



LIVEN UP YOUR VEG!



If your child enjoys their veg, or is more willing to try it as a result of the VegPower campaign, why not experiment a bit more and liven up your veg with some herbs? We've taken the veg of the week used in the VegPower campaign and suggested which herbs and spices can add depth and flavour. Here's our guide if you need a little help:

Bone Crunching CARROTS!

Carrots are really versatile and work well with strong and mild flavours. They're just as happy paired with curry, cinnamon, cumin and nutmeg as basil, parsley, coriander and rosemary.



Many of these herbs grow easily on a windowsill or in a garden, so you don't have to buy them. There's nothing like the aroma of rosemary as you pick it and a little goes a long way.

Ear Popping PEAS!

Marjoram, nutmeg, dill or mint go best with peas.



Petrifying PEPPERS!

For Mediterranean flavours, add basil, oregano, and garlic or else try curry, rosemary and coriander.



Shockingly Scary SWEETCORN!

With a naturally sweet flavour, (hence the name) sweetcorn goes well with basil, coriander, dill, garlic, rosemary, sage and thyme.



Blood Curdling BROCCOLI!

Basil, chives, dill and garlic add flavour to these miniature trees, as do tarragon, thyme, oregano and sage.



Spine Tingling TOMATOES!

Bring out the sweet flavour of tomatoes with a complement of chives, fennel, garlic, mint, parsley, paprika, tarragon or oregano.

