

# Bush Tucker Together



A Guide to Cooking with Australian Bushfoods



*We want to inspire friends and families to share a meal together in true blue Australian style*

The last few years haven't been easy on any of us. But as we start to revert back to normal life, we're on a mission to reconnect families by encouraging them to share a meal with an Australian twist.

To help, we have created this digital cookbook to share our family-favourite bushfood recipes so you can add a little Aussie flair to your outdoor barbecues, beach picnics or classic Sunday dinners.

You'll find scrumptious vegan alternatives, gluten-free options, one-pot wonders and of course, some decadent (and wholesome!) desserts. Each recipe features our Australian spices, which have been carefully selected for their unique health properties and delicious flavours.

If you cook any of our dishes, share it with us by using the hashtag *#BushTuckerTogether*.

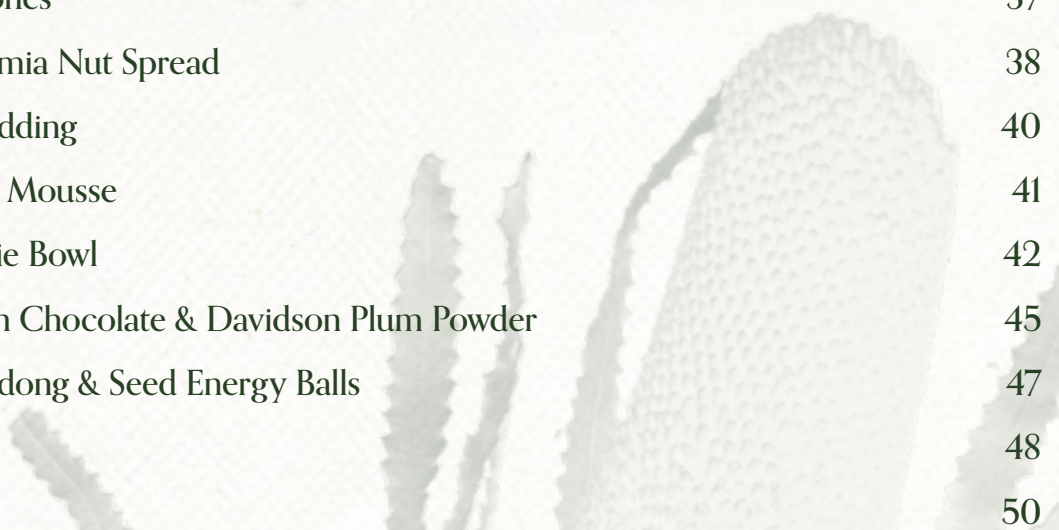
Let's bring back the power of sharing a home-cooked Australian meal.

*Let's bush tucker together!*



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*We passionately  
support wild  
harvesting*





Wild harvesting refers to Indigenous Australians using their knowledge and wisdom to source high-quality rare ingredients which we purchase.

Some remote Indigenous communities depend on wild harvesting to survive financially. It is one of few income options they have due to their geographical isolation, and it's also one of the means by which they share their culture and knowledge with future generations.

We partner with these remote communities over big commercial farms where possible, so they can continue to take care of the land and grow their business with us.

At the moment, Roogenic sources *Quandong*, *Native Lemongrass (Maarr)*, *Pepperberries*, *Kakadu Plum*, *Jilungin*, *Bush Tomato*, *Native Thyme*, *River Mint*, *Wattleseed* & *Strawberry Gum Leaf* from Indigenous growers, which make up 58% of our native ingredients.



# Australian Spiced Crunchy Potatoes

vegetarian · gluten-free

Prep: 6 mins

Cook: 60 mins

Serves: 2

## Ingredients

1 kg potatoes, peeled (6 medium ones)

4 tbsp olive oil

## Seasoning

1 tsp Roogenic Lemon Myrtle

1 tsp Roogenic Native Thyme

1/2 tsp Roogenic Pepperberries, crushed finely

1.5 tsp salt

1 tsp paprika

To serve:

1/2 cup aioli

1 tsp Roogenic Lemon Myrtle

Golden brown, super crunchy. Perfectly seasoned with a mix of Australian spices you won't find anywhere else in the world.



## Method

Preheat the oven to 220°C fan-forced and place a large pot of salted water on the stove and bring to a boil.

Cut medium sized potatoes in half lengthwise then cut in half again.

Once boiling, place potatoes in the pot and cook for 20 minutes or until tender.

Drain potatoes and scatter on a large baking dish. Drizzle over oil and seasoning. Toss with hands.

Bake for 35 to 45 minutes, turning once or until dark golden brown and crispy.

*Serve immediately!*

*Dipping sauce:* mix aioli and Roogenic Lemon Myrtle together and serve with wedges or trial our Bush Tomato & Pepperberry Chutney recipe.









# Garlic & Finger Lime Grilled Prawns

Pre: 20 mins

Cook: 20 mins

Serves: 4

## Ingredients

2kg uncooked large prawns

100g salted butter

2 garlic cloves, finely chopped

1 long red chilli, seeded and finely chopped

2 tbsp flat leaf parsley, chopped

30 bamboo skewers

2 tsp Roogenic Finger Lime powder or Desert Lime powder

## Method

Skewer the prawns.

