Flavourful Healthy Eating
WITH HERBS & SPICES
Information Booklet

Brought to you by
Schwartz™
We all need a certain amount of fat and salt as part of a healthy, balanced diet: fat, for example, is needed to help transport the fat-soluble vitamins A, D, E and K around the body. The sodium in salt is vital to regulate fluid balance in the body, but it’s important to ensure we only eat as much as we need.¹

However research shows that we tend to find fatty and salty foods irresistible and as a result many people exceed their recommended reference intakes.²

Many processed foods have hidden salt and fat, especially ready meals and takeaways. So always make sure you check the labels and know your numbers.³

**Everyday foods that can be high in salt:**
Bread, breakfast cereal, ready meals, sauces, baked beans and pizza

**Everyday foods high in saturated fat:**
Butter, cheese, some cakes and biscuits, pastries and fatty meats like streaky bacon and sausages

**Why should I eat less salt?**⁴
• keep blood pressure down

**Why should I eat less saturated fat?**⁵
• lower blood cholesterol levels

---

**Know Your Numbers**

**Reference Intakes:**⁶

**Saturated fat**  
• Men 30g  
• Women 20g

**Salt**  
• 6g (2.4g sodium) around one full teaspoon

---

³ [http://www.nhs.uk/Livewell/Goodfood/Pages/salt.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/salt.aspx), [http://www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx)
⁴ [http://www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx)
⁵ [http://www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx)
However it’s not just the hidden salt and fat in processed foods and ready meals that you need to be aware of; often salt is added during cooking or at the dinner table to add flavour and just one teaspoon of salt added to a dish per serving can take your daily intake up by 5g! Foods high in saturated fat, such as butter or cream, are often used to bring flavour to food, however most of us eat too much of it – about 20% more than the recommended maximum amount.

**Know Your Numbers**

Reference Intakes per 100g:

**Saturated fat**
- High: more than 5g
- Low: 1.5g or less

**Salt**
- High: more than 1.5g salt (0.6g sodium)
- Low: 0.3g salt or less (or 0.1g sodium)
Schwartz, the flavour experts and the UK’s leading herbs and spices brand, has teamed up with UK nutritionist, Azmina Govindji, to create a series of delicious and healthy family favourite recipes, made with herbs and spices that are low in salt and saturated fat.

“Although we are advised to cut down on salt and saturated fat, putting this advice into practice isn’t always easy.

We have got used to the taste of salty takeaways and processed foods, and often over-season home cooked dishes, so any change needs to be gradual and realistic.

Herbs and spices can help to liven up lower fat dishes, and they bring a depth of flavour that can help to reduce the need for extra salt. I have created these recipes with hints and tips to offer busy people easy ways to make delicious, healthy food at home.”
Azmina’s Top Herbs and Spices Tips for Reducing Salt and Saturated Fat in the Diet:

1. Rich deep flavours from **garam masala**, **cumin** and **ginger** add depth to curry dishes, helping you to cut down on added fats and salt.

2. Making rice or pasta? Try flavouring with **lemon juice**, **white pepper**, **chives** and **flat leaf parsley** instead of pouring in the oil or shaking on the salt.

3. Trimming the skin off chicken and using leaner cuts of meat helps to keep fat and saturated fat low. Herbs and spices such as **paprika**, **thyme**, **rosemary** and **garlic pepper** liven up meat without the need for added salt.

4. Use **black pepper** as seasoning instead of salt. It works particularly well on scrambled egg, pasta, fish and soups.

5. Oregano goes really well with most vegetables. Ditch the salt when cooking your veg and sprinkle **oregano** on top partnered with **basil**, **thyme** or **parsley**, with a little light olive oil, for a delicious flavoursome kick without the added salt.
Roast Chicken

Method:

1. Pre-heat the oven to 190°C, 375°F, Gas Mark 5. Take enough kitchen foil to be able to line a roasting tin and completely seal the chicken. Place the skinned chicken into the foil lined tin and score the chicken to allow the flavours to penetrate.

2. Make a paste with the oil and the herbs and spices, brush over the chicken. Stuff the lemon halves into the cavity and place the onion wedges around the chicken.

3. Mix the balsamic vinegar with the water and pour over the onions. This will create a light gravy and keep the chicken moist during cooking.

