

Spice Paste

2 cloves of garlic
1 tsp cumin and coriander seeds
½ tsp ground cinnamon
1 tsp sea salt flakes
1 Tablespoon Olive oil
20 grams butter
¼ cup brown sugar
1 ½ cups apple juice

To make spice paste:

Using a mortar and pestle or small electric spice blender. Crush garlic, seeds, cinnamon, salt and oil until oil forms a thick paste.

Using the electric frypan melt butter and cook on low heat for about 10 minutes stirring until sauce thickens slightly.

In a large bowl put vegetables, parsley, nuts and spice mixture, mix gently to combine.