SPGZ

MINI RECIPE BOOKLET

Simple Done Savage.

SPGZ is salt, pepper and garlic with a zing: clean, punchy and straight to the point. It's the classic Aussie BBQ seasoning, turned up to eleven.

These ten recipes show how far a great all-purpose seasoning can take you, from steak and eggs to tofu.

Salt. Pepper. Garlic. Zing.

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HOW TO USE SPGZ

How much. SPGZ is our saltiest blend, so start with about 2 tsp per 500 g and taste before adding any extra salt.

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. Steak, chicken, pork, lamb, seafood, eggs, potatoes and veg.

Heat guide. No sugar, so it's happy on the hottest BBQ.

Pairs with. Lemon, butter and the SPGZ Garlic & Pepper Aioli from the Dips booklet.

LAMB LEG STEAKS WITH MINTED PEAS

Serves 2 · Prep 10 min · Cook 10 min

INGREDIENTS

2 lamb leg steaks
1 tsp SPGZ
1 tbsp olive oil
2 cups frozen peas
20 g butter
2 tbsp chopped mint
Lemon wedges, to serve

METHOD

Rub the lamb with the oil and SPGZ.

Cook on a hot BBQ or pan for 3 to 4 minutes per side for medium. Rest for 3 minutes.

Cook the peas in boiling water for 3 minutes, drain and roughly crush with the butter and mint.

Serve the lamb on the peas with lemon.

NOTES

Lamb leg steaks are lean, so don't cook them past medium.

FINAL WORD

Classic lamb and peas, seasoned properly.

GARLIC PEPPER SMASHED POTATOES

Serves 4 as a side · Prep 10 min · Cook 45 min

INGREDIENTS

1 kg baby potatoes
3 tbsp olive oil
2 tsp SPGZ
2 tbsp chopped parsley

METHOD

Boil the potatoes in a large saucepan of salted water for 15 to 20 minutes until tender. Drain, then leave them in the colander for 5 minutes so the steam escapes and they dry out.

Preheat the oven to 220°C (200°C fan-forced). Spread the potatoes on an oiled tray and press each one flat with a mug or masher.

Drizzle with the oil and sprinkle with SPGZ.

Roast for 25 minutes until crisp and golden at the edges. Scatter with parsley.

NOTES

The flatter you smash them, the more crunchy edges you get.

FINAL WORD

All edges, no regrets.

FISH & CHIPS AT HOME

Serves 2 · Prep 15 min · Cook 30 min

INGREDIENTS

2 flathead or barramundi fillets
1 tsp SPGZ
¼ cup plain flour
1 egg, beaten
1 cup panko breadcrumbs
500 g frozen chips
Oil spray
Lemon and tartare sauce, to serve

METHOD

Cook the chips according to the packet.

Mix the flour with the SPGZ. Coat the fish in the flour, then egg, then breadcrumbs.

Spray with oil and bake at 220°C (200°C fan-forced) for 12 to 15 minutes, or air-fry at 200°C for 10 minutes, until golden and the fish flakes easily.

Serve with the chips, lemon and tartare.

NOTES

Sprinkle a pinch of SPGZ on the hot chips too.

FINAL WORD

Friday night, beach shack style.

STEAK & EGGS

Serves 2 · Prep 5 min · Cook 10 min

INGREDIENTS

2 thin rump or sirloin steaks
1 tsp SPGZ
1 tbsp oil
4 eggs
2 slices sourdough, toasted
1 tomato, halved

METHOD

Rub the steaks with the oil and SPGZ.

Cook in a very hot pan for 2 to 3 minutes per side. Rest.

Fry the tomato halves and eggs in the same pan.

Serve the steak with the eggs, tomato and toast.

NOTES

The pan juices make the eggs taste incredible.

FINAL WORD

The breakfast of champions and hangovers.

CHICKEN SKEWERS WITH GARLIC SAUCE

Serves 4 · Prep 20 min · Cook 12 min

INGREDIENTS

800 g chicken thigh fillets, cut into 3 cm pieces
2 tsp SPGZ
2 tbsp olive oil
Juice of 1 lemon
8 skewers (soak bamboo ones for 30 minutes)
½ cup Greek yoghurt
1 garlic clove, crushed
Warm flatbread, to serve

METHOD

Toss the chicken with the oil, SPGZ and half the lemon juice. Thread onto skewers.

