

Popcorn and Roasted Cashews



Gluten
Free

Serves 4

87p per
serving*

You'll need:

For popcorn

½ cup of popcorn kernels
A pinch of sea salt
A sprinkle of caster sugar (optional)
Spices to suit your tastes

For Cashews

200g unsalted cashews
A pinch of sea salt
Spices to suit your tastes



How to do it:

For popcorn

Pop your popcorn kernels into a large saucepan. Add a teaspoon of vegetable oil in the bottom of the pan and mix it around to coat the kernels with it.

Pop the lid on and place your pan onto a medium heat on the hob. It will take around 5 minutes for you to start to hear the kernels popping. Try to resist the urge to lift the pan lid or you will have popcorn all over your kitchen!

After a few minutes, gently shuffle the pan to help prevent any kernels burning onto the bottom. When the popping slows down/stops, that is when you can take your pan off the heat. It should now be ok to lift the lid.

Add a good sprinkle of your chosen flavourings as well as either a pinch of sea salt or caster sugar to suit your tastes. Pop the lid back on and give the contents a good shake to distribute the flavours on the hot popcorn.

For Cashews

Using a lined baking tray, lay out your cashews evenly over the surface and sprinkle with your chosen flavouring.

Oven bake for around 10-15 minutes – just enough to allow the nuts to gently absorb the flavours and turn a little golden.

Sprinkle with a pinch of salt when roasted and shake off the excess spices. Allow to cool and store in an airtight tub for up to 5 days.