4. Cover the chicken with the foil and roast for about 1 hour 10 minutes. Baste and return to the oven, uncovered, for a further 10 minutes or until the juices run clear and the chicken is cooked throughout. Serve the chicken smothered in the balsamic and onion juices.

Serving suggestion per serving: 80g steamed green beans and 3 new boiled potatoes (120g cooked weight) in their skins.
Nutritional Analysis for roast chicken (263g) with 80g green beans and 120g new boiled potatoes in their skins.
<table>
<thead>
<tr>
<th>Nutritional Analysis for Chicken Stir Fry (273g) plus boiled noodles (200g)</th>
<th>Per serving (473g)</th>
<th>Per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>1465kJ/350kcal</td>
<td>310kJ/74kcal</td>
</tr>
<tr>
<td>Fat</td>
<td>9.0g</td>
<td>1.9g</td>
</tr>
<tr>
<td>Saturates</td>
<td>1.0g</td>
<td>0.2g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>40.0g</td>
<td>8.5g</td>
</tr>
<tr>
<td>Sugars</td>
<td>12.7g</td>
<td>2.7g</td>
</tr>
<tr>
<td>Protein</td>
<td>29.0g</td>
<td>6.2g</td>
</tr>
<tr>
<td>Salt</td>
<td>1.51g</td>
<td>0.32g</td>
</tr>
</tbody>
</table>
Chicken Stir Fry

Method:

1. In a large bowl mix the reduced salt soy sauce, Ginger, Chinese Five Spice, Crushed Chillies (if using), Sesame Seeds and honey. Add the chicken and stir to coat.

2. Set aside to marinade while you prepare the vegetables. Heat half of the oil in a wok, or large frying pan and stir fry the vegetables for about 4-5 minutes. Set aside.

3. Heat the remaining oil and stir fry the chicken for 3-4 minutes, reserving the marinade.

4. Add the reserved marinade, spring onions and chicken, cook through for a further 2 minutes, or until the chicken is cooked through.

5. Stir in the cooked vegetables and warm through for another couple of minutes.

6. Great served with boiled egg noodles tossed with Schwartz Sesame Seeds.

Serving suggestion per serving: 200g boiled egg noodles.
Vegetable Pasta

Method:

1. Cook the pasta according to the pack instructions. Add the frozen vegetables to the pan at the same time and cook together with the pasta.

2. Add the onions, peppers, Italian Herb Seasoning, Garlic Italian and Garlic Granules (if using). Cook over a medium heat for around 5 minutes, until soft. Add a little water if it begins to stick to the bottom.

3. Stir in the tomato passata, tomato purée and the cannellini beans. Reduce the heat and simmer gently for 8-10 minutes, adding a little water if you prefer a thinner sauce, stirring occasionally.

4. Drain the pasta and vegetables, and toss in the Black Pepper. Serve the sauce on a bed of pasta or mix the sauce and pasta together. Serve garnished with grated Parmesan and Flat Leaf Parsley.
Per serving (386g) | Per 100g
---|---
Energy | 1947kJ/465kcal | 502kJ/120kcal
Fat | 8.7g | 2.3g
Saturates | 2.8g | 0.7g
Carbohydrate | 79.0g | 21.0g
Sugars | 14.4g | 2.8g
Protein | 21.0g | 5.6g
Salt | 1.16g | 0.30g
<table>
<thead>
<tr>
<th></th>
<th>Per serving (505g)</th>
<th>Per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>1738kJ/415kcal</td>
<td>343kJ/82kcal</td>
</tr>
<tr>
<td>Fat</td>
<td>4.8g</td>
<td>1.0g</td>
</tr>
<tr>
<td>Saturates</td>
<td>0.7g</td>
<td>0.1g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>68.0g</td>
<td>13.4g</td>
</tr>
<tr>
<td>Sugars</td>
<td>11.2g</td>
<td>2.2g</td>
</tr>
<tr>
<td>Protein</td>
<td>29.0g</td>
<td>5.8g</td>
</tr>
<tr>
<td>Salt</td>
<td>0.66g</td>
<td>0.13g</td>
</tr>
</tbody>
</table>

**Nutritional Analysis for Prawn Curry (355g) and 150g boiled rice**
King Prawn Curry

Method:

1. Heat the oil and add the Cardamom and onions. Sauté for 3-4 minutes.

2. Stir in the Ginger, Garlic Granules, Turmeric, Chilli Powder and 3 tsp of the Coriander Leaf. Add a little hot water, stir in the tomatoes and Cumin. Cover and cook over a low heat for 5-8 minutes, until the onions are brown.