Melt the butter in a small saucepan over a low heat. Once melted remove from the heat and mix in the garlic, chilli, chopped parsley and Roogenic Finger Lime powder. Drizzle the mixture over the prawns and season with salt and pepper.

Preheat the barbecue to a high heat. Once hot, place the prawns on their backs for 3-5 minutes then turn and cook until the flesh has just cooked through.

Arrange prawns on a serving platter.

Optional: dust with Roogenic Finger Lime powder or Desert Lime powder.





This easy, versatile tomato chutney recipe is made with Tasmanian Pepperberries & Bush Tomato, making it a great addition to sausages, roast beef, wedges or even, just a block of aged cheddar and crackers.

# Bush Tomato & Pepperberry Chutney

vegan · gluten-free

Prep: 6 mins

Cook: 60 mins

## Ingredients

10 large ripe Roma tomatoes,  
coarsely chopped

2 red onions, coarsely chopped

1 cup raw sugar

1/2 cup cider vinegar

3 tsp sea salt flakes

2 tsp Roogenic Bush Tomatoes,  
roughly chopped

1.5 tbsp Roogenic Pepperberries

## Method

Combine the tomato, onion, sugar, vinegar, salt, Roogenic Pepperberries and Roogenic Bush Tomatoes in a large saucepan over low heat. Cook, stirring continuously, until the sugar dissolves.

Increase heat to medium. Bring to a boil. Cook, stirring occasionally, for 1 hour or until mixture thickens.

Meanwhile, sterilise two 500ml preserving jars. To sterilise, place jars and lids in a deep saucepan. Cover with cold water. Place over medium heat. Bring to a boil and cover. Reduce heat to low. Boil gently for 10 minutes. Use tongs to carefully remove sterilised jars and lids. Place upside down on a clean tea towel.

Carefully divide the hot chutney between the warm sterilised jars and seal. Turn the jars upside-down for 2 minutes. Turn upright and set aside to cool. Store in a cool, draught free place for up to 1 month.









# Bush Tucker Chilli Crisp Oil

vegan · nut-free

Prep: 15 mins

Cook: 20 mins

## Ingredients

6 garlic cloves

2 tsp Sichuan peppercorns (optional)

1 tsp Roogenic Pepperberries

30g dried whole chillies (or chilli flakes)

¾ cup neutral oil

2 star anise

1 black cardamom pod

3 tsp Roogenic Saltbush

1 tsp Roogenic Lemon Myrtle

1 tsp Roogenic Cinnamon Myrtle

½ tsp sugar

2 tsp salt

2 tsp MSG (optional)

2 tsp white sesame seeds

¼ cup Roogenic Olive Oil infused with  
Lemon Myrtle & Pepperberry

Inspired by the iconic *Lao Gan Ma* chilli crisp. This recipe follows the Guizhou method of frying the ingredients to crisp rather than the more popular Sichuan method of pouring hot oil over dry ingredients.

## Method

Prepare your aromatics and spices. Peel and gently crush the garlic cloves, it is important to keep them whole so they do not burn in the oil later. Pound the Sichuan peppercorns and Roogenic Pepperberries in a mortar and pestle. Set all of these aside.

*Skip this step if you are using chilli flakes.*

Roast your chillies in a wok over medium heat, be careful not to burn. Once they turn into a slight brown, cool, and pound into rough flakes in a mortar and pestle. Skip this step if you are using chilli flakes.

Pour the neutral oil in a small pot, and bring the temperature to 200°C. It should be smoking at this point, turn off the heat. Let the oil cool down to 150°C, turn the heat back on to low and fry the garlic cloves, star anise and black cardamom for 5 minutes. Watch carefully that they do not burn, scoop out and discard.

Bring the oil down to about 90°C and fry the chilli flakes, Sichuan peppercorns as well as the Roogenic Bushfoods: Pepperberries, Saltbush, Lemon Myrtle and Cinnamon Myrtle for a few minutes. Remove from heat and add the sugar, salt, MSG, white sesame seeds and Roogenic Olive Oil.

Meanwhile, sterilise a 500ml preserving jar. To sterilise, place the jar and lid in a deep saucepan. Cover with cold water. Place over medium heat. Bring to a boil and cover. Reduce heat to low. Boil gently for 10 minutes. Use tongs to carefully remove sterilised jars and lids. Place upside down on a clean tea towel.

Once cool, carefully spoon into a sterilised jar, seal, place in the refrigerator and let the mixture rest for one day before serving to allow all the aromatics and bushfoods to infuse. Store in the refrigerator for up to 6 months.





# Ful Medames

vegan · nut-free · gluten-free

Prep: 15 mins

Cook: 15 mins

Serves: 4



This staple dish made from fava beans is found in many Middle Eastern, Arab & North African cuisines and is traditionally eaten with flatbread for breakfast or with the main course of a meal.

## Ingredients

¼ cup Roogenic Olive Oil infused with Lemon Myrtle & Pepperberry

A handful of grape tomatoes

Salt

Pepper

1 tsp whole cumin seeds

1 tsp Roogenic Pepperberries

6 garlic cloves

A few sprigs of parsley

1 tomato

1 tsp Roogenic Lemon Myrtle

900g tinned fava beans

½ lemon, juice & zest

1 tsp kashmiri chilli powder (or any chilli powder or flakes, optional)

## Method

Drizzle Roogenic Olive Oil over grape tomatoes, season with salt, pepper and broil in the oven for 15 minutes at 185°C.

