

Mint



Mint is strong and sweet with a tangy flavor and a cool after taste

- Its distinctive flavour is used in such classic dishes as tzatziki and mint sauce (to serve with lamb)
- Minted Peas is a very popular side dish and mint is also commonly used in vinegars and jellies
- It has many more uses in fish and meat dishes, chutneys, salads, salsas, fruity desserts and drinks

did you know?

During the Middle Ages mint was used to help whiten teeth, so the minty taste of toothpaste is not new.

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.



- Combine Gourmet Garden Mint and Garlic with lemon juice on grilled fish or meat, instead of a dollop of tartare sauce or gravy
- Add mint to a vegetable soup to give that extra flavour
- Gourmet Garden Mint is marvellous in a potato salad
- Try mint in fruit smoothies for a change
- Mint is great in fruit salads and with citrus fruit
- You can also add Gourmet Garden Mint to hot or iced tea for a refreshing change.

**GOURMET
GARDEN®**
HERBS & SPICES
gourmetgarden.com

For a host of recipes go to www.gourmetgardenrecipes.com

GET YOUR DAILY ANTIOXIDANT BOOST!



MINT

RICH SOURCE
of Antioxidants

19 366 $\mu\text{mol TE}$ per 100g³

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.^{1,2}

Mint is RICH in antioxidants and contains more antioxidants per gram than most vegetables and many fruits. (19 366 $\mu\text{mol TE}$ per 100 grams)³. Even in the relatively small amounts you would use in a recipe, Mint 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^{1,2}
- High in phytonutrients including vitamins, minerals and bioactive components¹
- Help support the immune system through their phytonutrients²
- Aid digestion via speeding up food movement from the stomach (gastric emptying)²
- Promote heart health by enabling high flavour, low fat, low salt cooking²
- The natural antimicrobial properties of many herbs and spices reduce the risk of bacteria in food²
- Eat a variety of herbs and spices to gain maximum benefit and 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

For more information on herbs and spices go to www.gourmetgarden.com

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Gourmet recipes

Vietnamese Beef Noodle Salad



Ingredients

250g cooked & sliced beef
100g vermicelli noodles
1/4 shredded cabbage
1 cup bean sprouts
1 sliced red onion
1 finely sliced carrot
10 halved cherry tomatoes
1/2 cup crushed peanuts
1 tbsp Gourmet Garden Mint
2 tbsp sweet chilli sauce
2 tbsp lime juice
2 tbsp fish sauce
2 tbsp white wine vinegar

Procedure

Step 1

Combine sliced beef in a bowl with soaked & drained vermicelli noodles.

Step 2

Add shredded cabbage, bean sprouts, red onion, sliced carrot, cherry tomatoes & crushed peanuts.

Step 3

Whisk Gourmet Garden Mint in a jug with sweet chilli sauce, lime juice, fish sauce & white wine vinegar.

Step 4

Toss dressing through salad. Serve immediately. Enjoy!

This recipe uses:
Gourmet Garden Mint

