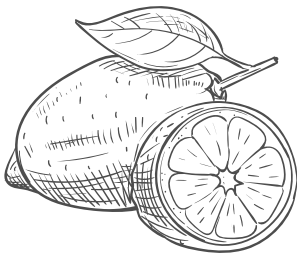


QUICK & HEALTHY MARINADES

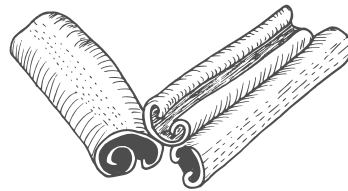
Use the following combinations to marinade fish, poultry, meats, cooked pulses and/or tofu. Simply mix all ingredients together well, and refrigerate for a minimum of 4 hours, preferably overnight. Or use them as a base flavour mix for curries, stews or stir-fries. Each mix is approx. enough for 4-6 servings.



Greek-Style

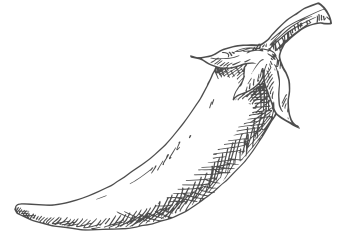
Juice & zest of 1 lemon
4 garlic cloves, crushed
2 tbsp chopped fresh parsley
1 tbsp chopped oregano
1 tbsp chopped rosemary
1 tbsp chopped thyme
1 tbsp chopped basil

Tip: Substitute 1 tbsp fresh herbs for 1 tsp dried.



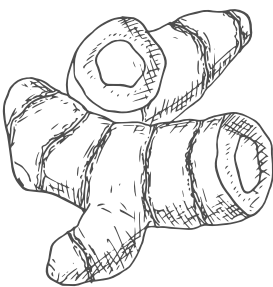
Moroccan-Style

4 garlic cloves, crushed
½ inch ginger, peeled & finely grated
2 tbsp fresh coriander, chopped
1 star anise
2 tsp paprika
1 tsp ground cumin
½ tsp ground turmeric
½ tsp cinnamon
¼ tsp cayenne pepper



Thai-Style

2 garlic cloves, crushed
2 limes, zest & juice
2 lemon grass sticks, crushed
2 tbsp fresh coriander, chopped
1 diced green or red chilli
1 inch ginger, peeled & finely grated



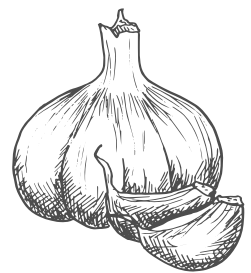
Caribbean-Style

1 orange, juice & zest
1 shallot, peeled & finely chopped
1 inch ginger, peeled & finely grated
1 scotch bonnet, de-seeded & chopped
1 tsp thyme



Italian-Style

1 tbsp apple cider vinegar
2 cloves garlic, crushed
2 tbsp fresh basil, chopped
4 sun-dried tomatoes, drained & chopped
2 tbsp extra virgin olive oil



Indian-Style

½ red onion, peeled & chopped
3 cloves garlic, crushed
2 green chillis, finely chopped
1 inch ginger, peeled & finely grated
1 tsp ground cumin
1 tsp ground coriander
6 cardamom pods, crushed
1 tsp turmeric
1 tbsp fresh coriander, chopped