. Allow to stand for 5 minutes before slicing.

Serve with salad and hot spuds.

# WHITE recipes- Spiced Chicken Schnitzel

Serves 4 \* This recipe also works with veal or fish

## INGREDIENTS:

1. 4 chicken breast fillets
2. 1 cup dry breadcrumbs
3. 2 eggs, beaten
4. 2 tablespoons WHITE Australian Bush Spice
5. oil, for shallow frying

1. Place the chicken breast fillets between two pieces of plastic wrap, and pound until flat.
2. Combine the breadcrumbs and WHITE and spread out onto a plate.
3. Dip the chicken into the beaten egg and press to coat both sides in the spiced breadcrumb mixture.
4. Heat the oil in a large frying pan, add the chicken and cook over a medium heat for 5 minutes each side or until heated through. Drain on absorbent paper and serve with fresh salad greens.
5. Serve with salad and hot spuds.

# WHITE recipes- Spiced Honey Lime Chicken

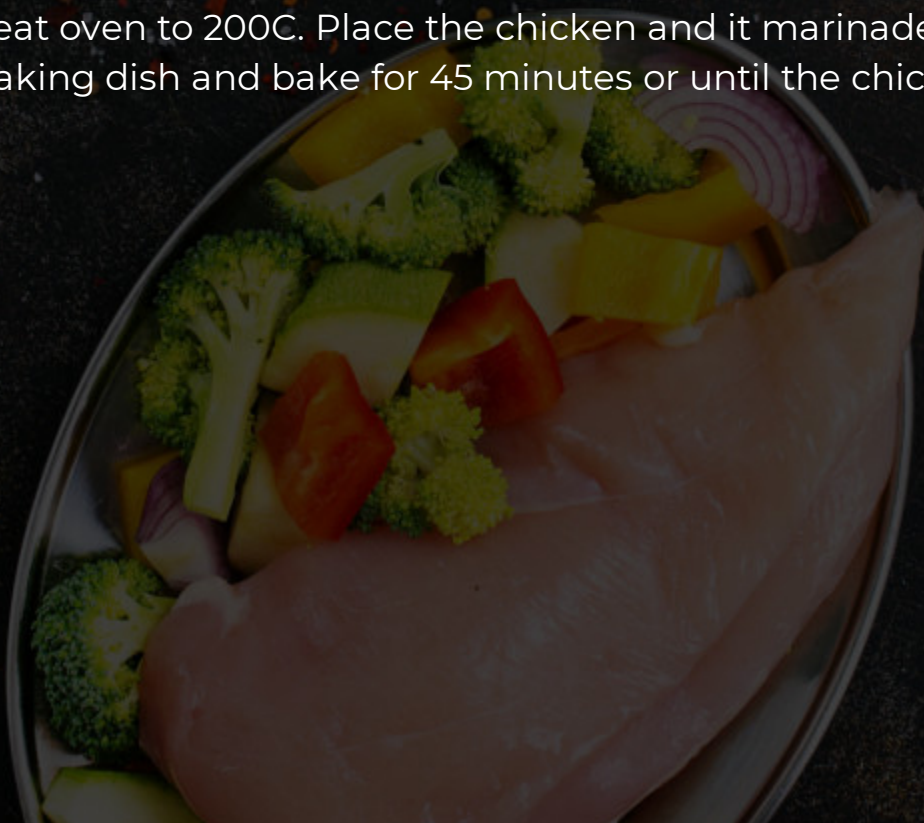
Serves 6 \* This recipe also works with veal or fish

## INGREDIENTS:

1. 1kg chicken drumsticks
2. 2 tablespoons lime juice
3. 1 tablespoon honey
4. 2 tablespoons light soy sauce
5. 1 teaspoon sesame oil
6. 2 tablespoons White Australian bush spice

1. Score the chicken several times in the thickest part of the leg. Put the chicken, lime juice, honey, soy and White into a bowl, toss to coat the chicken in the marinade. Cover and refrigerate for 4 hours or overnight.

2. Preheat oven to 200C. Place the chicken and its marinade into a large baking dish and bake for 45 minutes or until the chicken is tender.



# PINK recipes- Bush Pancakes

Serves 1

## INGREDIENTS:

1. One Pancake
2. Fresh fruit- Bananas, Strawberries
3. PINK sweet dusting spice

1. Dust the pancake with PINK.

2. Add fruit.

3. Dust with PINK over fruit .



# VIOLET recipes- Wild Smoothies

Serves 1

## INGREDIENTS:

1. 2 Bananas, peeled and cut into chunks.
2. Half a cup of blueberries.
3. 1 Cup of Orange juice.
4. VIOLET sweet cooking spice.

1. Place all ingredients in blender.

2. Add **VIOLET** to taste.

3. Use more or less juice depending on desired thickness of smoothie.

