

SPICE TONIC Friendly Spices - Large Jar 120g



Price: \$14.50

SKU: SKU65282

Product Categories: [Blends for Slow Cooking](#), [Blends without Chilli](#), [Herbs & Spices](#), [Rubs for Roasts, BBQ's & Grill](#), [Salt Free Blends](#), [Soups](#), [Spice & Herb Blends](#), [Sugar Free Blends](#)

Product Tags: [s](#)

Product Page:

<https://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/spice-tonic-friendly-spices-large-jar-120g>

Product Summary

Friendly spices for your wellbeing. Stir into juice, milk or yoghurt (LARGE JAR)

Product Description

Friendly spices for your wellbeing. Stir into juice, milk or yoghurt (LARGE JAR)

Contains: Turmeric (curcumin), beetroot powder, sweet paprika, cassia, cinnamon, ginger, black pepper, cloves, lemon myrtle, green cardamom.

Description & Use: Take control of your well-being! Stir up to one teaspoon into a glass of fruit or vegetable juice, or add to yoghurt, for a great start to the day. Sprinkle over chicken or fish before cooking for an exotic Moroccan flavour, or use it to flavour this Moroccan Bastilla.

MOROCCAN CHICKEN BASTILLA

500g chicken thigh fillets

2 cups chicken stock

1 onion grated

1.5 tsps Spice Tonic

1 clove garlic crushed
3 eggs beaten with a pinch of salt
4 sheets Filo pastry
1 Tbs ghee or butter
1 Tbs ground almonds
1 Tbs icing sugar.

Preheat oven to 200 C.

Bring stock to boil with chicken, onion, 1/2 teaspoon Spice Tonic & garlic.

Simmer 30 minutes or until tender.

Remove chicken, boil stock rapidly and reduce to 3/4 cup (about 20 minutes)

Chop chicken finely, set aside

Stir beaten eggs into reduced stock, stir constantly until scrambled

Remove from heat & stir in chicken

Combine almonds & 1 tsp Spice Tonic, set aside

Layer filo into greased ovenproof dish, brushing each one with melted ghee & rotating each sheet by 45 degrees, overlapping dish edges

Place filling over pastry, fold over-lapping pastry over top, brushing with ghee and sprinkling with almond/spice mixture

Bake 20 mins, then invert onto baking tray & cook 10 minutes more

Serves 2-4

Nutritional Information: Spice Mix Only

Per 100g

Energy (kj)

1333

Protein (g)

10

Fat (g) Total

6.67

Fat (g) Saturated

0

Carbohydrate (g)

46.67

Sugars (g)

16.67

Sodium (mg)

167

Product Attributes

- Dimensions: N/A
- Weight: 0.04 kg