

# Wattle Seed Dukkah



Serves 5



20 minutes



Autumn



Wattle Seed



## INGREDIENTS:

- ½ cup raw hazelnuts
- 2 tablespoons ground wattle seed
- 3 tablespoons sesame seeds
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

## METHOD:

1. Heat a frying pan on the stove and turn the heat to medium. Add the hazelnuts to the pan and stir them for about 4 minutes, until the skins start to crack and they smell nutty. Tip them onto a clean tea towel and rub them gently to remove the loose skins. Set them aside.
2. To the same pan, add 3 tablespoons of sesame seeds. Stir until they are golden in colour. Remove them from the pan.
3. Add 2 teaspoons of coriander seeds and 1 teaspoon of cumin seeds to the pan. Stir for about 1 minute. Remove them from the pan.
4. Turn the heat to low-medium. Add the ground wattle seed. Stir continuously for 2 to 3 minutes. It should smell nutty and like coffee. Take it out straight away so it does not burn.
5. Let everything cool down completely.
6. Put the hazelnuts into a food processor. Press the button a few times until they are roughly chopped. Add all the other ingredients to the food processor. Press the button 3 or 4 times to mix everything together.
7. Taste and add more salt if needed.
8. Put the dukkah into a clean jar.

## TIPS:

- Serve with bread and olive oil as a dip. Dip bread into olive oil, then into the wattle seed dukkah.
- You can sprinkle this over eggs (fried or poached), salads, roasted vegetables (carrots, pumpkin, beetroot), soups or stews.
- You can use the dukkah as a coating for fish or chicken before cooking.
- Store in an airtight jar at room temperature for up to 3 weeks.
- Hazelnuts can be replaced with pistachios or macadamias.
- If you are new to wattle seed, you can reduce it to 1 tablespoon for a milder flavour.

Share it with us!



@foodfromh0me



*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*