Prepare the aromatics, in a small pan, toast and grind the cumin seeds & Roogenic Pepperberries. Be careful not to burn. Pound the garlic cloves with a big pinch of salt in a mortar & pestle until it becomes a thick paste, set aside about a spoonful for garnish.

Roughly chop the roasted grape tomatoes, parsley and fresh tomato. Reserve some of each for garnish.

Add olive oil to a skillet and sauté the garlic paste on low heat. Once fragrant, add the ground cumin, Roogenic Pepperberries & Lemon Myrtle. Drain and gently rinse the fava beans to get rid of excess salt. Add this to the skillet along with the chopped roasted grape tomatoes and fresh tomato.

Add about half a cup of hot water and let simmer. Salt to your taste. Once the liquid has reduced, turn off the heat and add the lemon juice, zest and chilli powder (optional). Mash all the ingredients together and fold in the Roogenic Olive Oil.

Pour into a platter and garnish with the remaining garlic paste, roasted tomatoes, fresh tomato and parsley. To finish, drizzle a generous amount of Roogenic Olive Oil and serve warm with flatbread, crackers or as a side dish.











*Let's bring back the power of sharing a home-cooked Australian meal*







*#Bush Tucker Together*









# Lemon Myrtle Baked Chicken Nuggets

Prep: 20 mins

Cook: 10 mins

Serves: 3-4

## Ingredients

1 ½ cups panko breadcrumbs

Olive oil spray

2 tsp Roogenic Lemon Myrtle

1 tsp Roogenic Salt Bush

1 ½ tsp salt

1 tsp garlic powder

3 large eggs

1 cup plain flour

1.5 kg boneless skinless chicken thigh,  
cut into 3cm cubes

These are the most delicious crispy baked chicken nuggets you'll ever make! They are healthy and take about 30 minutes from start to finish. They also use simple ingredients like panko breadcrumbs, chicken thigh and of course, Australian spices.

## Method

Preheat a fan forced oven to 220°C.

Add panko breadcrumbs to a large baking sheet and spread out in an even layer. Spray breadcrumbs with olive oil cooking spray. Bake for 2 minutes, then stir breadcrumbs (or just give the pan a shake) and then bake for 2-3 minutes or until breadcrumbs are golden brown.

Transfer breadcrumbs to a medium bowl. Whisk in spices: Roogenic Lemon Myrtle, Roogenic Salt Bush, salt & garlic powder. Set aside.

In separate medium-sized bowls, whisk together the eggs and set aside. In the other, add the plain flour and set aside.

Line the large baking sheet with an oven safe wire metal rack. Spray with nonstick cooking spray.

Dip each chicken cube into the flour then the egg mixture then use a tong to grab each chicken nugget and toss into the breadcrumb mixture to completely coat with breadcrumbs. Use tongs to transfer to the wire rack, placing about 3cm apart.

Generously spray the tops of the chicken nuggets with nonstick spray. Bake in the oven for 15-20 minutes until cooked through. Serve with Lemon Myrtle Aioli or Pepperberry & Tomato Chutney.





# Wattleseed Pasta

vegetarian

Prep: 45 mins

Serves: 4

## Ingredients

2 cups plain flour

2 tbsp of Roogenic Wattleseeds

1 tsp salt

1 tbsp olive oil

2 large whole eggs

3 large egg yolks

Semolina for drying pasta, if needed

1-4 tbsp water, if needed (see note in section 1)

## Method

Place flour and salt on a clean countertop and make a nest in the centre. Add whole eggs, egg yolks, wattleseed and olive oil to the well. With a fork, start to whisk the flour with the egg mixture, working from the inside out, trying to keep the flour walls intact.

Start to use your hands as a dough forms, pushing the flour into the centre and mixing with the wet egg mixture.

Knead the dough for 8 to 10 minutes. At the beginning, the dough should feel pretty dry, but stick with it! It might not feel like it's going to come together, but after 8-10 minutes of kneading, it should become cohesive and smooth. If the dough still seems too dry, sprinkle your fingers with a tiny bit of water to incorporate. If it's too sticky, dust more flour onto your work surface. Shape the dough into a ball, wrap in plastic wrap and let rest at room temperature for 30 minutes.

Unwrap the pasta dough and cut into four pieces. Using the same plastic wrap, cover three pieces of the dough and start working with the fourth piece. Run pasta through a pasta roller, working from the widest setting (1) to the thickness desired (5 is a good starting point). If you do not have a pasta machine, you can use a rolling pin. If so, lightly sprinkle flour on your bench and roll out dough as thin as possible with the rolling pin, making sure to adjust any parts that look thicker than others.

Run the pasta sheet through a pasta cutter or cut to desired shape with a knife.

Cook pasta in a large pot of boiling salted water. Stir the water as you add the uncooked pasta to prevent the pasta clumping together. Once the water starts to come back up to boil the pasta should be cooked. This could take as little as a minute, depending on the thickness of pasta. If unsure, taste.

Add pasta to desired sauce and enjoy!













