



5 WAYS TO:

Spice up your dinner

Ginger in a snap

Add ginger root (grated) to an Asian stir-fry – this aids digestion and gives the meal a fresh fragrance.



Flavour hit

Add smoked paprika to a hearty lentil soup for a sweet, warm flavour.



Fiery food

Add chilli flakes to a basic tomato pasta sauce to heat things up.



Taste Morocco

Add cinnamon sticks to a Moroccan casserole or tagine – and for an exceptional taste, make sure you also add dried apricots and prunes.



Rub the rump

Using a combination of crushed mustard and cardamom seeds as a rub for lamb rumps, really revs up this barbecue favourite.



NIKKI'S SUPERFOOD OF THE WEEK

Freshly-made pineapple salsa

Great with baked salmon!

- 1½ cups fresh pineapple, chopped
- ¼ cup red onion, finely chopped
- 2 tbs sugar
- 1 tbs lemon juice
- ½ tsp fresh red chilli, finely chopped
- 1 tsp fresh ginger, minced
- 1 tbs mint, chopped

- 1 Combine all ingredients and refrigerate for at least 4 hours.
- 2 Serve with a main meal of your choice, or with crackers, (healthy) chips or raw vegetables.



Pineapple

Pineapple is a lusciously sweet tropical fruit. One cup of raw pineapple flesh provides 74 kilocalories (309 kilojoules). It contains a good amount of dietary fibre and is a fabulous source of vitamins A and C. When eaten fresh, pineapple contains an enzyme called bromelain, which aids the digestive system. Pineapple also contains the mineral copper, which is crucial for many of the body's chemical reactions.