

GARLIC & CHILI MACADAMIA NUT-INFUSED OIL

Preparing Time: 5 Minutes

Cooking Time: 15 Minutes

Servings: 250ml

INGREDIENTS

- 5 ml crushed garlic
- 5 ml chilli flakes
- 250 ml macadamia nut oil
- 2 ml salt
- 2 ml sugar

INSTRUCTIONS:

1. Start by preparing both your garlic and chilli.
2. In a small saucepan, add the oil. Turn the heat to low.
3. Add the garlic and chilli flakes, then salt and sugar to the saucepan. Mix well.
4. Continue to heat the oil over low heat. Do not allow the oil to smoke. If it smokes, remove it from the heat to reduce the temperature.
5. Cool and strain if desired. Transfer to a glass container.

