



Spiced nuts

INGREDIENTS

500g mixed assorted raw, unsalted nuts

6 egg whites

2 tbsp curry powder

½ tsp chilli powder

½ tsp sugar

1 tsp salt

METHOD

Whisk the egg whites until soft peaks form. Whisk in the curry powder, chilli powder, sugar and salt. Fold the nuts carefully through the egg whites until they are well coated.

Place in a single layer on a greased tray and place in an oven at 200°C for 5 minutes.

Remove from oven and stir around to break the nuts apart.

Turn down the heat to 150°C and place the nuts back in the oven for 5 minutes.

Remove and stir the nuts again and continue roasting in the oven for a further 5 minutes.

Remove from the oven and cool on a wire rack. Break bits apart that have stuck together.

Store in an airtight container until ready to serve.