# Pepperberry & Native Thyme Sausage Rolls

Prep: 20 mins  
Cook: 20 mins  
Serves: 4

## Ingredients

2 slices of wholemeal bread crust removed (see note 1)  
500g pork mince (see note 2)  
1 onion grated  
1 carrot peeled and grated  
1 zucchini grated  
1 tsp Roogenic Pepperberries, crushed  
2 tsp Roogenic Native Thyme  
1 tsp salt  
3 sheets frozen puff pastry defrosted  
1 egg, lightly beaten to use as egg wash

A native take on a classic Australian icon. The softened wholemeal bread retains the moisture in the pork mince, while also preventing the filling shrinking. The pork mince can be mixed or replaced with beef, chicken or sausage meat.

## Method

Place wholemeal bread in a medium size bowl and cover with water. Allow to sit for 5 minutes, the bread will soften and become mushy. Use your fingers to break the bread up. Pour the softened bread into a fine-meshed colander and allow to drain well.

In a large bowl place, pork, onion, carrot, zucchini, Roogenic Pepperberries, Roogenic Native Thyme and salt. Making sure the bread has drained well, add it to the pork mixture.

Then use your hands to mix all the ingredients together. This is a bit messy but lots of fun!

Lay a sheet of pastry on a flat surface. Cut sheet in half horizontally and spoon 1/6 of the mince mixture into a sausage shape along the long edge.

Brush opposite edge of the pastry with a little egg wash to help seal, and then carefully roll the pastry to enclose the filling. Cut each roll into four portions.

Place the rolls seam-side down onto two baking paper lined trays. Roughly brush each sausage roll with a little of the egg wash and sprinkle a little ground Roogenic Pepperberries on top.

Place the trays into the oven for 20 minutes or until cooked through, puffed and golden.

Allow the sausage rolls to cool on the tray for 5 minutes before tucking in.





# Lemon Myrtle Honey Roast Chicken & Potatoes

Pre: 15 mins

Cook: 40 mins

Serves: 4

## Ingredients

4 chicken marylands

3 teaspoons Roogenic Lemon Myrtle

3 tablespoons Roogenic Honey infused  
with Lemon Myrtle

8 garlic cloves

1 cup olive oil

1 cup white wine

2 small lemons, cut into wedges

4 potatoes, cut into wedges

2 teaspoons salt

Roogenic Sea Parsley (*for garnish*)

## Method

Preheat oven to 200°C (fan forced).

Combine Roogenic Lemon Myrtle, Roogenic Honey, olive oil, white wine and salt, then set aside.

In a large roasting pan place chicken, potatoes, garlic (unpeeled is fine) and lemon wedges. Pour over lemon myrtle seasoning mixture and toss the chicken until covered in the seasoning mixture.

Bake for 40 minutes or until chicken is golden and potatoes are tender.

*Garnish with Roogenic Sea Parsley before serving & enjoy!*

*Bush Tucker Together*





Warm and delicious Australian lamb stew can be yours in under two hours and all in one pot! With tender pieces of lamb, and mellow Tasmanian Pepperberry spice, you'd be hard pressed to find a better cold weather meal.

# Pepperberry & Lamb Stew

Prep: 25 mins  
Cook: 1 hr 30 mins  
Serves: 3-4

## Ingredients

- 4 lamb loin chops
- 1 brown onion, diced
- 3 cloves garlic, finely chopped
- 2 tsp Roogenic Pepperberries
- 4 bay leaves
- 2 tsp sweet paprika
- 500ml stock of your choice
- 3 tbsp tomato paste
- 4 tbsp Worcestershire sauce
- 4 potatoes, diced into 2cm cubes
- 1 tbsp apple cider vinegar
- 250g frozen peas
- Salt
- Pepper

## Method

Heat oil in a large pot. Add onion, garlic, lamb, bay leaf, Roogenic Pepperberries and paprika. Sauté for 2-3 minutes over medium-high heat.

Add 1 tsp of salt and stir, reduce heat to a low-medium heat and cover. Leave covered for about 10 minutes.

Uncover, add stock and bring the pot to a boil over high heat. Reduce heat to low-medium and cover. Allow to cook until meat is tender, about 45 minutes.

Add diced potatoes, frozen peas, Worcestershire sauce and tomato paste. Bring to a boil again. Reduce heat to low-medium, cover and simmer for 15-20 minutes more, until potatoes are tender. Add vinegar and stir again.

Adjust for salt and pepper before serving over rice or mashed potato.













# Native Detox Baked Salmon

Pre: 15 mins

Cook: 40 mins

Serves: 2

## Ingredients

2 salmon fillets (about 200g-250g each)

1 tablespoon Roogenic Native Detox,  
milled

1 bunch asparagus

1/2 small zucchini

8 cherry tomatoes

1 lemon

1 clove of garlic, peeled

2 tablespoons of Roogenic Olive  
Oil infused with Lemon Myrtle &  
Pepperberry

Salt & pepper



## Method

Preheat oven to 190°C. Slice the asparagus, zucchini, cherry tomatoes, garlic and lemons thinly.

Tear a large length of baking paper (approximately 60cm) and fold in half. On the first half of the baking paper, place the vegetables and garlic in the center (leaving the second half of the baking paper empty).

