

Rosemary Thyme Spiced Nuts

Prep time: 5 minutes

Cook time: 20 minutes

Ingredients

- 1 cup cashews, roasted
- 1 cup pecans *OR* walnuts, roasted
- 1 cup almonds, roasted
- 2 tablespoons olive oil
- 2 tablespoons rosemary leaves, coarsely chopped
- 1 teaspoon thyme leaves, fresh
- 1 teaspoon cumin
- ¼ teaspoon cayenne pepper
- 1 tablespoon sugar
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper



Discretionary Food

Method

PREHEAT the oven to 150°C and place nuts in a heat proof bowl.

HEAT oil in a small saucepan over medium-low heat until just warm (be careful not to let the oil burn).

ADD rosemary and thyme and stir until aromatic, about one minute.

REMOVE pan from heat and stir in the cumin and cayenne pepper.

POUR flavoured oil over the nuts and toss to coat evenly.

ADD the sugar, salt and pepper then stir again and transfer to a baking pan with sides.

BAKE for 15 minutes or until golden, stirring after the first 10 minutes.

COOL and store in airtight container for up to two weeks.

Recipe courtesy of the Country Kitchens team