



27 MAY - 3 JUNE

Cooking with Bindi Bindi

USING NATIVE HERBS AND SPICES

Rivermint Prawn Salad

Ingredients

Raw Prawns

Oil (your choice)

Salad items – tomato, lettuce, cheese, carrot (what ever you like)

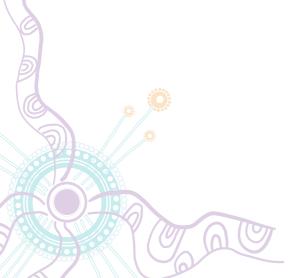
1 tablespoon of Rivermint

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







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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
- 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
- Mix altogether with corn and soy sauce

Where to buy? www.bushfoodshop.com.au



In this together

National Reconciliation Week **2020**

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Myrtle Fish and Bush Spice Chips

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

- 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

Where to buy? www.bushfoodshop.com.au





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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

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.