SPICED UP & POORLY BEHAVED

MINI RECIPE BOOKLET

Trouble Never Tasted This Good.

Spiced Up & Poorly Behaved is warm, earthy spice with a cheeky kick: cumin, coriander, smoked paprika and cracked pepper with a little sweetness. A flavour that refuses to sit quietly.

These ten recipes take it from burgers and kangaroo to shakshuka, chickpeas and pastry.

Spice it up. Misbehave.

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HOW TO USE
SPICED UP & POORLY BEHAVED

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. Beef, lamb, chicken, pork, kangaroo, burgers, pumpkin, carrots and chickpeas.

Heat guide. This rub contains sugar, so cook over medium heat or finish over high heat. Too hot for too long and it can catch.

Pairs with. Greek yoghurt, lemon, mint, couscous and the Fiery Mayo from the Dips booklet.

SPICED UP BEEF BURGERS

Makes 4 · Prep 15 min · Cook 10 min

INGREDIENTS

500 g beef mince
1 tbsp Spiced Up & Poorly Behaved
4 slices cheese
4 burger buns, toasted
½ cup Greek yoghurt mixed with 1 tbsp chopped mint
Lettuce, tomato and red onion, to serve

METHOD

Mix the mince with the Spiced Up & Poorly Behaved and shape into 4 patties about 1.5 cm thick.

Cook on a hot BBQ or in a frypan for 4 to 5 minutes, then flip and cook for 3 minutes. Put a slice of cheese on each patty and cover (close the BBQ lid or put a lid on the pan) for 1 minute so the cheese melts and the patties are cooked through.

Spread the buns with the minted yoghurt.

Build with lettuce, tomato, onion and the patties.

NOTES

Swap the beef for lamb mince for a Middle Eastern twist.

FINAL WORD

A burger with a bit of an attitude problem.

SPICED KANGAROO WITH COUSCOUS

Serves 2 · Prep 10 min · Cook 10 min

INGREDIENTS

300 g kangaroo fillet
2 tsp Spiced Up & Poorly Behaved
1 tbsp olive oil
1 cup couscous
1 cup boiling stock
½ cup cherry tomatoes, quartered
2 tbsp chopped mint
Greek yoghurt, to serve

METHOD

Rub the kangaroo with the oil and Spiced Up & Poorly Behaved.

Sear in a very hot pan for 2 to 3 minutes per side for rare to medium-rare. Rest for 5 minutes, then slice thinly.

Pour the boiling stock over the couscous, cover for 5 minutes, then fluff with a fork. Stir through the tomatoes and mint.

Serve the kangaroo on the couscous with yoghurt.

NOTES

Kangaroo is very lean. Cook it rare to medium-rare or it turns tough.

FINAL WORD

Lean, local and properly spiced.

MOROCCAN-STYLE CHICKEN TRAYBAKE

Serves 4 · Prep 15 min · Cook 40 min

INGREDIENTS

8 chicken thigh cutlets, skin on
1 tbsp Spiced Up & Poorly Behaved
2 tbsp olive oil
500 g pumpkin, peeled and cut into 3 cm thick wedges
1 red onion, cut into 8 wedges
400 g can chickpeas, rinsed and drained
1 lemon, quartered
Greek yoghurt and coriander, to serve

METHOD

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

Toss the pumpkin, onion, chickpeas and lemon with 1 tbsp oil on a large tray.

Rub the chicken with the remaining oil and Spiced Up & Poorly Behaved and nestle among the veg, skin-side up.

Roast for 35 to 40 minutes until the chicken is golden and cooked through. Serve with yoghurt and coriander.

NOTES

Squeeze the roasted lemon over everything at the end.

FINAL WORD

One tray, a lot of spice, zero fuss.

SPICED LAMB FLATBREAD PIZZAS

Makes 4 · Prep 15 min · Cook 15 min

INGREDIENTS

300 g lamb mince
2 tsp Spiced Up & Poorly Behaved
2 tbsp tomato paste
½ red onion, finely chopped
4 Lebanese breads or large pitas
Rocket, lemon and Greek yoghurt, to serve

METHOD

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

Mix the raw mince, Spiced Up & Poorly Behaved, tomato paste and onion.

Spread thinly over the breads, right to the edges.

Bake on trays for 10 to 12 minutes until the lamb is cooked and the edges are crisp. Top with rocket, lemon and yoghurt, then roll up or slice.

NOTES

Inspired by Turkish lahmacun. The thinner the layer, the crispier it gets.

FINAL WORD

Street-stall flavour from your oven.

