



Silk Road Cafe
Chester Beatty Library
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RECIPIE from Website

Roasted seeds

To serve 4 people



INGREDIENTS

1 cup pumpkin seeds
1 cup sunflower seeds
½ cup sesame seeds
2 table spoons of olive oil
2 table spoons of dark soya sauce

METHOD

Mix all the seeds together in a baking tray and add the olive oil & soya.
Place the tray in a hot oven for 10 minutes and then stir.
Keep stirring the seeds until they are golden.
Make sure that you do not add any salt as the seeds are getting enough from the soya sauce.