



These are simple serving suggestions using Screaming Seeds freshly made 'ready to use' spice blends & seasonings. When preparing a meal, you only add 1-2 teaspoons for up to 4 people !! ENJOY!!

MILD BLENDS

Garam Masala & Quatre Epice

- Curries • marinades for the BBQ • stir-fries & noodles
- red & white meat, seafood or tofu dishes • soups
- rice meals • steamed rice • Indian/malaysian cooking
- legumes ie: lentils/chickpeas • pumpkin/sweet potato
- tomato based pasta sauces & salsas • game meat
- seasoning for roasting vegetables • all vegetarian cooking

Dukkah

- Dip fresh bread in olive oil then Dukkah & eat! • tofu
- marinades to BBQ/panfry/grilling • North African cookery
- season red & white meat, seafood • Indian/Malay cookery
- best seasoning for potatoes-any style • Asian/Thai dishes
- legumes ie: lentils/chickpeas • all vegetarian cooking
- stir-fries/fresh noodle • pumpkin/sweet potato soups
- Middle East cooking • season vegetables • steamed rice

Bengal 5 Spice

- Curries • marinades for the BBQ • game meat
- red & white meat, especially fish, seafood & tofu
- rice dishes • soups • legumes ie: lentils/chickpeas
- any style eggplant cookery • stews & casseroles
- all vegetarian cooking • Indian cookery • steamed rice
- stir-fries & noodle dishes • seasoning for all vegetables

Virgin Island Mix & Rainforest Season

- Dip fresh bread in olive oil then Virgin Is. Mix & eat!
- red & white meat, seafood or tofu • risotto/rice dishes
- tomato based pasta sauces eg: napoli/bolognese • soups
- season roasting vegetables • flavouring for fresh tomato
- vegetarian cooking • season sandwiches • salad dressings
- best season for avocado/eggs/cheese • steamed rice

Moonlight Dreaming

- Salad dressings • risotto/rice dishes • Greek style cooking
- lamb, beef, chicken, pork, fish, seafood
- marinades for the BBQ / panfry / grilling
- seasoning for roast vegetables • Mediterranean cookery
- all vegetarian cooking • stews & casseroles
- enhances eggs & cheese • soups • steamed rice

SMOKEY TOMATINA

- Risotto • Pasta sauces • Chicken & fish
- Pork, seafood, beef, lamb • Vegetables
- Paella • Rubs & marinades • Soups
- Seasoning for anything • Casseroles/Stews

PIRI PIRI BLEND

- Vegetables • Pasta sauces • Fish & chicken
- Seasoning for anything • Rubs & marinades
- Pork, seafood, beef, lamb • Casseroles/Stews
- Seafood • Soups • Risottos

TANG SICHUAN

- Marinades • Salad Dressings • Stir fries
- Scrambled eggs/Omelette • Seafood
- Fish & Chicken • Asian style cooking
- Flavour for veggies • Red meat & Pork

SPICY BLENDS

Southern Cajun & Desert Cajun Rub

- Salad dressings • marinades for the BBQ • steamed rice
- rice/risotto meals • flavour egg dishes • burgers&patties
- season fresh tomato • soups • mexican style cookery
- all lamb, fish, chicken, seafood or tofu meals
- tomato based pasta sauces&salsas • season toasted foccacia
- flavour vegetables & avocado dishes • all vegetarian cooking

7 Seas Spice & Ras El Hanout

- Marinades for the BBQ/grilling or panfrying • seasoning
- stir-fries & noodles • curries • rice meals & steamed rice
- red & white meat, fish, seafood or tofu meals
- tomato based pasta sauces & salsas • adding to soups
- flavour stews&casseroles • season vegies/vegetarian meals
- Asian/Malay/Indian/Thai style cookery • burgers & patties
- couscous • excellent seasoning for game meat

Kashmiri Krush

- All red/white meat, seafood, fish or tofu meals • curries
- legumes (chickpeas, lentils) • marinades for the BBQ
- rice meals • burger mixes • season vegetables • meatloaf
- Indian/Asian/Malaysian cookery • all vegetarian cooking
- casseroles & stews • season pumpkin & sweet potato
- stir-fry/noodle meals • steamed rice • vegie loaf/pie

Marrakech Magic & Outback Blend

- Marinades for BBQs • North African cooking
- spicy salad dressings • couscous • steamed rice
- meatloaf & burger mixes • stir-fry & noodles
- lamb, beef, fish, pork, chicken, seafood or tofu meals
- risotto/rice dishes • all vegetarian cooking • game meat
- pasta sauces & salsas • stews & casseroles • soups

Caribbean Chili (HOT! HOT! HOT)

- Marinades for BBQs • flavouring avocado & vegetables
- spicy salad dressings • stirfry/noodles • Mexican cookery
- seasoning for toasted sandwiches • meatloaf & burgers
- lamb, beef, fish, pork, chicken, seafood or tofu meals
- risotto/rice meals • steamed rice • all vegetarian cooking
- pasta sauces & salsas • stews & casseroles • soups

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Garam Masala & Quatre Epice (Indian & French) MILD BLENDS

- Add 1-2 teaspoons when in the next batch of Curry
- Add 1-2 teaspoons to stir-fry of vegetables
- Sprinkle 1-2 teaspoons into onions when making pumpkin soup
- Sprinkle on seafood ie: prawns, fish with a little olive oil & lemon juice then saute over high heat
- Add 1-2 teaspoons next batch of Banana or Carrot Cake

Dukkah (Egyptian)

- Dip fresh bread in olive oil, then Dukkah & eat!
- Excellent seasoning for potatoes any style (mash, roasted etc.)
- Great seasoning for lamb, chicken, fish, seafood & beef - as well, fresh noodles & stir-fries
- Chop fave veggies into chunks, pop into baking dish with olive oil, drizzles of balsamic vinegar & sprinkle Dukkah, mixing well then bake.

