



Aunty Dale's  
**CHICKPEA & LENTIL  
BUSH CASSEROLE  
RECIPE**



# Aunty Dale's CHICKPEA & LENTIL BUSH CASSEROLE

## Ingredients

• 2 tablespoons extra-virgin olive oil • 1 medium red onion , chopped • 4 cloves garlic , chopped • 2 tbsp Sunset Rub • 1/4 cup sesame seeds • 2 cans garbanzo beans (chickpeas) drained and rinsed • 1/2 cup brown lentils drained and rinsed • 1 can tomato puree • 2 cups vegetable broth • 150g warrigal greens or baby spinach leaves

## Native Thyme Yoghurt

200 ml yoghurt, 1/2 tsp Native Thyme and 1/2 tsp smoked paprika

## Steps

Heat olive oil in a pan and sauté the onions. Add garlic, and sesame seeds and cook until begin to soften. Combine everything in large frypan/pot and let simmer on low heat for 20 minutes. Place pita bread in a medium heat pan, drizzle Lemon Myrtle Ginger Macadamia oil until crisp, serve with Bush Casserole & yoghurt. ENJOY with a Wattleseed Espresso Martini



MY  
DILLY BAG



# Aunty Dale's WATTLESEED ESPRESSO MARTINI MOCKTAIL



## Ingredients

**60ml freshly brewed espresso**

**60ml heavy whipping cream**

**30ml Wattleseed syrup (or  
coffee syrup of choice)**

**Cocoa powder or wattleseed for  
dusting**

**Espresso or coffee beans for  
garnish (optional)**

## Wattleseed Syrup

Boil  $\frac{1}{4}$  cup sugar,  $\frac{1}{4}$  cup water  
and 1 tbsp ground  
wattleseed for 5-10 minutes.

Allow to cool.

## Steps

Fill a cocktail shaker with ice.

Add espresso, heavy whipping  
cream and Wattleseed syrup.

Dust with Wattleseed or cocoa  
powder. Place coffee beans as a  
garnish



MY  
DILLY BAG