

Bushman's Rub

Gourmet Morsels Bushman' Rub is a unique blend of high quality ingredients including Australian bush ingredients like saltbush, native rivermint and wattleseed. Our blends have no added m.s.g and no artificial colours,flavours or preservatives. This blend is gluten free and nut free and packaged in high quality zip lock pouches to retain freshness long after the pack is opened.

How to cook with the Bushman's Rub?

The Bushman's Rub is a natural seasoning to add flavour to your meat or vegetables. Simply sprinkle over the food and then grill, oven bake, panfry or BBQ.

Pan-grilled Kangaroo Fillets

A popular Australian and healthy cut of meat. Simply rub the spice blend into the kangaroo fillets and grill in a non-stick fry pan or bbq. Kangaroo meat is best cooked medium rare and served with seasonal vegetables or a garden salad.

Vegetarian Alternative – Rub onto thick slices of eggplant and grill in a non-stick frypan or BBQ.

Other Serving Ideas

- Sprinkle onto your BBQ meats like lamb and steak and grill on a hot Aussie BBQ
- Rub into Roast Meats prior to baking

