

HOW TO USE · LEMON HERB SEASONING

LEMON HERB BAKED FISH

A lemon and herb seasoning with dried lemon peel, oregano and parsley — bright on fish, chicken and vegetables.

SERVES	PREP	COOK
4	10 min	15 min

INGREDIENTS

- 4 white fish fillets
- 1 tbsp oil or melted butter
- 2 tsp Lemon Herb Seasoning
- Lemon wedges, to serve



METHOD (oven)

1. Lay the fish on a lined tray. Brush with the oil and sprinkle over the seasoning.
2. Bake at 200°C fan-forced for 12–15 minutes, until the fish just flakes.
3. Serve with lemon wedges, salad and potatoes or rice.

LEMON HERB BAKED FISH

LEMON HERB CHICKEN

200°C fan · 30–35 min

Tray of thighs

1. Toss 8 chicken thigh fillets with 1 tbsp oil and 2 tsp of the seasoning.
2. Roast at 200°C fan-forced until cooked through.
3. Finish with a squeeze of lemon.

SKILLET PRAWNS OR FISH

6–8 min

Stovetop

1. Cook prawns or fish pieces in a little oil over medium-high heat.
2. Sprinkle with 1 tsp of the seasoning in the last minute.
3. Serve with lemon and a green salad.

ROAST VEGETABLES

200°C fan · 30 min

Bright side

1. Toss 800 g vegetables with 2 tbsp oil and 1–2 tsp of the seasoning.
2. Roast at 200°C fan-forced until tender, turning once.
3. Serve with the fish or chicken.

OTHER WAYS TO USE IT

- → Stir 1 tsp through olive oil as a salad dressing.
- → Sprinkle over steamed greens with a little butter.
- → Rub onto chicken wings before baking.

ALLERGENS May be present: Soy, Gluten, Mustard, Sesame.
SALT This blend contains salt, so taste before adding any more.