

TAMARI ROASTED SUNFLOWER SEEDS

250g Crazy Jack Sunflower seeds
3 tbsp Sanchi Tamari soy sauce

1. Brown the Crazy Jack sunflower seeds in a deep frying pan over a medium heat until lightly toasted, stirring frequently. Off the heat pour on the tamari and stir until evenly coated.
 2. Allow to cool, breaking up any seeds which stick together.
- Delicious served with an aperitif.