



Media Release

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Gourmet Garden Launches New Fresh Blend Ethnic Flavours

Nothing beats the flavours and aromas of tasty ethnic cuisine from the ever-popular Indian and Thai foods, to the intriguing delights of Mediterranean and Moroccan dishes.

Now you don't have to leave the comfort of your own home to create and experience these mouth-watering fresh meals ... thanks to the makers of Gourmet Garden herbs and spices in a tube.

In June, Gourmet Garden will launch four fresh recipe bases in convenient 80g (two-serve) tubes – **Fresh Blends™ Indian, Moroccan, Thai and Mediterranean** – so you can replicate authentic, tasty ethnic meals easily in your own kitchen.



New Gourmet Garden Fresh Blends Products- Indian (left); Moroccan; Thai and Mediterranean (right)

With the growing trend to return to home cooking and the growth in the recipe bases category, the Fresh Blends products offer a simple and fresh alternative to recreating some of the popular ethnic dishes, usually consumed in restaurants or as take-aways.

Gourmet Garden Fresh Blends contain a blend of fresh herbs such as coriander, garlic, basil and chilli which are simply chopped and blended. Fresh-tasting meals with a delicious aroma can be created in less than 30 minutes without the hassle of creating your own blend.

Known for its use of spices, Indian cuisine is unified by the prominence of curries, such as rogan josh, masala and khorma, as well as flat breads and tandoori; while Moroccan cuisine incorporates the tastes of Africa and the Middle East, with couscous, kebabs, meatballs and tagine stews being popular meal choices.

Thai cuisine is known for its enthusiastic use of fresh herbs and spices and authentic stir fry, noodle and curry dishes; while Mediterranean cuisine incorporates the tastes of Italy, Greece and Turkey, with rich flavours and diversity of meals from pizza to falafels and pasta to salads.

Gourmet Garden Fresh Blends products give everyone the opportunity replicate all of these great flavours and aromas at home.



See how easy it is to create Indian, Moroccan, Thai or Mediterranean dishes at home with these delicious recipes.



A **Thai Chicken Vegetable Stir Fry** is the perfect example of just how delightful vegetables can be – and it is easy to create. Simply stir fry chopped chicken breast fillets (or another protein alternative) with your favourite vegetables such as onion, red and yellow capsicum, sweet potato and green beans.

Toss the ingredients with Gourmet Garden Fresh Blends Thai, some cashews and jasmine rice and you have the perfect Thai dish in less than 15 minutes (faster and cheaper than home delivery!).



For a quintessential Mediterranean dish that is super quick and easy you can't go past Gourmet Garden's **Mediterranean Pasta**. Simply boil penne pasta until tender. After draining, return to pan, add olive oil and Gourmet Garden Fresh Blends Mediterranean.

Meanwhile, grill slices of prosciutto on a baking tray for five minutes and break into pieces. Finally add chopped semi-sundried tomatoes, baby rocket, prosciutto and sliced yellow capsicum to past mixture and toss to serve.



To recreate the fabulous aroma and taste of **Indian Lamb Khorma** in your own home, start by heating 1 tbsp of oil in a saucepan, cook 1 tsp of poppy seeds and a finely chopped onion, until the onion softens.

Add ½ tsp of turmeric, 400g diced lamb, 2 tbsp Gourmet Garden Fresh Blends Indian and 2/3 cup chicken stock to pan. Simmer until lamb is tender and sauce has reduced. Stir in 1/3 cup light coconut milk and 50g green beans. Simmer curry until beans are just tender. Served with steamed rice ... simple and quick!



The spicy Moroccan flavour can be achieved with tasty **Chicken Kebabs with Couscous**. For kebabs to serve four, dice 600g of chicken and coat with 2 tbsp Gourmet Garden Fresh Blends Moroccan, 1 tbsp olive oil, 1 tbsp lemon rind and 1 tbsp lemon juice. Thread chicken onto eight bamboo skewers.

Combine 1 1/3 cups couscous with 1 1/3 cups boiling water in a large heatproof bowl, cover and stand for 5mins. Add 2 tbsp lemon juice, 125g quartered cherry tomatoes, two thinly sliced green onions, 1 cup chopped watercress and 80g toasted pine nuts to couscous. Stir to combine.

Heat frying pan over medium-high heat. Add skewers and cook for 3-4mins each side or until cooked through. Serve with couscous.

For other great recipes and meal ideas visit www.gourmetgarden.com
For high-res images and recipes please contact Tracie Edmondson or Siena Dixon of IRPR on 02 9360 1166 or email tedmondson@irpr.com.au or sdixon@irpr.com.au