



# Stay Fit, Stay Healthy, Stay Happy

## Getting Cosy with Herbs

Herbs are plants with savoury or aromatic flavours, that are used for flavouring and garnishing food. Their different textures and tastes provide a sensory experience. Touch the leaves and the stems for texture. Roll them in your fingers and rub them with a little oil, to release their aroma and breathe in their wonderful scent! Cooking with herbs livens up even the plainest dish and adds a new depth to cooking.

**Basil:** Has a sweet, slightly aniseed flavour. Some say it also has a slightly peppery depth to it. It is very versatile to use, easy to tear up and throw on pizzas, grind up for pesto, or roughly chopped to put in omelettes. Alex has used basil in his Pizza recipe.



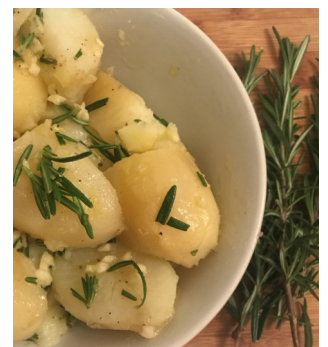
**Chives:** Are a member of the onion family, not sharp in taste, mildly delicate and tickles your tongue! Chop them up and sprinkle on salad, tear them up and add to quiches or dips, it will give them all an extra zing! Simmie has used chives in her Creamy Ham and Mushroom Farfalle Pasta recipe.



**Oregano:** This herb has an aromatic scent, which can be slightly bitter to the taste. It can be bought fresh or dried and is the basis for many Italian dishes. Like best friends, oregano and garlic complement each other very well. They are often found together in many recipes. Kate and Hannah have used oregano in their Courgetti Bolognese recipe.



**Rosemary:** This herb has needle like leaves on tough stalks. It has a woody, pine like scent, that can also have a hint of pepper to its taste. It can be fresh or dried. Fresh rosemary stalks and leaves can be used in many dishes (remember to take the stalks out of your dishes before eating) or the leaves can be used by themselves. Rosemary is really easy to grow in your garden or in a pot on your window sill. Give it a try!



# Spice up your life!

Spices are seeds, fruit, roots or bark that are mainly used for flavouring or colouring all sorts of food. Spices can drive a dish wild with tasty, exotic flavours, that can range from mild and sweet to extremely hot and zingy!

**Chilli:** This is a small hot pod from the capsicum family. There are different forms of pods ranging in size, colour and strength of flavour. They can be used fresh or can be found in supermarkets as dried flakes, powdered, crushed or paste. Simmie has used chilli in her Veggie Chilli and Herby Rice recipe.



**Turmeric:** Is the root of a flowering plant widely used in cooking. It is usually boiled, sun-dried and then ground into a powder. It has a deep, golden-orange colour and is part of the ginger family. It has a peppery, warm flavour with a mild fragrance. Ali has used turmeric in his Chicken Tikka Masala recipe.



**Paprika:** Is made by drying a particular type of sweet pepper then grinding it to a fine, rich red powder. Its flavours range from mild to fiery heat. Melissa has used paprika in her Spicy Kebabs recipe.



**Ground mixed spice:** This is a dried blend of spices, sometimes called pudding spice. The blend is often made up of several spices including cinnamon, nutmeg and cloves. It is warm and sweet with a spicy aroma. Chris has used ground mixed spice in his Nana Mary's Fat Free, Fruit Cake recipe.

