

Food

INSIDE: NEXT-LEVEL SALADS + CAMPSIDE COOKING + GRAB AND GO LUNCHES + COOK THE PERFECT STEAK + WEEKNIGHT WINNERS + ENERGY-BOOSTING SNACKS

Handy herbs

Much more than just a garnish, these little green wonders are perfect for perking up a dish. Here's our how-to for working with these helpful pantry staples

COOK'S NOTE

If fresh herbs aren't available, use dried instead. They're more potent so you'll need less – use one third of the amount of fresh.



BASIL

This favourite has an unmistakable rich, sweet, peppery flavour. Add fresh leaves at the end of cooking to avoid dampening its qualities.

USE FOR Italian recipes including pasta sauces, pizza and pesto, and as a cool companion to tomato and mozzarella in caprese salads.



MINT

Refreshing with a sweet, mellow taste that includes hints of lemon, mint is one of the most popular flavours in the world. There are 20 different species of mint and hundreds of varieties, the most common being peppermint and spearmint.

USE FOR bringing out the flavour in fruit (especially delicious with mango) or add to water for an extra refreshing taste.



CORIANDER

This versatile herb carries a spicy citrus taste with a dash of mint and pepper. Its strong taste means people tend to love it or hate it, but it's the most flavoursome garnish to finish off a dish.

USE FOR the final touch for stir-fries, salsas and curries.



TARRAGON

Better used fresh to keep its distinctive flavour and aroma, it has slightly sweet lemon and anise tones and is best used in moderation so as to not overpower.

USE FOR French chicken, vegetable, and seafood dishes, as well as for flavouring oils and vinegars.



OREGANO

Most often used dried, this herb carries a strong, peppery, slightly bitter taste and is best tackled with a light touch so as not to overwhelm dishes.

USE FOR Mediterranean favourites, like pasta, and Greek recipes – it's a perfect match with feta.



SAGE

These silvery, velvety leaves pack a musky, peppery punch, can be used fresh or dried and will withstand long cooking times.

USE FOR roast dishes, sausages, stews and stuffing. It's pork's best friend, but is also great with root vegetables and apple.



THYME

Has heady pine, citrus, pepper and mint elements and is a hugely versatile ingredient that's good both fresh and dried.

USE FOR Comfort dishes like cottage pie, stews, casseroles and thick soups. Partners with chicken well and is a familiar presence in many Italian dishes.

GROW YOUR OWN

Whether it's on your balcony or in a corner of your huge backyard, it's easier than you think to start a herb garden. Rosemary, oregano, coriander and basil are top options for novice gardeners.



ROSEMARY

Woody and robust in form, it adds a highly aromatic citrus and pine flavour which doesn't diminish with cooking so can be used right from the start.

USE FOR Marries lamb perfectly, is a flavoursome addition to roast potatoes and bread, and with a light touch can perk up fruit salads and sorbets.

WHAT IS A MICRO HERB?

The latest culinary trend being used in salads or as a garnish, micro herbs are plants harvested at an earlier stage, giving them an enhanced flavour and delicate appearance. Buy them from most large supermarkets.



GLUTEN FREE



DAIRY FREE



VEGETARIAN



VEGAN



NUT FREE