

RESET EATING'S WORLD OF HERBS & SPICES



SCANDINAVIA

NORTHERN
EUROPE

DILL

CARAWAY

MEDITERRANEAN

BASIL

INDIA

OREGANO

CARDAMON

SOUTH EAST
ASIA

FENUGREEK

MIDDLE EAST

LEMONGRASS

CARIBBEAN

NORTH AFRICA

BAY
LEAVES

PAPRIKA

SOUTH AFRICA

SOUTH
AMERICA

SELECTED RECIPES FROM RESET EATING

MIDDLE EAST
BAKED EGGS
BEAUTIFUL BEETROOT HUMMUS
BROCCOLI TABBOULEH

SOUTH EAST ASIA
THAI OMLETTE
BANH XEO
EASY SALMON FISHCAKES
ASIAN CAULIFLOWER STIR FRY
SOUTH EAST ASIAN CURRY
THAI CURRY WITH BEEF

INDIA
CHICKPEAS WITH SEA SALAD
STIR-FRIED TEMPEH
FOOD4HEALTH MASALA

SOUTH AMERICA
CHIMICHURRI

MEDITERRANEAN
MUSHROOM RAGOUT
GREEN TORTILLA
ALMOND AND SESAME NUT ROAST
HERBY MINCE
PESTO