BUTTER ME UP

MINI RECIPE BOOKLET

Buttery. Garlicky. Comforting.

Butter Me Up is our buttery, garlicky, herb-warm all-rounder, with sweet-savoury depth and a soft cayenne glow. It's garlic bread energy for everything.

These ten recipes take it from chicken and fish to vegetables, eggs and the best toastie of your life.

Butter it up. Dig in.

CONTENTS

How to Use Butter Me Up

Garlic Butter Chicken & Green Beans	Chicken
Garlic Butter Mash	Side
Garlic Butter Fish with Lemon	Seafood
The Ultimate Garlic Butter Toastie	Snack
Garlic Butter Lamb Chops	Lamb
Garlic Butter Pork Fried Rice	Pork
Garlic Butter Green Beans & Almonds	Veg
Garlic Butter Scrambled Eggs	Eggs
Garlic Butter Parmesan Pasta	Pasta
Garlic Butter Corn Ribs	Snack

HOW TO USE BUTTER ME UP

How much. About 1 tbsp per 500 g of meat, seafood or veg. Go heavier for a bolder crust.

When to rub. Meat: season just before cooking, or up to 24 hours ahead for deeper flavour, covered in the fridge. Seafood, veg and tofu: season just before cooking.

Best on. Chicken, pork, lamb, seafood, potatoes, corn, vegetables and bread.

Heat guide. Contains butter powder and a little sugar. Medium to medium-high heat gives golden, not burnt.

Pairs with. Lemon, parmesan, crusty bread and the Buttery Garlic Dip from the Dips booklet.

GARLIC BUTTER CHICKEN & GREEN BEANS

Serves 4 · Prep 10 min · Cook 20 min

INGREDIENTS

8 chicken thigh fillets
1 tbsp Butter Me Up
1 tbsp oil
30 g butter
2 garlic cloves, crushed
300 g green beans, trimmed
½ cup chicken stock
Juice of ½ lemon

METHOD

Rub the chicken with the Butter Me Up.

Cook in the oil in a large frypan over medium-high heat for 5 to 6 minutes per side until cooked through. Remove.

Add the butter, garlic and beans and cook for 3 minutes. Add the stock and lemon and simmer for 2 minutes.

Return the chicken and spoon over the buttery sauce.

NOTES

Serve with mash or crusty bread for the sauce.

FINAL WORD

Buttery, garlicky and one-pan easy.

GARLIC BUTTER MASH

Serves 4 as a side · Prep 10 min · Cook 20 min

INGREDIENTS

1 kg potatoes, peeled and chopped
60 g butter
½ cup warm milk
2 tsp Butter Me Up
2 tbsp chopped chives

METHOD

Boil the potatoes for 15 to 20 minutes until very tender. Drain well.

Mash with the butter, milk and Butter Me Up until smooth.

Stir through the chives.

NOTES

Warm milk keeps the mash fluffy, not gluey.

FINAL WORD

The mash that upstages the main.

GARLIC BUTTER FISH WITH LEMON

Serves 2 · Prep 5 min · Cook 8 min

INGREDIENTS

2 white fish fillets, such as snapper or flathead
2 tsp Butter Me Up
1 tbsp oil
30 g butter
Juice of ½ lemon
1 tbsp capers (optional)
Chopped parsley, to serve

METHOD

Pat the fish dry and sprinkle with Butter Me Up.

Cook in the oil over medium-high heat for 3 minutes, then flip.

Add the butter, lemon and capers and spoon the foaming butter over the fish for 2 minutes until it flakes easily.

Scatter with parsley.

NOTES

Basting with butter keeps delicate fish moist.

FINAL WORD

Restaurant fish in ten minutes.

THE ULTIMATE GARLIC BUTTER TOASTIE

Makes 2 · Prep 5 min · Cook 8 min

INGREDIENTS

4 slices bread
30 g butter, softened
1 tsp Butter Me Up
4 slices cheese
4 slices ham
1 tomato, sliced

METHOD

Mix the butter and Butter Me Up.

Spread on one side of each slice of bread.

Fill with cheese, ham and tomato, buttered sides out.

Cook in a sandwich press or frypan over medium heat for 3 to 4 minutes per side until golden and melty.

NOTES

Garlic bread meets toastie. You're welcome.

FINAL WORD

Golden, crunchy and oozing.