3. Add the prawns and stir fry for 4-5 minutes.

4. Remove from the heat. Stir in the yoghurt and Garam Masala and serve immediately, sprinkled with the remaining Coriander Leaf.

Serving suggestion per serving: 150g steamed basmati rice with whole cloves, star anise, cinnamon sticks and whole black pepper. Add lemon juice to keep the rice grains separate.

Ingredients
- 1 tbs rapeseed oil
- 1 Schwartz Cardamom Pod
- 2 large onions, sliced lengthways
- ½ tsp Schwartz Ground Ginger
- 1 tsp Schwartz Garlic Granules
- ¼ tsp Schwartz Turmeric
- 1-2 tsp Schwartz Mild Chilli Powder
- 4 tsp Schwartz Coriander Leaf
- 3 tomatoes, cut into chunks
- 1 tsp Schwartz Ground Cumin
- 450g (1lb) fresh King prawns, defrosted if frozen
- 4 tbs low fat natural yoghurt
- ½ tsp Schwartz Garam Masala

Preparation time: 10 minutes
Cooking time: 25 minutes
Serves: 4
Chickpea curry

Method:

1. Heat the oil in a non-stick pan, reduce the heat and add the Mustard Seeds. Allow the Mustard Seeds to pop for a few seconds before adding the onion, pepper, Garlic Salt, Ginger, Turmeric, Chilli Powder and Cumin.

2. Stir fry over a medium heat for 7-10 minutes until soft, adding a little water if it starts to stick to the bottom.

3. Add the passata and cook for a further few minutes, stirring occasionally.

4. Stir in the chickpeas, cover and cook for 5 minutes.

5. Serve garnished with a swirl of low fat yoghurt and Coriander Leaf.

Serving suggestion per serving: ½ lightly toasted wholemeal pitta bread and 125g mixed salad tossed in lemon juice and Black Pepper.

Ingredients

- 1 tbs rapeseed oil
- ½ tsp Schwartz Mustard Seeds
- 1 large onion, finely chopped
- 1 green pepper, chopped
- 1 tsp Schwartz Garlic Salt
- ½ tsp Schwartz Ground Ginger
- ½ tsp Schwartz Ground Turmeric
- 1 tsp Schwartz Hot Chilli Powder (or add to taste)
- 1½ tsp Schwartz Ground Cumin
- 150ml (7 fl oz) tomato passata (sieved tomatoes)
- 400g tin chickpeas, drained
- 2 tbs low fat plain yoghurt
- 2 tsp Schwartz Coriander Leaf

Preparation time: 10 minutes
Cooking time: 15 minutes
Serves: 4
**Nutritional Analysis for chickpea curry (222g) with ½ wholemeal pitta bread and 125g mixed salad**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per serving (381g)</th>
<th>Per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>1310kJ/313kcal</td>
<td>343kJ/82 kcal</td>
</tr>
<tr>
<td>Fat</td>
<td>11.2g</td>
<td>3.0g</td>
</tr>
<tr>
<td>Saturates</td>
<td>1.5g</td>
<td>0.4g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>45.0g</td>
<td>11.7g</td>
</tr>
<tr>
<td>Sugars</td>
<td>14.1g</td>
<td>3.7g</td>
</tr>
<tr>
<td>Protein</td>
<td>11.4g</td>
<td>3.0g</td>
</tr>
<tr>
<td>Salt</td>
<td>0.86g</td>
<td>0.23g</td>
</tr>
</tbody>
</table>
About Schwartz

With more than 100 years of experience, Schwartz is the UK’s leading “herbs and spices” brand, offering the greatest variety of herbs, spices and seasonings. Schwartz sources only the highest quality herbs and spices from all over the world and is committed to making great flavour simpler for everyone.

For more information and to download the recipes included in this booklet plus more visit: www.schwartz.co.uk/healthyeating
Or contact the Schwartz team at Schwartz@hkstrategies.com