







# *Sweet and Spicy Roasted Nuts*

(Makes about 250g)

Roasting these hot, sugary nuts on a chilly Autumn day will make your kitchen smell warm and welcoming! They make a great foodie gift, a tasty snack or you can add them to a salad for crunch and spice.

## **Ingredients**

1 egg white  
1 tbsp Bonne Maman Salted Caramel  
1 tbsp chilli flakes  
1 tbsp Demerara sugar  
250g mixed unsalted nuts; Brazils, hazelnuts, almonds, walnuts

## **Method**

1. Heat the oven to 200C, fan oven 180C, gas mark 6. Line a baking sheet with a non-stick baking mat or baking parchment.
2. Beat the egg white in a medium bowl until foamy then whisk in the caramel. Add the chili, sugar and nuts, and stir to coat.
3. Spread the nuts out evenly on the prepared baking sheet and put in the oven.
4. Roast for about 7 minutes or until the mixture starts to look dry. Stir and turn and continue roasting for another 3-5mins or until the nuts are a deep golden brown.
5. Leave the nuts to cool completely and store in a jar for up to 1 week.