Add the lemon on top of the vegetables and then the salmon. Finish by sprinkling the Roogenic Native Detox Tea, salt and Roogenic Olive Oil on top of the fish.

Wrap up your parcel by folding the baking paper in half again and sealing each open end with a fold.

Repeat these steps for your second piece of fish.

Place both pieces of fish on a baking tray and bake for 15-20 minutes (depending on how thick your salmon fillets are). Unwrap the parcel and season with salt and pepper.



# Anti-Inflammitea Curry

Pre: 15 mins

Cook: 40 mins

Serves: 2



## Ingredients

- 4 garlic cloves, chopped
- 4 small green chillies, chopped
- 2 tbs finely chopped ginger
- 4 tbs Roogenic Anti-Inflammitea
- 2 tablespoons sunflower oil
- 2 brown onions, finely chopped
- 10 curry leaves
- 400ml can coconut milk
- 1 cup (250ml) fish stock\*
- 150g snow peas
- 1 cup of broccoli
- 600g white fish
- 2 limes
- Steamed basmati rice and coriander leaves, to serve

## Method

Preheat oven to 190°C. Slice the asparagus, zucchini, cherry tomatoes, garlic and lemons thinly.

Tear a large length of baking paper (approximately 60cm) and fold in half. On the first half of the baking paper, place the vegetables and garlic in the center (leaving the second half of the baking paper empty).

Add the lemon on top of the vegetables and then the salmon. Finish by sprinkling the Roogenic Native Detox Tea, salt and Roogenic Olive Oil on top of the fish.

Wrap up your parcel by folding the baking paper in half again and sealing each open end with a fold.

Repeat these steps for your second piece of fish.

Place both pieces of fish on a baking tray and bake for 15-20 minutes (depending on how thick your salmon fillets are). Unwrap the parcel and season with salt and pepper.







# Native Citrus Cheesecake

vegan · gluten-free

Prep: 15 mins

Cook: 1 hour

Serves: 10



## Crust ingredients

- 2 cups almond meal
- 1 cup rolled oats
- 2 tbsp Roogenic Lemon Myrtle
- 1 tbsp Roogenic Cinnamon Myrtle
- 4 tbsp vegan butter, melted
- 1 tsp salt
- 4 tbsp date molasses (sugar of choice)

## Filling ingredients

- 700g vegan cream cheese
- 1 cup non-dairy milk
- ½ cup sugar
- 1 tsp salt
- 1 tsp vanilla extract
- 1 ½ lime, juice & zest
- 1 tbsp Roogenic Freeze-dried Desert Lime
- 4 tbsp cornstarch
- 4 tbsp Roogenic Olive Oil infused with Lemon Myrtle & Pepperberry
- 2 tbsp Roogenic Freeze-dried Desert Lime, for garnish

## Method

To make the crust, add the rolled oats into a food processor and blitz into a coarse meal. Pour this into a bowl and add the almond meal, Roogenic Lemon Myrtle & Cinnamon Myrtle, melted vegan butter, salt and date molasses. Mix until it resembles damp sand and knead into a greased 20cm springform tin. With a fork, poke holes into the base and bake in the oven at 180°C for about 15 minutes.

While the crust is cooling, add the cream cheese into a bowl and mix until smooth. While mixing, slowly add the oat milk, sugar, salt, lemon juice & zest and Roogenic Freeze-dried Desert Lime. Gently fold in the cornstarch until combined.

Pour the filling into the now cooled crust, tap gently to remove excess air bubbles and bake in a bain-marie for about an hour at 150°C. Let the cheesecake cool and refrigerate for at least 2 hours and dust with Roogenic Freeze-dried Desert Lime before serving.





# Native Happiness Cookies

Prep: 30 mins

Set: 3 hours

Serves: 12



## Ingredients

1/2 cup coconut oil

1 cup caster sugar

1/3 cup almond milk

1 teaspoon vanilla extract

2 cups plain flour

1 teaspoon baking soda

1 teaspoon baking powder

1 cup vegan dark chocolate chips

3 teaspoons Roogenic Native Happiness Tea, ground

## Method

Pre-heat oven to 180°C.

Thoroughly mix together coconut oil and sugar, then add almond milk and vanilla.

In a separate bowl mix flour, baking soda and baking powder.

Combine wet and dry ingredients, once well mixed add chocolate and Roogenic Native Happiness tea

Roll mixer into tablespoon sized balls, place evenly on baking tray, flatten slightly.

Bake for 7-10 minutes.





# Native Strawberry Cheesecakes

Prep: 30 mins

Set: 3 hours

Serves: 12



## Ingredients

250g plain sweet biscuits, crushed

125g macadamia nuts, toasted and crushed

50g shredded coconut, toasted

200g salted butter, melted

1 1/2 cups caster sugar

3 1/2 gelatine sheets

500g cream cheese, softened

3 tablespoons Roogenic Native Strawberry Tea, ground

1 tablespoon vanilla extract

600mL cream

## Method

In a large bowl, place crushed biscuits, macadamia nuts, coconut, butter and 1/2 cup of the caster sugar. Stir until all ingredients are completely combined.

In a 26cm round spring form pan (or miniature spring form pans) press crumbs firmly into the bottom to form the base. Place pan in the fridge to chill until your filling is ready.