Bengal 5 Spice (Indian)

- Add 1-2 Teaspoons when making a Curry
- Sprinkle chicken, fish or lamb strips then BBQ or panfry
- Excellent seasoning for stews, rice, soups, casseroles & vegetables
- Rub into chicken, fish or red meat fillets then quickly sauté, chargrill or BBQ
- Marinade firm fish fillets in a little olive oil, Bengal 5 Spice & lemon juice - then cook as desired.

Virgin Island Mix (West Indies)

- Dip fresh bread in olive oil then Virgin Is. Mix & eat!
- Great seasoning for salad dressings & avocado
- Best seasoning for eggs & cheese dishes - ANY STYLE! As well - brilliant for Lamb, chicken & fish
- Marinade lamb cutlets in a little olive oil, soy / worcestershire sauce - then cook as desired.

Rainforest Season (Australian)

- Marinade firm fish fillets in a little olive oil, verjuice & lemon juice - then panfry, seasoned with Rainforest Season
- Sprinkle 1-2 teaspoons into mashed potatoes
- Rub into chicken fillets then quickly chargrill or BBQ
- Sprinkle over freshly cooked rice

Moonlight Dreaming (Australian)

- Sprinkle over chopped veggies into large chunks-drizzle then with oil & balsamic vinegar, mix through and pop in oven to bake
- Add a couple of teaspoons to a crumbing mixture to coat chicken then panfry
- Excellent seasoning for lamb, beef, fish, vegetable, egg & chicken dishes - any style...

Southern Cajun (Afro/American) SPICY BLENDS

- Sprinkle into pasta sauces or salsas for extra flavour
- For BBQ/grilling/pan frying, sprinkle on lamb, chicken, fish, seafood & beef
- Sprinkle on potatoes to make your own SPICY wedges, then panfry or bake

7 Seas Spice & Ras El Hanout (Indo/Malaysian & Middle East)

- Add 1-2 Teaspoons to sliced vegetables & chicken then stir-fry
- Season soy-marinated tofu, lamb, fish, chicken or seafood pieces then pan-fry/BBQ
- Add 1-2 Teaspoons when making your next Curry
- Heart warming flavour for soups, casseroles, stews, pasta sauces

Kashmiri Krush (Indian)

- In a pot, add 1-2 teaspoons with 1 cup rice & 2 1/2 cups water, place lid then steam
- Stir-fry 1-2 teaspoons with vegetables & soy-marinated tofu pieces & serve with hot egg noodles
- Sprinkle 1-2 teaspoons while sautéing onions when making the next batch of pumpkin soup

Marrakech Magic (Moroccan)

- Sprinkle 1-2teasps into a salad dressing then shake & pour
- Add 1-2 teaspoons into pasta sauces, salsas or stews for oomph & extra flavour
- Add 1-2 teaspoons to a marinade of mirin/olive oil/soy sauce/lime juice for seafood/chicken/fish/lamb/tofu pieces

Desert Cajun Rub & Outback Blend (Australian)

- Rub 1-2 teaspoons into chicken, fish, red meat or seafood pieces with a little olive oil, honey & lemon juice, wait for 30 mins. then BBQ or panfry.
- Add 1-2 teaspoons into your favourite pumpkin soup recipe.
- Sprinkle 1-2 teaspoons into a marinade of mirin/olive oil/soy sauce/lime juice for seafood/chicken/fish/lamb/ tofu pieces for about 1 hour then BBQ or grill!

Caribbean Chilli (Caribbean)

- Sprinkle 1-2 teaspoons into a salad dressing then shake & pour
- Add 1-2 teaspoons into pasta sauces or salsas for oomph & extra flavour
- Add 1-2 teaspoons to marinade of soy sauce/sweet sherry/lime juice for chicken/fish/lamb/tofu pieces

Smokey Tomatina (Mediterranean)

- Rub into chicken fillets then quickly chargrill or BBQ
- Add 1-2 teaspoons into pasta sauces, salsas or stews for oomph & extra flavour
- Add 1-2 teaspoons to a marinade of mirin/olive oil/soy sauce/lime juice for seafood/chicken/fish/lamb/tofu pieces
- Chop into chunks your fave veggies, pop into baking dish with olive oil, drizzles of balsamic vinegar and sprinkle over Dukkah, mixing well then bake
- Sprinkle on potatoes to make your own SPICY wedges, then panfry or bake

Piri Piri Blend (Portugese/African)

- Sprinkle 1-2 teaspoons into a marinade of mirin/olive oil/soy sauce/lime juice for seafood/chicken/fish/lamb/tofu pieces for about 1 hour then BBQ or grill!
- Add 1-2 teaspoons into pasta sauces, salsas or stews for oomph & extra flavour
- Chop into chunks your fave veggies, pop into baking dish with olive oil, drizzles of balsamic vinegar and sprinkle over Dukkah, mixing well then bake
- Sprinkle on potatoes to make your own SPICY wedges, then panfry or bake

Tang Sichuan (Asian)

- Add 1-2 teasps when making an omelette or scrambled eggs
- Add 1-2 teaspoons into stir fry
- Add 1-2 teaspoons to a marinade of mirin/olive oil/soy sauce/lime juice for seafood/chicken/fish/lamb/tofu pieces
- Rub into chicken fillets then quickly sauté, chargrill or BBQ
- Perfect to flavour all kinds of seafood ie: squid, fish, prawns