

## Sweet & smoky roast nuts

*On your own, with friends, with a glass of something chilled... Roasted, flavoured nuts always feel a bit special. Buy a big bag of mixed nuts or raid the cupboard for half-eaten packs. The flavours are easily customisable – try rosemary instead of thyme, or swap paprika for cumin or mustard powder.*

**Makes** about 400g

(about 14 servings)

**Prepare** 5 minutes

**Cook** 20 minutes

+ 3 tbsp sunflower oil

+ ½ tsp ground turmeric

+ 1 tsp smoked paprika

+ ½ tsp cayenne pepper

+ 2 tsp finely chopped lemon

thyme leaves (or thyme)

+ 1 tsp sea salt flakes

+ 400g pack mixed nuts

+ 2 tbsp light brown soft  
sugar (or clear honey,  
if not serving vegans)

**1** Preheat the oven to 140°C, gas mark 2. Put all the ingredients, apart from the nuts, in a large bowl with plenty of freshly ground black pepper. Mix well, then add the nuts. Stir to coat, then tip onto a baking tray. Roast for 18-20 minutes, stirring halfway through, until golden. Remove from the oven and allow to cool.

### 6 PLANT VARIETIES

✓ **Per 30g serving** 795kJ/192kcal/18g fat/2.1g saturated fat/3.5g carbs/  
3.2g sugars/1.9g fibre/3.9g protein/0.3g salt/vegan/gluten free

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## COOK'S TIP

Once roasted, these keep well in a sealed container for up to 2 weeks. »