

Dukkah



Dukkah is seriously versatile! It's traditionally used as a dip for bread (low-carb, of course!) after it's been dipped in olive oil, but it can also be used as a great sprinkle for hummus, cooked fish and on fried eggs. Mixed with olive oil, it's also a great salad dressing or baster for roast vegetables. Once you get the basic recipe right, you can play around with other spices (fennel seeds are one of our favourites).

Makes	1½ cups	Per serve (1 tbsp)	
Prep time	5 minutes	Carbs	2.2 g
Cook time	10 minutes	Protein	8.5 g
Difficulty	● ● ●	Fat	17.1 g
		Energy	200 Cal

INGREDIENTS

1 cup hazelnuts
½ cup sesame seeds
2 tbsp coriander seeds
2 tbsp cumin seeds
2 tsp freshly ground black pepper
1 tsp flaky sea salt

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line an oven tray with baking paper. Spread the hazelnuts over the tray and bake for 5-6 minutes, until lightly toasted. Keep a good eye on them as they can burn easily. Remove from the oven and tip onto a plate.

Place the sesame, coriander and cumin seeds in a dry frying pan and toast over a medium heat for 2-3 minutes, shaking the pan to prevent them burning, until they are fragrant and the sesame seeds are lightly toasted. Tip into a medium-sized bowl.

Once the hazelnuts have cooled slightly, chop or crush them and add to the bowl with the seeds and pepper and salt. Mix everything together. Leave to cool completely, then store in a container with a tight-fitting lid until needed. It will keep for up to 2 weeks at room temperature, or you can store it in the fridge for several weeks without it losing flavour.