



# Monsoon Coast Curried Spread

Delicious versatile spread to serve with raw vegetables, crackers, or use in sandwiches/wraps.

This recipe works well really with any Monsoon Coast spice blend. We love Moghul Curry, Monsoon Balti, Arabian Baharat or Tobago Habanero Curry for a hot version.

## Ingredients:

1/3 cup raw peeled almonds  
1/3 cup raw sesame seeds  
1 can chickpeas, drained and washed  
small bunch fresh Cilantro, roughly chopped  
4-5 TBL fresh lemon or lime juice  
2 cloves garlic (to taste)  
5-6 TBL Olive oil  
1/2 tsp salt or to taste  
1-3 tsp your favourite Monsoon Coast spice

## Instructions:

- 1 - Gently roast almond and sesame over a medium heat until golden brown. Cool.
- 2 - Toss the roasted nuts into a food processor and process until fine.
- 3 - Add rest of ingredients in and process until smooth. You will have to take breaks and use a spatula to bring the remains down from the sides. Add water or more oil if it is too thick.
- 4 - Can be refrigerated for a few days.

**Spices Used:** Moghul Curry  
Durban Curry  
Kowloon Curry  
Monsoon Tandoori  
Tobago Habanero Curry