



ESTABLISHED 1983

WONDAREE RECIPES

WONDAREE SAVOURY SPREAD

IDEAL FOR LAMB OR FISH

INGREDIENTS

1 cup Wondaree cooking chips
1/4 cup chopped fresh parsley leaves
1 tablespoon chopped fresh oregano leaves
1/2 tablespoon chopped marjoram leaves
1 small clove garlic, crushed
1 tablespoon fresh lemon juice
1 tablespoon grated lemon zest
2 tablespoons macadamia oil
cracked black pepper to season
roasted vegetables or salad to serve

METHOD

Preheat oven to 180°C. Lightly oil a baking dish. Place fillets into a dish, brush lightly with remaining oil.

In a small bowl, combine crumb ingredients to form a thick paste. Spread crumb over top of fish or lambracks, pressing to coat evenly.