

Best 

Spice Up Your Flavour Game

When it comes to food, we all have different tastes and preferences. And if you enjoy eating spicy or flavourful meals, you've probably been confronted with the sad reality that many of your favourite condiments and seasoning mixes are often packed with sugar, salt and excess calories. Not to worry! We're here to help with some top tips on how to enhance your meals in a healthier way.



1

Grow your own herbs at home

This means you have herbs at your fingertips and can pick as much as you need on the day (which avoids waste).

2

Add a little bit at a time and taste!

We learn through experimenting - don't be scared...

3

Check the labels

Pick herbs and spices that generally only have 1 ingredient on the label, or choose products where you can identify all the ingredients on the back.

For example: curry powder (coriander, turmeric, chillies, garlic, onion, ginger, fennel, cumin, paprika, cinnamon). Notice there are no uncommonly known ingredients such as maltodextrin (another name for sugar) or anything containing the word "sodium" or salt.

4

Do healthy swaps

Not ready to give up your favourite condiments? Try switching them out for slightly healthier versions by opting for options that have reduced oil and lower sugar and sodium quantities. Note that these still need to be used in moderation.

5

Spice it up

The herb and spice measurements in our recipes only serve as a guideline. Feel free to add as much as you like!

6

Flavour foods using:

- lemon juice and zest
- vinegars (e.g. white wine)
- fresh/dried/crushed garlic or ginger
- chilli or chilli sauce
- any form of onion



HERB AND SPICE COMBOS

No sure what to use?

Here are some of our favourite herbs and spices and what we like to combine them with:

HERBS & SPICES		VEGETABLES & FRUIT	PROTEIN
Herbs	Basil	Aubergine, Baby Marrow, Tomato	Chicken, Beef, Fish
	Oregano	Baby Marrow, Bell Pepper, Mushrooms	Lamb, Pork, Beans
	Rosemary	Mushrooms, Peas, Onions	Lamb, Chicken, Beans
Spices	Cinnamon	Apple, Pumpkin, Sweet Potato	Lamb, Chicken
	Coriander	Broccoli, Avocado, Onion	Beef, Pork, Tofu
	Cumin	Aubergine, Potato, Green Beans	Beef, Chicken, Tofu
	Paprika	Butternut, Cauliflower, Broccoli	Lamb, Chicken, Tofu
	Turmeric	Cauliflower, Cabbage, Sweet Potato	Chicken, Beef, Lentils



FLAVOUR SUBSTITUTES AND MEAL TYPE GUIDE

Now what if you run out, want to add more flavour to a dish or don't know which meals to use which spices and herbs in?

HERBS & SPICES		SUBSTITUTE/COMBINE WITH	BEST USED IN
Herbs	Basil	Rosemary, Sage, Oregano	Salad Dressings, Sauces, Marinade
	Oregano	Bay Leaves, Thyme, Sage	Soups, Tomato Sauce, Dry Rubs
	Rosemary	Oregano, Thyme, Nutmeg	Soups, Dry Rubs, Marinades
Spices	Cinnamon	All Spice, Cloves, Nutmeg	Fruit Dishes, Desserts
	Coriander	Cumin, Chilli, Curry	Curries, Soups, Sauces
	Cumin	Turmeric, Ginger, Oregano	Curries, Rice, Soup
	Paprika	Chilli, Cardamom, Cayenne Pepper	Rice, Soup, Marinades
	Turmeric	Cardamom, Garlic, All Spice	Curries, Rice

