



Media Release

February 2009

**Product of the Year 2010 - Gourmet Garden Fresh Blends™  
Winner – Sauces & Marinades Category  
Survey of 5,000 by TNS**

Responding to the growing trend toward home cooking and the growth in the recipe bases category, Gourmet Garden, makers of the handy herbs and spices in tubes, launched their new range of Fresh Blends fresh recipe bases in 2009 offering a simple and fresh alternative to recreating popular ethnic dishes at home.

And now the home cooks have spoken, with Gourmet Garden Fresh Blends™ voted Product of the Year, winner of the sauces and marinades category for 2010. The award, presented at the Product of the Year ceremony on 3<sup>rd</sup> February, was voted by a survey of 5,000 consumer conducted by data agency, TNS.

The Gourmet Garden Fresh Blends range of 80g tubes are fresh herbs and spices which are simply washed, chopped and perfectly blended into authentic flavours of **Thai, Mediterranean, Moroccan and Indian.**



Additionally, they contain no added flavours or colours, no artificial preservatives, are gluten free and the stay fresh in the fridge for up to 3 months.

“Everyone enjoys the flavour of fresh herbs and spices, but we’re all so busy during the week that we don’t have time to create authentic, fresh-tasting meals from scratch” says Gourmet Garden CEO, Nick White. “The Fresh Blends range takes the hassle out of creating your own blend of fresh herbs and spices so its easy to create authentic meals at home in minutes.”

Below are some delicious recipe ideas which show how easy it is to create Indian, Moroccan, Thai or Mediterranean dishes at home using the Fresh Blends™ range.



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](http://www.gourmetgarden.com)***

***For high-res images, recipes or product samples please contact Megan Brabant on (07) 5453 2552 or [megan.brabant@gourmetgarden.com](mailto:megan.brabant@gourmetgarden.com).***