

HOW TO USE · FRONTWARD SEASONING

FRONTWARD ROAST VEGETABLES

A salt-free, all-purpose seasoning of garlic, onion, paprika, turmeric and herbs. Add salt at the table if you want it.

SERVES	PREP	COOK
4	10 min	35 min

INGREDIENTS

- 1 kg mixed vegetables, cut into even pieces
- 2 tbsp oil
- 2 tsp Frontward Seasoning
- Salt, to taste, optional



METHOD (oven)

1. Toss the vegetables with the oil and seasoning until evenly coated.
2. Spread on a large lined tray and roast at 200°C fan-forced for 30–35 minutes, turning once, until browned and tender.
3. Taste and add a pinch of salt if you like. Serve as a side or with yoghurt and flatbread.

FRONTWARD ROAST VEGETABLES

SALT-FREE ROAST CHICKEN

200°C fan · 45–50 min

Whole tray dinner

1. Rub 2 tsp of the seasoning and 1 tbsp oil over 4 chicken thigh fillets.
2. Roast at 200°C fan-forced with a tray of vegetables until the chicken is cooked through.
3. Add salt at the table if you want it.

TURMERIC RICE

18 min

Easy pot of rice

1. Toast 1 tsp of the seasoning in a little oil, then add 1 cup rice and 1½ cups water.
2. Simmer, covered, 15 minutes, then rest 5 minutes.
3. Fluff and serve with grilled meat or vegetables.

YOGHURT DRESSING

2 min

For salads and wraps

1. Stir 1 tsp of the seasoning through ½ cup plain yoghurt and a squeeze of lemon.
2. Taste and add salt if you like.
3. Spoon over roast vegetables or grilled chicken.

OTHER WAYS TO USE IT

- → Sprinkle over scrambled eggs instead of salt.
- → Rub onto fish with a little oil before baking.
- → Stir through lentil soup at the end of cooking.

ALLERGENS May be present: Soy, Gluten, Mustard, Sesame.
SALT-FREE BLEND no salt is added, so season with salt at the table if you want it.