



Spice it up!

Do you know what is big on flavour and low in kilojoules/salt at the same time? Spices – simply add to any dish for a healthy flavour kick. They are a much healthier way to dress up your meal than using packet sauces, which often contain hidden fats, sodium and sugar.

Most spices taste better when they have been heated as heating helps to release the oils that add aroma and flavour to dishes. It is best to heat spices before adding a liquid component to your meal such as water, stock or wine. You can do this by adding them to your fry pan when cooking onion.

Spices can be added to vegetables, curries, soups and pastas. Some examples include:

- Add paprika to your chicken for great colour and a smoky flavour
- Add thyme to sliced mushrooms with a drizzle of olive oil for a side to go with your steak
- Add ginger to your stir fry for a more Asian flavour
- Add garlic and rosemary to your roast potatoes
- Cumin makes home-made hummus dip extra tasty

Tantalise your taste buds by trying a new spice in your next meal!

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