



# In this together

National Reconciliation Week  
2020

27 MAY – 3 JUNE



## Cooking with Bindi Bindi USING NATIVE HERBS AND SPICES

### Rivermint Prawn Salad

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#### Ingredients

- Raw Prawns
- Oil (your choice)
- Salad items – tomato, lettuce, cheese, carrot (what ever you like)
- 1 tablespoon of Rivermint

#### Method

1. Marinate your prawns with oil and rivermint
2. Oil pan and cook prawns
3. Prepare your salad
4. Once prawns are cooked, add them to your salad

**Additional – Homemade dressing**  
Mix together oil and bush spices, and drizzle over prawn salad for a tasty, light and refreshing meal.

**Where to buy?**  
[www.bushfoodshop.com.au](http://www.bushfoodshop.com.au)



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### Kangaroo Stir-fry with Herbs and Spices

#### Ingredients

- Kangaroo meat (dices or cut into strips)
- 1 Carrot diced into pieces
- 2 or 3 Tablespoons of tinned corn kernels (you may like to add more)
- 1 teaspoon bush spices
- 1 teaspoon salt bush spice
- Onion diced
- Garlic diced
- Oil for cooking
- Native thyme spice
- Sea parsley spice
- 2 minute noodles
- Soy sauce

#### Method

1. Add oil to pan and start to cook the onion and garlic
2. Add kangaroo meat and sear it, then add your carrots and cook together
3. Add salt bush spice
4. Add native thyme and sea parsley
5. Start cooking your noodles
6. Mix altogether with corn and soy sauce

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### Myrtle Fish and Bush Spice Chips

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#### Ingredients

Basa fillets or what ever fish you desire

Lemon olive oil

1 tablespoon of lemon myrtle spice Breadcrumbs

Potatoes cut to make wedges or chips

1 tablespoon of bush spice

#### Method

1. Cut potatoes into wedges or chips and coat with oil and bush spices
2. Pop into the oven and bake until cooked.
3. Coat fish with lemon myrtle and lemon oil
4. Coat in breadcrumbs
5. Oil pan and cook fish on both sides

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### Lemon Myrtle Cake

#### Ingredients

125g butter, chopped

3/4 cup caster sugar

1 teaspoon vanilla essence

2 eggs

2 cups self-raising flour, sifted

2/3 cup milk

Lemon myrtle powdered spice

#### Method

1. Preheat oven to 180°C
2. Lightly grease a deep 20cm round cake pan and line with baking paper
3. Beat butter, sugar and vanilla together in a large bowl using an electric mixer, until pale and creamy
4. Add eggs one at a time, beating well after each addition, scraping down sides of bowl
5. Lightly fold flour into creamed mixture alternating with milk, beginning and ending with flour
6. Add lemon myrtle into cake mixture and spoon into prepared cake pan
7. Bake for 40–45 minutes, or until cooked

#### Where to buy?

Lemon myrtle powdered spice is available from any Oxfam store or online at Outback Pride.



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### Lemon Myrtle Vanilla Icing

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#### Ingredients

Icing Sugar  
Butter  
Vanilla  
Lemon Myrtle

#### Method

1. Sift icing sugar into bowl then add butter, water and vanilla
2. Add a little lemon myrtle and beat well with a spoon until a smooth
3. Once the cake has cooled, spread over the icing and serve

#### Where to buy?

Lemon myrtle powdered spice is available from any Oxfam store or online at Outback Pride.