

INGREDIENTS:

Tablespoon each onion powder and garlic powder

2 teaspoons celery salt

1 heaped teaspoon each ground coriander, medium paprika, ground black pepper and white pepper

Half a teaspoon each chilli powder and mustard powder

TIME: 15 mins

SERVING: 4 people



Karolina Grabowska <https://www.pexels.com/photo/assorted-spices-for-healthy-food-preparation-4199143/>

Place all ingredients in a bowl and mix well then store in an airtight jar until needed. To use, add one tablespoon of the mix to a tablespoon of sunflower oil and rub into the meat you are planning to cook. Chicken should be slashed several times with a sharp knife and the mix rubbed into the cuts. Leave for at least an hour before cooking to allow flavours to penetrate the meat.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: