

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

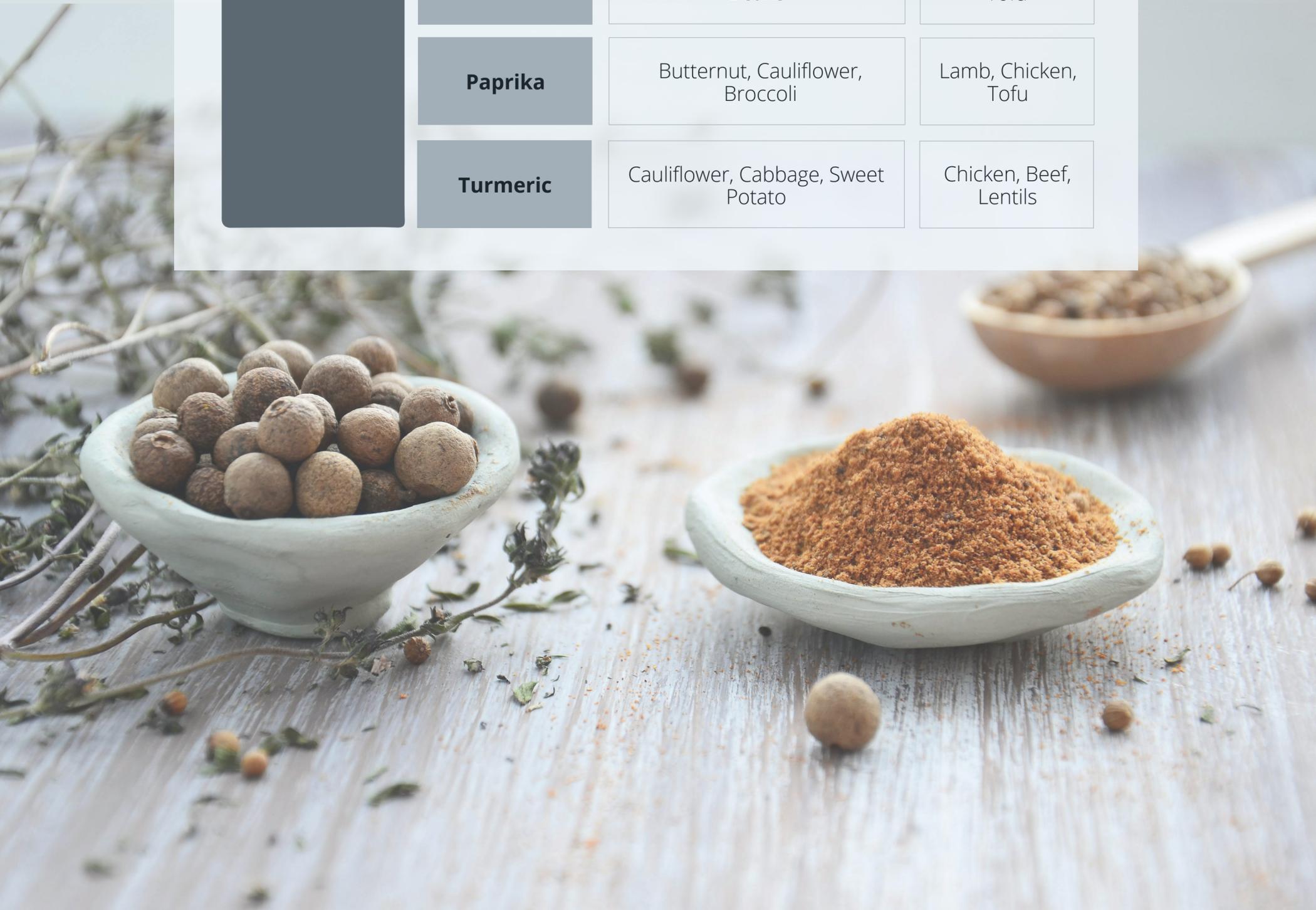


## HERB AND SPICE COMBOS

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	<b>Basil</b>	Aubergine, Baby Marrow, Tomato	Chicken, Beef, Fish
	<b>Oregano</b>	Baby Marrow, Bell Pepper, Mushrooms	Lamb, Pork, Beans
	<b>Rosemary</b>	Mushrooms, Peas, Onions	Lamb, Chicken, Beans
Spices	<b>Cinnamon</b>	Apple, Pumpkin, Sweet Potato	Lamb, Chicken
	<b>Coriander</b>	Broccoli, Avocado, Onion	Beef, Pork, Tofu
	<b>Cumin</b>	Aubergine, Potato, Green Beans	Beef, Chicken, Tofu
	<b>Paprika</b>	Butternut, Cauliflower, Broccoli	Lamb, Chicken, Tofu
	<b>Turmeric</b>	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	<b>Basil</b>	Rosemary, Sage, Oregano	Salad Dressings, Sauces, Marinade
	<b>Oregano</b>	Bay Leaves, Thyme, Sage	Soups, Tomato Sauce, Dry Rubs
	<b>Rosemary</b>	Oregano, Thyme, Nutmeg	Soups, Dry Rubs, Marinades
Spices	<b>Cinnamon</b>	All Spice, Cloves, Nutmeg	Fruit Dishes, Desserts
	<b>Coriander</b>	Cumin, Chilli, Curry	Curries, Soups, Sauces
	<b>Cumin</b>	Turmeric, Ginger, Oregano	Curries, Rice, Soup
	<b>Paprika</b>	Chilli, Cardamom, Cayenne Pepper	Rice, Soup, Marinades
	<b>Turmeric</b>	Cardamom, Garlic, All Spice	Curries, Rice

