

good

MAKING YOUR WORLD BETTER

Free-range parenting

Relax and enjoy your resilient kids

Heirloom veggies

Why growing our heritage is good for your health

Simplify your wardrobe

The 24 essentials

Anika Moa

Secrets to Zen living

Conjure a Middle Eastern feast

Declutter your home

... and your head

What the dukkah?

Dukkah is an Egyptian blend of dry roasted nuts, seeds and fragrant spices, often served as a side dish, sprinkled on bread or eaten with hard-boiled eggs. In New Zealand it's usually served as a party snack with crusty bread and virgin olive oil, but it's also delicious added to stews, sprinkled over fresh salads or used to coat chicken or fish before pan-frying. Before having a go at making your own, try the nut-free dukkah from Attitude Foods. Its four dukkah blends are handmade using certified organic seeds and spices in Whangaroa Harbour, Northland. www.attitudefoods.com

