

# Flavour Builder

## BEEF

ROAST

### VEGETABLES & FRUIT

Brussel sprouts    Swedes  
Carrots            Pumpkin  
Garlic              Parsnips  
Green beans       Kumara

### HERBS & SPICES

Bay leaves  
Oregano  
Mustard  
seeds  
Peppercorns

### OTHER

Mustard  
Horseradish

STIR FRY

### VEGETABLES & FRUIT

Baby corn          Mushrooms  
Bean shoots        Onions  
Bok choy           Snowpeas  
Cabbage            Spring onion  
Carrots              Zucchini

### HERBS & SPICES

Coriander  
Ginger  
Kaffir lime  
Chilli  
Curry powder

### OTHER

Cashews  
Peanuts  
Soy sauce  
Fish sauce  
Coconut milk

CURRY

### VEGETABLES & FRUIT

Mushrooms        Capsicums  
Onions  
Carrots  
Parsnips  
Kumara

### HERBS & SPICES

Garam Marsala    Cumin  
Ginger              Chilli  
Paprika  
Curry powder  
Ground coriander

### OTHER

Coconut milk

CASSEROLE

### VEGETABLES & FRUIT

Mushrooms        Capsicums  
Onions  
Carrots  
Parsnips  
Celery

### HERBS & SPICES

Basil  
Bay leaf  
Oregano  
Chives  
Tarragon

### OTHER

Balsamic vinegar

## PORK

CHOPS | ROAST

### VEGETABLES & FRUIT

Apples            Green beans  
Beetroot          Kumara  
Cabbage          Onions  
Carrots           Pumpkins  
Celery

### HERBS & SPICES

Fennel  
Rosemary  
Sage  
Caraway  
Cloves

### OTHER

Cider vinegar  
Balsamic vinegar

THE ULTIMATE

# Flavour Builder

## LAMB

ROAST

**VEGETABLES & FRUIT**

Broad beans      Pumpkin  
Carrots            Lemons  
Kumara  
Parsnips  
Peas

**HERBS & SPICES**

Rosemary  
Sage  
Paprika

**OTHER**

Pesto  
Olives  
Pine nuts  
Capers

MOROCCAN

**VEGETABLES & FRUIT**

Eggplant  
Garlic  
Capsicums  
Tomatoes  
Spinach

**HERBS & SPICES**

Coriander  
Lemon  
Cumin  
Cinnamon  
Fennel Seeds  
Thyme

**OTHER**

Capers  
Olives  
Dates  
Pine nuts  
Dried apricots  
Sundried tomatoes

## CHICKEN

ROAST

**VEGETABLES & FRUIT**

Asparagus  
Tomatoes  
Carrots  
Celery  
Leek  
Sweet corn

**HERBS & SPICES**

Parsley      Chilli  
Rosemary    Ginger  
Thyme        Saffron  
Tarragon     Cumin  
Chives

**OTHER**

Almonds  
Olives

MEXICAN

**VEGETABLES & FRUIT**

Avocado  
Tomatoes  
Lettuce  
Spring Onion  
Eggplant

**HERBS & SPICES**

Chilli  
Mexican rub  
Cayenne Pepper

**OTHER**

Plain yoghurt

THE ULTIMATE

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## OILY FISH

BBQ | STEAM

**VEGETABLES & FRUIT**

Avocado Beans  
Cucumber  
Bok Choy  
broccoli  
Zucchini

**HERBS & SPICES**

Chives  
Dill  
Chilli  
Ginger

**OTHER**

Lemon Soy sauce  
Lime Mirin  
Capers Pesto  
Boiled eggs  
Sesame oil

## WHITE FISH

BBQ | STEAM

**VEGETABLES & FRUIT**

Broccoli Celery  
Cucumber Fennel  
Leeks Green beans  
Tomato Corn  
Spinach Spring onion

**HERBS & SPICES**

Bay leaf Turmeric  
Chives Cumin  
Dill Tarragon  
Thyme Oregano  
Parsley

**OTHER**

Lemon Almonds  
Anchovies  
Wasabi  
Capers  
White wine vinegar

## VEGETARIAN

TOFU

**VEGETABLES & FRUIT**

Bean shoots Bok Choy  
Cauliflower Broccoli  
Cabbage Capsicums  
Carrots Snowpeas

**HERBS & SPICES**

Coriander  
Kaffir lime  
Chilli  
Ginger

**OTHER**

Soy sauce  
Peanuts

EGG

**VEGETABLES & FRUIT**

Asparagus Cauliflower  
Tomatoes Spinach  
Mushrooms  
Onion  
Capsicum

**HERBS & SPICES**

Basil  
Oregano  
Parsley  
Chilli flakes  
Paprika

**OTHER**

Anchovies  
Bacon  
Capers  
Cheese