Place gelatine leaves in a bowl and cover with cold water, allow to soften. Once softened, squeeze out excess water and place in a small saucepan, add 3 tablespoons of water. Over low heat melt the gelatine. Take off heat and set aside to cool.

Place cream cheese, remaining sugar, Roogenic Native Strawberry Tea and vanilla in the bowl for your stand mixer. If not using a stand mixer place in a large bowl. Beat until mixture is very smooth and creamy.

Slowly add the now cooled (but still liquid) gelatine to the cream cheese mixture, turn the speed up and keep beating on high for 5 minutes. Reduce speed and slowly pour in the cream, continue to beat until well combined.

Remove base from the fridge and pour in cheesecake filling. Place cheesecake in fridge for a minimum of 3 hours to allow to set. Dust with Roogenic Native Strawberry Tea leaves before serving.





# Quandong Jam

vegan · gluten-free

Prep: 60 mins

Cook: 20 mins

## Ingredients

- 1 cup of chopped rhubarb
- 1 cup Roogenic Quandong
- 1/2 cup of sugar
- 1 cup water
- 2 tsp lemon juice
- 2 tsp of vanilla

## Method

Soak Roogenic Quandong in cold water for 1 hour and then drain.

Put Roogenic Quandong, rhubarb, water, sugar, lemon juice and vanilla into a saucepan.

Bring to boil, lower heat, and cook until rhubarb and Roogenic Quandong is tender and falls apart.

Spread over freshly baked bread and butter.









*"When you look  
after Country,*





A woman with long dark hair, wearing a red top, is shown from the side, reaching out to touch the large, rounded green leaves of a tree. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The text is overlaid in a white, elegant script font.

*"Country will  
look after you."*

- Elder Bruno of the  
Nyul Nyul Community



Épisodes de  
**Strawberry**  
High Fruit Content Special  
No Additional Sugar  
Contains three essential  
vitamins in the fruit





# Native Strawberry Scones

Prep: 30 mins

Set: 3 hours

Serves: 12

## Ingredients

2 tablespoons Native Strawberry Tea, ground

3 cups self-raising flour

1 cup whipping cream

1 cup lemonade

1 tbsp milk

100g strawberries, roughly chopped

1 egg white, for egg wash

## Method

Preheat oven to 225 degrees or 200 degrees fan forces. Line a large tray with baking paper or spray with oil (alternatively, do the same with a muffin tray).

In a large bowl, sift flour. In a separate bowl combine the lemonade and cream. Now gently fold in the flour, strawberries and the Roogenic Native Strawberry Tea until the mixture has just combined. The dough should be soft and only slightly sticky.

Place the dough on a lightly floured bench, and using a knife or a small cookie cutter cut the dough to the desired size (we cut into 5cm cubes).

Place the scones on a baking tray (or you can place them into a muffin tray) and brush egg wash over the top of the scones with a brush, bake for 10-15 minutes or until slightly golden.

*Enjoy your antioxidant packed scones.*





# Wattleseed & Macadamia Nut Spread

vegan · gluten-free

Prep: 15 mins



## Ingredients

- 1 cup raw macadamia nuts
- 1 cup sunflower seeds
- 1 tbsp Roogenic Wattleseed
- 1½ tsp pure vanilla extract
- ¼ cup cacao
- ½ cup golden or maple syrup to taste
- ¼ tsp salt
- 2 tsp coconut oil
- 8-12 tbsp non-dairy milk

## Method

In a food processor, blend the macadamia nuts and sunflower seeds until they've turned to butter. For macadamias, this happens very quickly.

Add all other ingredients and blend until a smooth, nut butter texture. If it's stickier than you'd prefer, use the additional non-dairy milk and pulse until it's incorporated.

Store for up to 7 days in an airtight jar.









# Native Detox Chia Pudding

vegan · gluten-free

Prep: 15 mins

Cook: 10 mins

Serves: 6

## Ingredients

1 litre almond milk

2 tablespoon Roogenic Native Detox Tea

2 tablespoons Roogenic Lemon Myrtle Honey

1 cup of chia seeds

## Method

In a large pot place almond milk, tea and honey and bring to a boil, once it is boiling; reduce to a light simmer and allow it steep for ten minutes, stirring occasionally.

Using a sieve, drain the almond milk mixture into a large bowl and discard the tea leaves. Add the chia seeds, and stir well. Evenly pour the chia seed mixture into six glasses.

Place in the fridge to refrigerate for at least three hours. Top with strawberries or granola before serving.

*Alternatively use your preferred milk preference instead of almond milk.*





# Wattleseed Chocolate Mousse

Prep: 15 mins

Cook: 10 mins

Serves: 6



## Ingredients

200g dark chocolate

500ml whipping cream

5 eggs separated

2 tablespoons of Roogenic Wattleseeds

## Method

Place the dark chocolate in a bowl and set it over a hot water bath or melt it in the microwave.

Gradually whisk each egg yolk into the melted chocolate (one at a time), ensuring it is well combined into the chocolate mixture. If the mixture becomes stiff, use a fork. Once the egg yolks have been mixed through, add the Roogenic Wattleseeds for a gorgeous texture and mix to combine.

Using a whisk, or a hand beater, whip the cream to soft peaks. Using a spatula, gradually fold them through your chocolate mixture.