SPICED PORK CHOPS WITH ROAST PUMPKIN

Serves 2 · Prep 10 min · Cook 30 min

INGREDIENTS

2 pork chops
2 tsp Spiced Up & Poorly Behaved
1 tbsp oil
400 g pumpkin, cut into 2 cm wedges
1 tbsp olive oil
1 tbsp honey
Rocket, to serve

METHOD

Preheat the oven to 220°C (200°C fan-forced). Toss the pumpkin with the olive oil and roast for 25 minutes. Drizzle with honey for the last 5 minutes.

Rub the pork with the oil and Spiced Up & Poorly Behaved.

Cook in a frypan over medium heat for 4 to 5 minutes per side until just cooked through. Rest.

Serve with the pumpkin and rocket.

NOTES

A pinch of the rub on the pumpkin ties it all together.

FINAL WORD

Warm spice, sweet pumpkin, juicy pork.

SPICED EGGPLANT WITH YOGHURT

Serves 4 as a side · Prep 10 min · Cook 25 min

INGREDIENTS

2 eggplants, cut into 2 cm thick rounds
4 tbsp olive oil
2 tsp Spiced Up & Poorly Behaved
½ cup Greek yoghurt
1 garlic clove, crushed
2 tbsp pomegranate seeds or toasted pine nuts
Chopped mint, to serve

METHOD

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

Brush the eggplant generously with the oil and sprinkle with Spiced Up & Poorly Behaved.

Roast for 20 to 25 minutes, turning once, until soft and golden.

Mix the yoghurt and garlic, spread on a platter and top with the eggplant, pomegranate and mint.

NOTES

Eggplant soaks up oil. Be generous or it will be dry.

FINAL WORD

Silky, smoky and quietly misbehaving.

SHAKSHUKA

Serves 2 · Prep 10 min · Cook 20 min

INGREDIENTS

1 tbsp olive oil
1 brown onion, chopped
1 red capsicum, sliced
2 tsp Spiced Up & Poorly Behaved
400 g can chopped tomatoes
4 eggs
50 g feta, crumbled
Crusty bread, to serve

METHOD

Cook the onion and capsicum in the oil in a frypan over medium heat for 6 minutes.

Stir in the Spiced Up & Poorly Behaved, then the tomatoes. Simmer for 8 minutes until thick.

Make 4 wells and crack in the eggs. Cover and cook for 5 to 6 minutes until the whites are set.

Scatter with feta and serve with bread for dipping.

NOTES

Runny yolks are the goal. Check after 4 minutes.

FINAL WORD

Breakfast, lunch or dinner. It doesn't care.

CRUNCHY SPICED CHICKPEAS

Makes about 2 cups · Prep 5 min · Cook 35 min

INGREDIENTS

2 x 400 g cans chickpeas, rinsed and drained
2 tbsp olive oil
2 tsp Spiced Up & Poorly Behaved

METHOD

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

Dry the chickpeas very well with paper towel. Remove any loose skins.

Toss with the oil and spread out on a lined tray. Roast for 30 to 35 minutes, shaking the tray every 10 minutes, until crunchy.

Toss with Spiced Up & Poorly Behaved while hot. Cool completely.

NOTES

They crisp more as they cool. Store in an open jar so they stay crunchy.

FINAL WORD

The snack that won't sit still.

SPICED PRAWNS WITH GARLIC YOGHURT

Serves 2 · Prep 10 min · Cook 5 min

INGREDIENTS

400 g raw prawns, peeled and deveined
2 tsp Spiced Up & Poorly Behaved
1 tbsp olive oil
½ cup Greek yoghurt
1 garlic clove, crushed
1 lemon
Flatbread and salad, to serve

METHOD

Toss the prawns with the oil and Spiced Up & Poorly Behaved.

Cook on a hot BBQ plate or pan for 1 to 2 minutes per side until pink.

Mix the yoghurt, garlic and a squeeze of lemon.

Serve the prawns on flatbread with the garlic yoghurt and salad.

NOTES

Thread onto skewers to make them easier on the BBQ.

FINAL WORD

Spicy prawns, cool yoghurt, no complaints.

SPICED BEEF EMPANADAS

Makes 12 · Prep 25 min · Cook 25 min

INGREDIENTS

300 g beef mince
1 tbsp Spiced Up & Poorly Behaved
½ brown onion, finely chopped
2 tbsp tomato paste
½ cup grated cheese
3 sheets frozen puff or shortcrust pastry, thawed
1 egg, beaten

METHOD

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

Brown the mince and onion in a frypan over medium-high heat for 6 minutes. Stir in the Spiced Up & Poorly Behaved and tomato paste. Cool, then stir through the cheese.

Cut 4 circles (about 12 cm) from each sheet. Spoon filling onto one half, fold over and press the edges with a fork.

Brush with egg and bake for 20 to 25 minutes until golden.

NOTES

Freeze unbaked and bake from frozen for 30 minutes.

FINAL WORD

Hand-held trouble in a pastry jacket.

THANK YOU

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Big flavour starts with a great rub.

Everything else is just showing off.