HERBALICIOUS RUBDOWN

MINI RECIPE BOOKLET

Fresh. Bright. Herb-Citrus Chaos.

Herbalicious Rubdown is our herb-forward rub, loaded with oregano, thyme and coriander and lifted with lemon zest. It brings freshness where other rubs bring smoke.

These ten recipes show it off on chicken, lamb, pork, seafood, veg, eggs and bread.

Fresh herbs. Big flavour. No fuss.

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HOW TO USE HERBALICIOUS RUBDOWN

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, lamb, fish, prawns, potatoes, roast veg and halloumi.

Heat guide. No sugar in this one, so it's happy on high heat and long roasts.

Pairs with. Lemon, garlic, olive oil, feta and Greek yoghurt. Try the Green Goddess Dip from the Dips booklet.

CHICKEN CAESAR SALAD

Serves 2 · Prep 15 min · Cook 12 min

INGREDIENTS

2 chicken breasts, halved horizontally
2 tsp Herbalicious Rubdown
1 tbsp olive oil
1 baby cos lettuce, leaves separated
2 rashers bacon, cooked and chopped
1 cup croutons
3 tbsp Caesar dressing
Shaved parmesan, to serve

METHOD

Rub the chicken with the oil and Herbalicious Rubdown.

Cook in a frypan over medium-high heat for 4 to 5 minutes per side until cooked through. Rest, then slice.

Toss the lettuce with the dressing.

Top with the chicken, bacon, croutons and parmesan.

NOTES

Add a soft-boiled egg for the full café experience.

FINAL WORD

The café classic, done properly.

LAMB & FETA BURGERS

Makes 4 · Prep 15 min · Cook 10 min

INGREDIENTS

500 g lamb mince
1 tbsp Herbalicious Rubdown
80 g feta, crumbled
4 burger buns, toasted
½ cup tzatziki
Rocket, tomato and red onion, to serve

METHOD

Mix the mince, Herbalicious Rubdown and feta and shape into 4 patties.

Cook on a BBQ or in a frypan over medium-high heat for 4 to 5 minutes per side until cooked through.

Spread the buns with tzatziki.

Build with rocket, tomato, onion and the patties.

NOTES

Chill the patties for 15 minutes before cooking so they hold together.

FINAL WORD

A Greek holiday in a bun.

LEMON HERB PORK STEAKS & GREEK POTATOES

Serves 4 · Prep 15 min · Cook 50 min

INGREDIENTS

4 pork loin steaks
1 tbsp Herbalicious Rubdown
3 tbsp olive oil
1 kg potatoes, peeled and cut into thick wedges
1 cup chicken stock
Juice of 1 lemon

METHOD

Preheat the oven to 220°C (200°C fan-forced).

Toss the potatoes with 2 tbsp oil and half the rub in a large baking dish. Pour the stock and lemon juice around the potatoes, not over them, so the rub stays on.

Roast for 45 to 50 minutes, turning once, until the liquid has soaked in and the potatoes are golden.

Meanwhile, rub the pork with the remaining oil and rub. Cook in a frypan over medium-high heat for 4 to 5 minutes per side until just cooked through. Serve with the potatoes.

NOTES

The potatoes soak up the stock and lemon as they roast. That's the Greek secret.

FINAL WORD

Lemony potatoes, herby pork, empty plates.

HERB & LEMON FISH CAKES

Makes 8 · Prep 20 min · Cook 10 min

INGREDIENTS

2 cups cold mashed potato
400 g cooked white fish or salmon, flaked
2 tsp Herbalicious Rubdown
2 spring onions, thinly sliced
1 egg
1 cup panko breadcrumbs
2 tbsp oil
Lemon and tartare sauce, to serve

METHOD

Mix the potato, fish, Herbalicious Rubdown, spring onion and egg.

Shape into 8 patties and coat in breadcrumbs. Chill for 15 minutes.

Fry in the oil in a large frypan over medium heat for 3 to 4 minutes per side until golden and hot through.

Serve with lemon and tartare sauce.

NOTES

Canned salmon works well too. Drain it first.

FINAL WORD

Fresh, crispy and kid-approved.

GREEK STUFFED CAPSICUMS

Serves 4 · Prep 15 min · Cook 35 min

INGREDIENTS

4 red capsicums, halved and seeded
2 cups cooked rice
1 cup cherry tomatoes, quartered
100 g feta, crumbled
¼ cup kalamata olives, chopped
2 tsp Herbalicious Rubdown
2 tbsp olive oil

METHOD

Preheat the oven to 200°C (180°C fan-forced).