Thoroughly wash the whisk or hand beater and dry well. Whip the egg whites to firm peaks and fold through your chocolate mixture.

Pour the Chocolate Wattleseed Mousse into glasses and set in the fridge for at least 3 hours.

To serve, finish with fresh strawberries and a sprinkle of Roogenic Wattleseeds.





# Kakadu Plum Smoothie Bowl

vegan · gluten-free

Prep: 6 mins

Serves: 1

## Ingredients

2 ripe bananas, peeled and frozen

2 tbsp peanut butter

2 tbsp flaxseed

½ tsp Roogenic Australian Honey (optional)

¼ cup oat milk (or milk of your choice)

1 tsp Roogenic Kakadu Plum

## Method

Add ingredients to the blender. Blend until smooth and creamy.

*Note:* Adjust the amount of liquid as needed, but I highly suggest keeping it to ¼ cup or less. Remember that more liquid creates a thinner smoothie, while less liquid creates a thicker smoothie. If you want it to be super thick and creamy, try to use the least amount of liquid as possible.

Transfer the smoothie to a bowl. Add any desired toppings and enjoy with a spoon.

This peanut butter Kakadu Plum smoothie bowl is creamy, nutty and tastes like soft and creamy ice cream! It's a healthy recipe perfect for breakfast, an afternoon snack or even a nutritious dessert. Make this bowl with just 6 ingredients in 6 minutes!

Did you know: Kakadu Plum has the highest natural concentration of Vitamin C in the world.













# Baked Doughnuts with Chocolate & Davidson Plum Powder

vegan · nut-free

Prep: 20 mins

Cook: 15 mins

Serves: 4

## Ingredients

¼ cup non-dairy milk

1 tsp vinegar

⅓ cup Roogenic Australian Honey

4 tbsp olive oil

1 cup plain flour

¼ tsp salt

1 tsp baking powder

## Topping:

100g white or dark chocolate, melted

4 tsp Davidson plum powder



## Method

Combine oat milk, vinegar, Roogenic Australian Honey and olive oil. Set aside. Grease a doughnut pan or mini muffin pan and preheat a fan forced oven to 200°C.

Mix through the plain flour, salt and baking powder until ingredients are just combined. Scoop batter into the tbsp pan evenly.

Bake for 10-12 minutes or until doughnuts have risen and batter is no longer wet. Let sit for 5 minutes before removing from the pan.

Glaze with melted chocolate and let it set. Finally, sprinkle Roogenic Davidson Plum powder over the top.









# Raw Chocolate, Quandong & Seed Energy Balls

vegan · gluten-free

Prep: 20 mins

Cook: 15 mins

Serves: 4



## Ingredients

- 1/2 cup shredded coconut
- 1/3 cup raw unsalted cashew nuts
- 1/4 cup cacao powder
- 1/2 cup rehydrated Rooogenic Quandongs
- 2 tsp Rooogenic Wattleseeds
- 1 tbsp sunflower seeds
- 2 tbsp pepitas
- 70g dried figs, stems removed
- 250g fresh dates, pitted

## Method

Place coconut, cashews, cacao powder, rehydrated Rooogenic Quandongs, Rooogenic Wattleseeds, sunflower seeds and pepitas in a food processor and process until all ingredients are finely chopped.

Add the figs and process again until well combined. With the motor running, start adding the dates, a few at a time, until all the dates are added and the mixture starts to come together. Use clean hands to bring together completely, adding 1-2 tsp cold water if necessary.

Roll mixture into balls to your desired size. Cover and refrigerate until ready to serve

Bonus tip: Make the mixture into energy bars by pressing the mixture evenly into a 19cm square (base measurement) baking tin, smoothing the surface with the back of a metal spoon. Cover and refrigerate until ready to serve.



# Bushfoods



1 *Aniseed Myrtle*

2 *Bush Tomatoes*

3 *Cinnamon Myrtle*

4 *Davidson Plum*

5 *Desert Lime*

6 *Finger Lime*

7 *Gumbi Gumbi*

8 *Jilungin*

9 *Kakadu Plum*



# Bushfoods



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- 10 *Lemon Myrtle*
- 11 *Native Thyme*
- 12 *Pepperberries*
- 13 *Quandongs*
- 14 *River Mint*

- 15 *Saltbush*
- 16 *Sea Parsley*
- 17 *Strawberry Gum Leaf*
- 18 *Wattleseed*



# Glossary



## *Aniseed Myrtle*

*Flavour & Use:* Similar to liquorice and fennel in flavour. Pairs perfectly as a tea, in desserts, syrups, dressings, sauces, and ice creams.

*Benefits:* Aniseed Myrtle has antifungal and antimicrobial properties. It's also an excellent source of vitamin C, folate, magnesium and lutein.



## *Davidson Plum*

*Flavour & Use:* The rich crimson fruit has sharp acidity and an earthy, beetroot-like aroma. Add to desserts or sprinkle over dishes to add a stunning colour and sour flavour.

*Benefits:* A rich source of calcium (perfect for our vegan friends), vitamin E and zinc.



## *Bush Tomatoes*

*Flavour & Use:* Caramel and sweet-salty in flavour, making them an excellent addition to both sweet and savoury dishes. They're the perfect addition in sauces, marinades, meats, or even doughs.

