

# Coriander



Coriander is the most popular herb in the world and its use can be traced back to 5,000 BC, making it one of the world's oldest spices

- Coriander historically comes from Morocco and Romania. Fresh coriander is now grown throughout the world
- Coriander has a distinctive, pungent earthy taste similar to a blend of lemon and sage
- Its bold, lingering flavour is often used in Asian, Indian, Hispanic and Middle Eastern cuisine
- Coriander is a valuable ingredient in curries, stews and chutney
- Coriander is an ideal flavouring in stuffings for poultry and game, as well as in sauces, salads and vegetable dishes
- Add to homemade tomato or béchamel sauces or include it as a seasoning in tomato, carrot, parsnip or pumpkin soups

## did you know?

Coriander is thought to have originated in the Mediterranean and references to it occur even in the Old Testament. It was taken by Europeans to Asia and North and South America, where the Spanish name cilantro is used.

## Healthier, more flavoursome food

Delivering flavour, nutrients and antioxidants, Gourmet Garden herbs and spices are always on hand to use in daily cooking. With Gourmet Garden you can still boost the flavour, colour and aroma of food while cutting down on added fat, salt and sugar. Make significant fat and kilojoule savings by simply switching heavy oil, butter and cream sauces with fragrant, aromatic herbs and spices.



- Coriander is fantastic in marinades and sauces of Mexican, Asian and Mediterranean dishes.
- Combine Gourmet Garden Coriander, Garlic, Ginger and lemon juice on grilled fish or meat, instead of a dollop of tartare sauce or gravy
- Add Coriander to a vegetable or chicken soup to give that Asian flavour
- Use a Gourmet Garden Coriander, Garlic and Chilli with some mashed avocado and diced tomato to make a quick guacamole

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HERBS & SPICES  
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## GET YOUR DAILY

### ANTIOXIDANT BOOST!



## CORIANDER

GOOD SOURCE  
of Antioxidants  
5 598 µmol TE per 100g<sup>3</sup>

Herbs and spices are an excellent way to boost your daily antioxidant intake, helping to build your body's defences, boost your immune system and maximise your wellbeing. Antioxidants protect the body's cells against lifestyle conditions, working in the body to mop up free radicals, the damaging by-products of our modern lifestyle released during metabolism and other physiological body functions.<sup>1,2</sup> Coriander is a GOOD source of antioxidants and contains more antioxidants per gram than most vegetables and many fruits. (5598 µmol TE per 100 grams)<sup>3</sup>. Even in the relatively small amounts you would use in a recipe, Coriander gives your diet an antioxidant boost.

## What healthy herbs can do for you

- Herbs and spices are rich in antioxidants, and higher than many vegetables and some fruits<sup>1,2</sup>
- High in phytonutrients including vitamins, minerals and bioactive components<sup>1</sup>
- Help support the immune system through their phytonutrients<sup>2</sup>
- Aid digestion via speeding up food movement from the stomach (gastric emptying)<sup>2</sup>
- Promote heart health by enabling high flavour, low fat, low salt cooking<sup>2</sup>
- The natural antimicrobial properties of many herbs and spices reduce the risk of bacteria in food<sup>2</sup>
- Eat a variety of herbs and spices in your diet for maximum benefit and to gain a daily antioxidant boost!

#### REFERENCES

1. MJA Supplement, The Medical Journal of Australia Vol 185 No 4, 21 August 2006
2. Herbs and Spices – An Integral Part of the Daily Diet. A Position compiled by independent nutrition experts from Australia and the United States. Table 1a and 1b
3. Dr David Leach and Dr Denise Hunter, Centre for Phytochemistry & Pharmacology, Southern Cross University

For full transcript of the Medical Journal of Australia and accompanying position go to [www.healthyherbs.com](http://www.healthyherbs.com)

For more information on herbs and spices go to [www.gourmetgarden.com](http://www.gourmetgarden.com)

# Coriander

## Gourmet recipes

### Coriander and Lemon Grass Stir-Fry



#### Ingredients

- 2 tsp Gourmet Garden Garlic
- 1 tbsp oil
- 500g (18oz) white fish (or chicken)
- 2 tbsp Gourmet Garden Coriander
- 2 tbsp Gourmet Garden Lemon Grass

#### Procedure

- Step 1**  
Stir-fry sliced vegetables of your choice and Gourmet Garden Garlic in a wok with 1 tablespoon oil.
- Step 2**  
Add white fish (or chicken) cut into cubes.  
Stir-fry for 3 to 4 minutes.
- Step 3**  
Toss through Gourmet Garden Coriander and Gourmet Garden Lemon Grass.
- Step 4**  
Serve with noodles or rice. Enjoy!

This recipe uses:  
Gourmet Garden Coriander  
Gourmet Garden Garlic  
Gourmet Garden Lemongrass