Place the capsicums cut-side up in a baking dish and brush with half the oil.

Mix the rice, tomatoes, feta, olives and Herbalicious Rubdown. Pack into the capsicums.

Drizzle with the remaining oil, cover with foil and bake for 25 minutes. Uncover and bake for 10 minutes more.

NOTES

Add cooked lamb mince to the filling for a meatier version.

FINAL WORD

Colourful, herby and quietly brilliant.

HERB GARLIC FLATBREADS

Makes 4 · Prep 10 min · Cook 10 min

INGREDIENTS

1 cup self-raising flour
¾ cup Greek yoghurt
2 tbsp olive oil
1 garlic clove, crushed
2 tsp Herbalicious Rubdown

METHOD

Mix the flour and yoghurt into a soft dough. Knead briefly on a floured bench and divide into 4.

Roll each piece out to about 3 mm thick.

Cook in a dry hot frypan for 1 to 2 minutes per side until puffed and charred in spots.

Mix the oil, garlic and Herbalicious Rubdown and brush over the hot flatbreads.

NOTES

Two ingredients, no yeast, no waiting.

FINAL WORD

Warm, herby and impossible to stop eating.

HERB & FETA OMELETTE

Serves 1 · Prep 5 min · Cook 5 min

INGREDIENTS

3 eggs
1 tsp Herbalicious Rubdown
1 tsp butter
30 g feta, crumbled
Handful of baby spinach
4 cherry tomatoes, halved

METHOD

Whisk the eggs with the Herbalicious Rubdown.

Melt the butter in a non-stick frypan over medium heat. Pour in the eggs and gently pull the set edges into the middle.

When almost set, add the feta, spinach and tomatoes to one half.

Fold over and slide onto a plate.

NOTES

Low and gentle heat keeps the eggs soft, not rubbery.

FINAL WORD

Five minutes to a better breakfast.

HERBY CHICKPEA SALAD

Serves 4 as a side · Prep 15 min · Cook 0 min

INGREDIENTS

2 x 400 g cans chickpeas, rinsed and drained
1 Lebanese cucumber, diced
1 cup cherry tomatoes, quartered
½ red onion, finely chopped
½ cup chopped parsley
3 tbsp olive oil
Juice of 1 lemon
2 tsp Herbalicious Rubdown

METHOD

Whisk the oil, lemon juice and Herbalicious Rubdown.

Toss with all the other ingredients.

Rest for 10 minutes before serving so the flavours soak in.

NOTES

Keeps for 2 days in the fridge. Great for lunches.

FINAL WORD

Fresh, crunchy and ready in fifteen.

LEMON HERB CHICKEN PASTA

Serves 4 · Prep 10 min · Cook 15 min

INGREDIENTS

400 g penne
500 g chicken breast, cut into 2 cm pieces
1 tbsp Herbalicious Rubdown
2 tbsp olive oil
2 garlic cloves, sliced
2 cups baby spinach
Zest and juice of 1 lemon
½ cup grated parmesan

METHOD

Cook the pasta in a large saucepan of boiling salted water following the packet instructions. Save 1 cup of the cooking water, then drain.

Toss the chicken with the Herbalicious Rubdown. Cook in the oil in a large frypan over medium-high heat for 6 minutes, stirring, until cooked through.

Add the garlic for 30 seconds, then the spinach until wilted.

Add the drained pasta, lemon zest and juice, parmesan and enough pasta water to make it glossy, and toss together.

NOTES

Lemon goes in at the end so it stays bright.

FINAL WORD

Weeknight pasta with a fresh attitude.

CRISPY HERB ROAST POTATOES

Serves 4 as a side · Prep 10 min · Cook 50 min

INGREDIENTS

1 kg potatoes, peeled and cut into 4 cm chunks
3 tbsp olive oil
1 tbsp Herbalicious Rubdown

METHOD

Preheat the oven to 220°C (200°C fan-forced). Put the oil in a roasting tin and heat in the oven.

Boil the potatoes in a large saucepan of salted water for 8 minutes. Drain and shake in the colander to rough up the edges.

Carefully tip into the hot oil, toss and sprinkle with Herbalicious Rubdown.

Roast for 40 to 45 minutes, turning once, until deep golden and crunchy.

NOTES

Roughing up the edges is what makes them crunchy.

FINAL WORD

Crunchy outside, fluffy inside, herby all over.

THANK YOU

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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.