*Benefits:* Bush Tomatoes are one of the few bush-foods that contain selenium, a rare mineral that plays a key role in metabolism.



## *Desert Lime*

*Flavour & Use:* Pleasant and piquant in flavour with intense, yet slightly sweet citrus notes. Perfect with sauces, garnishes, marmalades, pickles, and chutneys.

*Benefits:* Desert Lime is a source of calcium, folate, vitamin E, and lutein.



## *Cinnamon Myrtle*

*Flavour & Use:* Reminiscent of...cinnamon! Enjoy it as a tea or use it in desserts, syrups, dressings, sauces, and ice creams.

*Benefits:* Cinnamon Myrtle was traditionally used to relieve mild digestive system ailments, heart-burn, and colic.



## *Finger Lime*

*Flavour & Use:* Finger Limes have a fresh, zesty aroma with a hint of cooked apples. The taste is tart with some astringency and bitterness. Add to dressings, jams, sauces, cordials, and cocktails.

*Benefits:* Excellent source of folate, potassium, vitamin E, and vitamin C.



# Glossary



## *Gumbi Gumbi*

*Flavour & Use:* Bitter and peppery in taste. Simply steep 1 tsp in 250ml of boiling water for 10 minutes and enjoy!

*Benefits:* Highly regarded by Indigenous Australians and has traditionally been used to help and support general health and wellbeing.



## *Lemon Myrtle*

*Flavour & Use:* Strong and citrus in flavour but without the acidity! Add it to salad dressings, meats, seafood, and desserts.

*Benefits:* Contains powerful antimicrobial and anti-fungal properties. Also an excellent vegan source of calcium and contains antioxidants, lutein, vitamin E, zinc, and magnesium.



## *Jilungin*

*Flavour & Use:* Earthy in flavour with slight herbal notes. Simply steep 1 tsp in 250ml of boiling water for 10 minutes and drink 30-60 minutes before bed.

*Benefits:* A source of antioxidants and has traditionally been used to support deep, uninterrupted sleep.



## *Native Thyme*

*Flavour & Use:* Similar in flavour to Italian herbs, mint, and peppery garden thyme. Add it to your sauces and marinades. It has an aroma that's strikingly similar to Cannabis (so we've heard).

*Benefits:* Traditionally used as a medicinal herb. It's also rich in vitamin C and vitamin A.



## *Kakadu Plum*

*Flavour & Use:* Tart and reminiscent of stewed pears and apples. Simply use 1/4 of a teaspoon per day to receive the benefits. It can be sprinkled over cereals, smoothies, desserts, or even just mixed with water!

*Benefits:* Kakadu Plum has the highest natural source of vitamin C in the world and is a source of antioxidants.



## *Pepperberries*

*Flavour & Use:* Intensely strong with a peppery bite that's followed by a fruity aftertaste, building in heat. Use in place of regular peppercorns, with gamey meats, sauces, cheeses, soups, and stews.

*Benefits:* Recognised for their antioxidant content and contain vitamin E, lutein, zinc, magnesium, calcium and iron.



# Glossary



## Quandongs

*Flavour & Use:* Similar in flavour to peach, apricot and rhubarb. They are delicious when added to your tea, cakes, jams, chutneys, desserts, or even braised meats!

*Benefits:* Quandongs offer a valuable vegan source of iron and contain zinc and phenolic-based antioxidants.



## Sea Parsley

*Flavour & Use:* Sea Parsley has a flavour similar to everyday parsley, but with a peppery zing and subtle oceanic tones. Add it to Italian dishes or as a substitute for regular parsley.

*Benefits:* Contains high levels of phenolic contents and is rich in antioxidants.



## River Mint

*Flavour & Use:* Similar in flavour to peppermint and spearmint. Add it to your sauces and marinades, use as you would regular mint.

*Benefits:* River Mint has traditionally been used to aid stomach digestion, as an insect repellent or to alleviate cold symptoms.



## Strawberry Gum

*Flavour & Use:* Sweet and slightly acidic in flavour, with fruity undertones and notes of cinnamon, strawberry, and passionfruit. Add it to your pavlova, cakes, muffins, ice creams, and teas.

*Benefits:* Strawberry Gum Leaf is a source of antioxidants and has antifungal and antibiotic properties.



## Saltbush

*Flavour & Use:* Soft, salty, and slightly earthy in flavour. It can be used as a healthy substitute for salt. Excellent with fish, lamb, and vegetable dishes.

*Benefits:* A source of protein and contains calcium and trace minerals. It also contains less sodium than table salt and is an excellent source of antioxidants.



## Wattleseed

*Flavour & Use:* Nutty and earthy in flavour, reminiscent of coffee, chocolate and hazelnut. Add to recipes that contain flour such as: pancakes, pizza doughs, desserts and pastries.

*Benefits:* Wattleseeds have a low glycaemic index and are an excellent source of protein, iron, magnesium, zinc, calcium, and selenium.



Michelle On  
Roogenic Amabassador



Elder Bruno  
Roogenic Amabassador







At Roogenic, we are a health-conscious bunch that passionately believe in the medicinal health properties of Native Australian plants.



*#BushTuckerTogether*

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