Cook on a hot BBQ for 10 to 12 minutes, turning, until charred and cooked through.

Mix the yoghurt, garlic and remaining lemon juice.

Serve the skewers with the garlic sauce and flatbread.

NOTES

Marinate for up to 24 hours for even juicier chicken.

FINAL WORD

Charcoal-chicken-shop energy at home.

BBQ PORK BELLY SLICES

Serves 4 · Prep 5 min · Cook 20 min

INGREDIENTS

800 g pork belly slices (1.5 cm thick)
2 tsp SPGZ
1 lemon
Lettuce leaves and sweet chilli sauce, to serve

METHOD

Sprinkle the pork slices on both sides with SPGZ.

Cook on a BBQ over medium heat for 8 to 10 minutes per side until golden and crisp, moving them if flare-ups start.

Squeeze over the lemon.

Cut into pieces and wrap in lettuce with a little sweet chilli sauce.

NOTES

Medium heat renders the fat slowly so the slices crisp without burning.

FINAL WORD

Crispy, salty and dangerously snackable.

GARLIC PEPPER BBQ MUSHROOMS

Serves 4 as a side · Prep 5 min · Cook 10 min

INGREDIENTS

8 large flat mushrooms
40 g butter, melted
1 tsp SPGZ
2 tbsp chopped parsley
Shaved parmesan, to serve

METHOD

Brush the mushrooms with the butter and sprinkle with SPGZ.

Cook on a medium-hot BBQ, gill-side down first, for 4 minutes per side until tender.

Scatter with parsley and parmesan.

NOTES

Serve on toast, with steak, or in a bun as a veggie burger.

FINAL WORD

Meaty, garlicky and gone in seconds.

SPGZ AVOCADO TOAST

Serves 2 · Prep 5 min · Cook 5 min

INGREDIENTS

2 thick slices sourdough
1 ripe avocado
½ tsp SPGZ
Squeeze of lemon
2 poached eggs (optional)
Chilli flakes, to serve (optional)

METHOD

Toast the bread.

Mash the avocado with the lemon.

Spread over the toast and sprinkle with SPGZ.

Top with poached eggs and chilli flakes if you like.

NOTES

A pinch of SPGZ on poached eggs is life-changing.

FINAL WORD

Café brunch for the price of an avocado.

GARLIC PEPPER EGG FRIED RICE

Serves 2 · Prep 5 min · Cook 10 min

INGREDIENTS

2 tbsp oil
3 eggs, beaten
3 cups cold cooked rice
1 cup frozen peas and corn
1 tsp SPGZ
1 tbsp soy sauce
2 spring onions, thinly sliced

METHOD

Heat 1 tbsp oil in a wok over high heat. Scramble the eggs quickly and remove.

Add the remaining oil and the rice. Stir-fry for 3 minutes until hot.

Add the peas and corn and SPGZ and stir-fry for 2 minutes.

Return the egg, add the soy sauce and spring onion and toss.

NOTES

Use cold, day-old rice so it fries rather than steams.

FINAL WORD

Ten minutes, one pan, zero leftovers.

SALT & PEPPER TOFU

Serves 2 · Prep 15 min · Cook 10 min

INGREDIENTS

300 g firm tofu
3 tbsp cornflour
1 tsp SPGZ
Vegetable or canola oil, for shallow-frying
1 long red chilli, sliced
2 spring onions, thinly sliced
Lemon wedges, to serve

METHOD

Wrap the tofu in paper towel and press under a heavy pan for 15 minutes to squeeze out the water. Cut into 2 cm cubes. Mix the cornflour and SPGZ and toss the tofu to coat.

Heat 1 cm of oil in a frypan over medium-high heat. Shallow-fry the tofu for 5 to 6 minutes, turning, until golden and crisp. Drain on paper towel.

Toss with the chilli and spring onion.

Serve with lemon wedges.

NOTES

Air fryer: spray with oil and cook at 200°C for 12 minutes, shaking halfway.

FINAL WORD

Crispy enough to convert the tofu sceptics.

THANK YOU

Thanks for cooking with Outback Smoke & Fire.

Show us your SPGZ. 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.