



HANDY HERBS

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You can use herbs to add flavours to food when cooking. You can buy most of these herbs dried. Depending on what you cook you will need to use either fresh or dried herbs.

BASIL



Basil is a leaf which has a peppery taste. You can use it in many different dishes, from salads to meat and it is often used in Italian cooking. Why not try adding it to your tomato salad, make pesto or use Thai basil in stir-fry's? It's delicious!

BAY LEAF



Bay leaf is the leaf of the laurel tree. It tastes slightly bitter and spicy. You usually buy them dried. People add it to soups, meat and fish dishes for some extra flavour. But you don't eat it - you just use it to add flavour.

DILL



Dill is a herb with leaves like feathers. It tastes a bit like liquorice. Add it to tuna salads, omelettes or mix it with chopped cucumber and yoghurt for a tasty dip for veggie sticks.

PARSLEY



There are two types of parsley: flat leaf and curly leaf. They are used in many different dishes, such as salads, soups and pasta. Add it to your baked potatoes.

MINT



Mint leaves taste cool and are used in both sweet and savoury dishes. They are even used in drinks. You can add mint to your fruit salad or even water for a fresh taste.

ROSEMARY



Rosemary leaves look a bit like Christmas tree leaves. They taste bittersweet and are used in stews, soups and meat dishes. People roast chicken with rosemary for some extra flavour.

SAGE



Sage is a herb with very velvety leaves. It has a strong flavour and is used for stews, meat dishes and in stuffing for roast dinners. It also goes well with avocado salad.

TARRAGON



Tarragon has long, thin leaves and tastes a bit like liquorice. It's used in chicken and fish dishes, or to add flavour to oils. You could try cooking with tarragon with a tomato and tuna salad for extra special flavour, or it is really nice with potatoes.

