

Seeds

Organic Brown Sesame Seeds

left coast
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Country of Origin: Mexico/Bolivia/Central Am

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/4 cup (30 g) / par 1/4 tasse (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 15 g	23 %
Saturated / saturés 2 g + Trans / trans 0 g	10 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 3 mg	0 %
Carbohydrate / Glucides 7 g	2 %
Fibre / Fibres 4 g	14 %
Sugars / Sucres 0 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	25 %
Iron / Fer	30 %

Factoid:

Sesame seeds are grown in tropical climates and come in a variety of colors, including white, black red and yellow.

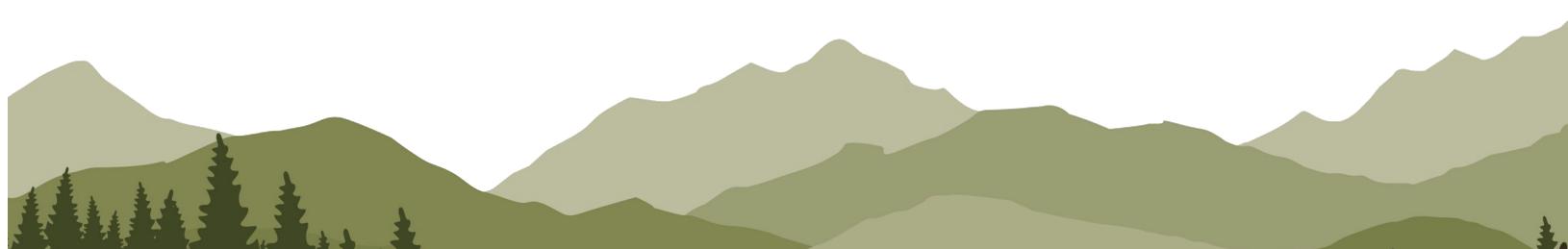
Sesame seeds are a good source of copper, magnesium and calcium. Sesame seeds were one of the first crops to be used for oil.

Allergen Information:

Contains sesame seeds.

Ingredients:

Organic sesame seeds



Recipe:

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Dukkah Lamb Cutlets with Quinoa Salad

Ingredients:

200 g quinoa, cooked

Handful fresh parsley, chopped

1 Tbl fresh mint, chopped

1 red pepper, finely diced

1 cucumber, finely diced

1 red onion, finely diced

100 ml extra-virgin olive oil

1 lemon, juice only

Salt and freshly ground black pepper

1 tsp cloves

1 tsp fennel seeds

1 tsp coriander seeds

1 tsp cumin seeds

1 tsp paprika

Pinch turmeric

1/2 tsp chilli flakes

50 g hazelnuts, chopped

30 g pistachios, chopped

1 Tbl whole brown sesame seeds

4 Tbl honey

1 orange, juice only

Salt and freshly ground black pepper

4 Tbl olive oil

12 lamb cutlets

Instructions:

1. For the quinoa salad, mix together the quinoa, herbs and vegetables in a bowl and dress with olive oil and lemon juice. Season, to taste, with salt and freshly ground black pepper.
2. For the dukkah, heat a frying pan and dry fry the cloves, fennel, coriander and cumin until fragrant. Place in a pestle and mortar and grind until smooth.
3. Combine the spices with the rest of the dukkah ingredients in a bowl and mix until well combined.
4. Rub each lamb cutlet with the dukkah and orange juice mixture and grill on a hot griddle, or under a pre-heated grill, for 2-3 minutes on each side, or until cooked to your liking.
5. To serve place some of the quinoa salad onto four plates and place three lamb cutlets on top of each.