



NOURISH CAFÉ - ZESTY LIME & LEMON MYRTLE MARINADE

(gf, df, nut free option)

Ingredients

½ tsp **Bundy Lime*** zest (finely grated)

1/3 cup fresh **Bundy Lime*** juice

¼ tsp **Bunda Ginga*** powder

¾ tbsp Lemon Myrtle* tea (**Flavours of Bundaberg** brand)

3 garlic cloves (crushed)

½ onion (finely sliced)

1/3 cup olive oil* (if nut free needed) / **Alloway Macadamia*** oil

1 tsp **Bundy Limes*** salt & pepper

½ cup (well packed) fresh mint leaves (finely sliced)

Method

If you have time, prepare the ingredients by hand and mix together in a bowl. This will look prettier for the final presentation of the dish.

If you are in a hurry, throw pieces of lime zest, whole garlic cloves, roughly chopped onion, whole mint leaves in a food processor together with the other ingredients (salt, oil etc) and blend on high until a smooth paste is formed. This will taste just as yummy as option 1 but will take lots less time!

Rub into your meat – this recipe will marinate 2 – 3 kilograms of **Tender Sprouted Meats[^]** shin beef

Allow to marinate in fridge for 2 hours (or overnight for even better flavour) then slow cook for 6 – 7 hours on LOW. Serve with rice or baked vegetables!

**Available at Nana's Pantry, Electra St ^Available at Tender Sprouted Meats, 55 Watson St, B'berg*

Nourish Café, Shop 5/176 Bourbong Street, Bundaberg (Opposite the Main Post Office)

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