





















## Cooking with Fresh Herbs and Spices

	<p><b>Basil</b></p> <ul style="list-style-type: none"> <li>• Natural companion of tomato, in salad, sauces or soup</li> <li>• Great flavouring for poultry stuffing, fish, and all seafood, especially lobster and scallops</li> <li>• Blends well with Garlic, Thyme and Oregano</li> </ul>	
	<p><b>Garlic</b></p> <ul style="list-style-type: none"> <li>• Rub over tomato with oil</li> <li>• Combine with egg yolks and oil to make aioli, or with nuts and basil for pesto</li> <li>• Garlic is great to use in stir-fry dishes or curry pastes</li> </ul>	
	<p><b>Oregano</b></p> <ul style="list-style-type: none"> <li>• Works well with grills and in stuffing, hearty soups, marinades, vegetable stews or hamburger patties</li> <li>• Great sautéed with vegetables in olive oil or garlic</li> <li>• Make a savoury sauce with melted butter, lemon juice and Oregano, drizzle over fish or poultry</li> </ul>	
	<p><b>Chilli</b></p> <ul style="list-style-type: none"> <li>• Chilli can liven up stir-fry, slow cooked dishes, dips or condiments</li> <li>• Adds intense flavour to stir-fried prawns or barbecued seafood</li> </ul>	
	<p><b>Cilantro</b></p> <ul style="list-style-type: none"> <li>• Used mostly in Asian, Middle Eastern, Latin and Mexican style cuisine</li> <li>• Add to cooked dishes, dressings, dipping sauces, salads, soups, marinades and rubs as well as shell fish</li> <li>• Also pairs well with avocado, coconut milk, corn, cucumbers, seafood, legumes, lemons, and rice</li> </ul>	

*Fresh flavor. Simply. Everyday.*

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	<p><b>Dill</b></p> <ul style="list-style-type: none"> <li>• Dill is an excellent partner for fish and seafood</li> <li>• Use Dill in salad dressings or potato salad</li> <li>• Add to mayonnaise for coleslaw, potato or rice salads</li> <li>• Sprinkle on scrambled eggs</li> </ul>	
	<p><b>Ginger</b></p> <ul style="list-style-type: none"> <li>• Add Ginger into tempura dipping sauces for fried food</li> <li>• Use Ginger and lime juice in salad dressings</li> <li>• Add to tagines, cous cous or slow cooked dishes</li> <li>• Sprinkle into stews, casseroles and barbecue marinades or teriyaki sauce</li> </ul>	
	<p><b>Parsley</b></p> <ul style="list-style-type: none"> <li>• Great in herb butter to accompany warm bread</li> <li>• Add parsley to pesto</li> <li>• Toss into omelettes, scrambled eggs, quiches or sandwiches</li> <li>• Garnish chicken casseroles or grills</li> </ul>	
	<p><b>Lemongrass</b></p> <ul style="list-style-type: none"> <li>• Used mostly in Asian style cuisine, seafood, shrimp, poultry and stir-fry</li> <li>• Also try using in soups, curries, rice dishes, noodles, tofu and custards</li> <li>• The light lemon flavour blends well with garlic, chillies, and cilantro and has been used in the making of tea</li> </ul>	
	<p><b>Italian Herbs</b></p> <ul style="list-style-type: none"> <li>• Adds extra flavour when sprinkled on poultry, seafood, meat, vegetables or fish – grill, roast, sauté</li> <li>• Add to classic Italian dishes like lasagne, vegetarian parmesan and Alfredo sauce, tomato salad or tomato relish</li> <li>• Combine with balsamic olive oil to make marinades or dressings</li> </ul>	

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