

# Healthy Herbs

Kia ora koutou,

Herbs are a fresh, delicious, and nutritious way to add a boost of flavour to your favourite meals, dips, snacks, and baking. There are so many herbs which can be used in lots of different flavour combinations- sweet or savoury, hot or cold, fresh from the garden or dried from a packet, they are all delicious!



Herbs with tender stems, like parsley, basil, coriander, mint and chives are usually added at the end of cooking or used as garnishes. Herbs with woody stems like rosemary, oregano and thyme are added at the beginning of cooking so that their flavour is infused into the dish.

Fresh herbs contain trace amounts of vitamins and minerals and are a fantastic way to add flavour without adding extra salt, sugar and fat where it's not needed. Additionally, growing your own herbs is easy and can be done in pots- get together with some friends, buy a packet of seeds each and share them around.

Dried herbs are readily available and affordable at the supermarket, and also add flavour to meals. These are a great option to have in the pantry, and particularly handy if your desired herb is not available fresh.

## Easy Homemade Falafel (serves 4)

- 1 can of chickpeas, drained and rinsed
- 2 cloves garlic, or 2 teaspoon crushed garlic
- ½-¾ cup chopped fresh parsley
- ½ cup chopped fresh coriander
- ½ onion, peeled and diced
- pinch of chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seed
- 1 teaspoon ground paprika
- 1 teaspoon baking soda
- 2 tablespoon oil

1. Place chickpeas and all other listed ingredients, except baking soda and oil, in a food processor\*
2. Blend well until a smooth paste is formed.
3. Mix baking soda into the mixture just before cooking.
4. Form the mixture into 1 tablespoon sized balls and flatten slightly.
5. Heat oil in a large frying pan and cook the falafel until browned on each side and cooked through.

\* If you don't have a food processor, you can use a potato masher to mash the chickpeas until there are no big pieces.\* The rest of the steps to make falafel remain the same 😊

Ngā mihi nui,  
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