

# Do yourself a **FLAVOUR**



QUICK & EASY FLAVOUR  
TO FEED THE FAMILY



"As a ***father of two***, I know that when it's **FEEDING TIME** you need to get food on the table quick smart before the tribe gets **HANGRY**.

I created these **FLAVOUR PACKED RUBS** for families that ***love to cook*** tasty food in ***quick time, without any real fuss.***"

David W

# *Do yourself a* **FLAVOUR**



**Sweet'n  
Smokey  
Roast  
Chicken**



**Herbs  
Honey  
Beef  
Meatballs**



**Roast  
Garlic  
Lamb  
Chops**



**Spicy  
Pulled  
Pork  
Taquito**





# Sweet'n Smokey Roast Chicken

## INGREDIENTS

- 1 Whole Chicken
- 40gr Sweet Brown BBQ Rub
- 30ml Olive Oil
- 20ml Vinegar
- 1 Lemon

## DIRECTIONS

- Heat Oven / BBQ to 180°C.
- Wash chicken under cold water, then pat dry with paper towel. Rub chicken skin with vinegar and place in fridge uncovered for 10 mins to dry the skin.
- Line a tray with baking paper.
- Rub whole chicken lightly with olive oil and lightly coat in Sweet Smokey BBQ Rub.
- Roast chicken in the BBQ or oven for approx 40-60 mins.
- Every 10 minutes spoon the tray juices over the chicken skin to keep the skin moist and flavoured.
- Check the chicken after 30 minutes by piercing the leg joint and if the liquid runs clear then the chicken is cooked. You are looking for an internal temperature of 82°C for chicken.
- When cooked remove from heat and cover with foil and allow to rest for 20 minutes.
- Serve with a squeeze of lemon and your favourite sides.







# Herbs Honey Beef Meatballs

## INGREDIENTS

- 1 kg Lean Beef Mince
- 2 tbsp Herbs + Honey BBQ Rub
- 1 Cup Cooked Rice
- 2 Carrot
- 1 Onion
- 1 Egg
- 1 Cup Breadcrumbs

## DIRECTIONS

- Heat oven or BBQ to 180°C.
- Wash rice under cold water and cook till ready.
- Peel onion and carrots, chop into fine dice.
- In a frypan, lightly fry onion and carrots till they start to soften.
- Add cider and reduce liquid by half.
- Using a bowl, hand mix beef mince, Herbs + Honey BBQ Rub, egg, breadcrumbs, rice, carrot and onion until well mixed, cover and sit in fridge for 30mins to 1hr.
- Heat an oven proof frypan to medium hot, lightly oiled
- \*You can cook these in a frypan, oven tray or on a bbq grill.
- Using your hands make golfball size meat balls from the chilled beef mix, make sure each meatball is roughly the same size so they all cook evenly together.
- Lay the meatball into the frypan and cook and turn on each side.
- Add 1/2 cup water into the pan and place in the oven.
- Cook for approx 20-25 minutes until cooked through.
- Serve as a snack, with fresh coleslaw or over rice with your favourite sauce.
- Works well with beef, pork or chicken mince.







# Roast Garlic Lamb Chops

## INGREDIENTS

- 12 Lamb Cutlets
- 40gr Roast Garlic BBQ Rub
- 20ml Olive Oil
- 1 Lemon

## DIRECTIONS

- Take lamb cutlets from fridge and allow them to come to room temperature on a tray.
- Rub each lamb cutlet in Roast Garlic BBQ Rub. Use the rub like seasoning salt, rub on each side of cutlet and allow the spice to soak into the lamb.
- Heat a lightly oiled fry pan or BBQ until hot.
- Shake excess loose rub off lamb chops and place on hot frypan or BBQ grill.
- Most Lamb Cutlets will only require 1-2 minutes either side for a perfect medium.
- When cooked to perfection allow to rest for 4-5 minutes to let the lamb chops rest and become tender.
- Serve with your favorite sides and sauces.
- Our go to sides with lamb is a fresh green salad of rocket, mint and cucumber, herbed yoghurt dressing and a squeeze of fresh lemon over the lamb when you are serving family style.





# Spicy Pulled Pork Taquito

## INGREDIENTS

1.5kg Boneless Pork Shoulder  
40gr Smokey Spicy BBQ Rub  
1 Cup BBQ sauce  
2 Cups Carrots, Onions, Cellery  
Soft Taquito's or tacos  
Favourite fillings and sauces

## DIRECTIONS

- Cut the pork shoulder into 3 cm thick steaks.
- Rub the steaks in Smokey Spicy Meat Rub, cover and allow rub to soak in.
- Heat BBQ / Oven or Smoker to 160°C.
- Clean and rough cut vegetables for the base of the tray. These vegetables will make the juices flavour packed for the finish.
- Using a high sided roasting tray place vegetables in the bottom and place the pork steaks on top.
- Roast / BBQ For 1 hour uncovered.
- Then add 2 cups of water to tray, cover with baking paper and foil and roast slowly for further 1-1.5 hours.
- (You will know its ready when you can pull it apart with a fork)
- Pull the pork apart while hot and mix through the pan juices & BBQ Sauce.
- Serve with warm taquito's and you favourite fillings.
- Our go to is crunchy red cabbage, coriander, onion and avocado with splash of apple vinegar.

HANDCRAFTED  
IN AUSTRALIA



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