

Easy recipes using herbs

1. Carrot and fresh coriander soup



Ingredients

Serves: 6

1 tablespoon of olive oil

4 large carrots, peeled and roughly chopped

1/2 large onion, roughly chopped

900ml (1 1/2 pints) vegetable stock

large bunch fresh coriander, roughly chopped

Method

Prep:5min › Cook:15min › Extra time:5min › Ready in:25min

Heat the oil in a large saucepan over medium heat.

Saute the carrots and onion for a few minutes until the onion has softened a little.

Pour in the vegetable stock and add the coriander. Bring to the boil, and cook until the carrots are tender, about 10 minutes.

Remove from heat and allow to cool slightly.

Puree the soup until smooth, using a hand blender or food processor. Reheat before serving if necessary. Serve with crusty bread.

2. Easy pan-fried chicken with lemon and oregano



Ingredients

Serves: 2

2 skinless, boneless chicken breast fillets

1 lemon

salt and freshly ground black pepper to taste

1 tablespoon olive oil

1 teaspoon dried oregano

2 sprigs fresh parsley, for garnish

Method

Prep:10min › Cook:15min › Ready in:25min

Cut lemon in half, and squeeze juice from 1/2 the lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small frying pan over medium low heat.

When oil is hot, put chicken in frying pan. As you pan fry the chicken, add juice from other 1/2 lemon, pepper to taste and oregano. Cook for 5 to 10 minutes each side, or until juices run clear. Serve with parsley for garnish.

3. Easy Lemon Herb Shortbread Cookies



Ingredients

2 ½ cups all-purpose flour

1 teaspoon salt

8 oz, softened

1 cup caster sugar

1 egg

1 teaspoon vanilla extract

2 teaspoons lemon zest

2 teaspoons lemon juice

6 to 9 sprigs assorted fresh herbs, such as rosemary, thyme and sage

1 egg white

½ teaspoon water

1 tablespoon granulated sugar (optional)

Method

In a medium-size bowl, briefly mix the flour and salt. Set aside. In a large bowl with a hand mixer or in the bowl of a standing mixer, blend the butter and caster sugar well. Add the egg, vanilla extract and lemon zest and juice and mix well. Gradually blend in the flour mixture and stir until a dough forms. Scoop the dough from the bowl and wrap in a zip-top bag or in plastic wrap and refrigerate for 1 to 2 hours.

Preheat oven to 375° F. Prepare your herbs by either finely chopping the leaves or snipping more decorative, larger pieces. You can choose to keep the herbs separate and use only one kind of herb per cookie, or you can blend them into a mixture.

On a lightly-floured surface, roll out the chilled cookie dough to 1/4-inch thickness. Use a 2 1/2-inch circle, oval or square cookie cutter to cut out your cookies. Transfer cookies to a parchment paper-lined

baking tray. Mix the egg white and water. Lightly brush the top surface of the cookies with the egg white mixture. Sprinkle or place the herbs on each cookie. Gently press the herbs to flatten against the cookies. If desired, sprinkle a pinch of sugar on each cookie.

Bake for 15 to 18 minutes, or until the edges turn golden brown.