



Kev's Kitchen

CHILI CRACK

Time: 20 minutes

Serves: 40

Ingredients:

70g dehydrated minced garlic
50g dehydrated minced onion
50g toasted sesame seeds
40g dried chili flakes
30g sugar
10g paprika
5g salt
60g Maggi liquid seasoning (or soy sauce)
500g cold-pressed avocado oil

Preparation:

Combine all ingredients except oil in a suitable heat-safe bowl.

Place oil in a pot and heat to 170C (340F)

Very carefully pour oil over other ingredients and stir. Let cool for thirty minutes and place in jars.

Nutritional Information Per Serving:

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| Calories: 128 Fat: 13.2g Carbs: 2.7g Fibre: 0g Protein: 0.8g | Hand-Size Portion Guide Palms of Protein: 0 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 1 |
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