

# Jackaroo Dukkah

Gourmet Morsels Jackaroo Dukkah is our most popular signature blend. An array of exotic spices and seeds, including lemon myrtle, black mustard seeds and linseed. This blend is high in Omega 3 nutrients and has been blended to be gluten free and nut free.

Dukkah is a Middle Eastern dipping delicacy made up of nuts, seeds and spices. Gourmet Morsels Jackaroo Dukkah has no added msg, no artificial colours, flavours or preservatives. It is hand blended using the finest ingredients and packaged in zip lock pouches. These pouches retain freshness long after the pack is opened.



How to eat Dukkah?

Dukkah is traditionally served in ramekins with olive oil and crusty bread. Simply place some dukkah in one ramekin, good quality Australian Olive Oil in another ramekin and crusty bread cubes in the third ramekin. Dip your piece of bread into the olive oil and then coat with dukkah. It's a great healthy snack and appetiser at your next party.

How to cook with Dukkah?

Dukkah can be used to add a crunch to salads and vegetables, crust for meats, seafood, cheese and vegetables. It's great in rice and cous cous too. Simply add a tablespoon to your rice or cous cous dishes prior to serving.

## Serving Ideas



## Recipe Ideas

Sprinkle Jackaroo Dukkah onto pumpkin, potato and carrots before roasting  
Sprinkle Jackaroo Dukkah through a Gourmet Salad for a delicious crunch  
Stir some Jackaroo Dukkah through your favourite rice or couscous dish  
Crust your next roast with Jackaroo Dukkah for a delicious Sunday roast