GARLIC BUTTER LAMB CHOPS

Serves 4 · Prep 5 min · Cook 10 min

INGREDIENTS

8 lamb loin chops
2 tsp Butter Me Up
1 tbsp oil
30 g butter
2 sprigs rosemary

METHOD

Rub the lamb with the Butter Me Up.

Cook in the oil in a frypan over medium-high heat for 3 minutes per side.

Add the butter and rosemary and spoon the melted butter over the chops for 1 minute.

Rest for 3 minutes before serving.

NOTES

Serve with Garlic Butter Mash and peas.

FINAL WORD

Butter-basted and seriously good.

GARLIC BUTTER PORK FRIED RICE

Serves 2 · Prep 10 min · Cook 10 min

INGREDIENTS

250 g pork mince
2 tsp Butter Me Up
20 g butter
3 cups cold cooked rice
1 cup frozen peas and corn
1 tbsp soy sauce
2 eggs, fried
Thinly sliced spring onion, to serve

METHOD

Brown the pork in a hot wok for 4 minutes. Stir in the Butter Me Up.

Add the butter and rice and stir-fry for 3 minutes.

Add the peas and corn and soy sauce and cook for 2 minutes.

Serve topped with a fried egg and spring onion.

NOTES

Butter in fried rice is a restaurant trick. Try it once and you'll never go back.

FINAL WORD

Buttery, garlicky, takeaway-level.

GARLIC BUTTER GREEN BEANS & ALMONDS

Serves 4 as a side · Prep 5 min · Cook 8 min

INGREDIENTS

400 g green beans, trimmed
30 g butter
1 tsp Butter Me Up
¼ cup flaked almonds
Squeeze of lemon

METHOD

Blanch the beans in boiling water for 2 to 3 minutes. Drain.

Melt the butter in a frypan over medium heat and toast the almonds for 2 minutes until golden.

Add the beans and Butter Me Up and toss for 2 minutes.

Finish with lemon.

NOTES

A side dish that goes with absolutely everything.

FINAL WORD

Green, buttery and crunchy.

GARLIC BUTTER SCRAMBLED EGGS

Serves 2 · Prep 5 min · Cook 5 min

INGREDIENTS

5 eggs
2 tbsp cream or milk
1 tsp Butter Me Up
20 g butter
2 slices sourdough, toasted
Chopped chives, to serve

METHOD

Whisk the eggs, cream and Butter Me Up.

Melt the butter in a non-stick pan over low heat.

Add the eggs and stir slowly with a spatula until just set and creamy.

Pile onto toast and scatter with chives.

NOTES

Take them off the heat while they still look slightly wet. They keep cooking.

FINAL WORD

Silky, buttery and worth getting up for.

GARLIC BUTTER PARMESAN PASTA

Serves 2 · Prep 5 min · Cook 12 min

INGREDIENTS

200 g spaghetti
50 g butter
2 tsp Butter Me Up
½ cup grated parmesan
Cracked black pepper
Chopped parsley, to serve

METHOD

Cook the pasta in a large saucepan of boiling salted water following the packet instructions. Save 1 cup of the cooking water before draining.

Melt the butter with the Butter Me Up in the empty pot over low heat.

Add the pasta, parmesan and a splash of pasta water and toss until glossy and creamy.

Finish with pepper and parsley.

NOTES

Pantry dinner in twelve minutes.

FINAL WORD

Proof that simple wins.

GARLIC BUTTER CORN RIBS

Serves 4 · Prep 10 min · Cook 20 min

INGREDIENTS

4 corn cobs
40 g butter, melted
2 tsp Butter Me Up
Grated parmesan and lime, to serve

METHOD

Carefully cut each cob in half crossways, then lengthways into quarters, using a large sharp knife.

Brush with the butter and sprinkle with Butter Me Up.

Air-fry at 200°C for 12 to 15 minutes, or roast at 220°C (200°C fan-forced) for 20 minutes, until they curl and char.

Finish with parmesan and lime.

NOTES

Corn is hard to cut. Stand it on its end on a board and take your time.

FINAL WORD

Corn on the cob, but make it viral.

THANK YOU

Thanks for cooking with Outback Smoke & Fire.

Show us your buttery creations. Tag @OutbackSmokeAndFire and use #OutbackSmokeAndFire.

Find the full range, more recipes and the Rub Finder Quiz at outbacksmokeandfire.com

Big flavour starts with a great rub.

Everything else is just showing off.