

## BEEF

<i>goes with</i>	Fruit/ Vegetables	Herbs	Spices	Starchy foods	Other foods	
<b>Roast</b>	brussels sprouts carrots garlic green beans	kumara parsnips pumpkin swedes	bay leaves oregano	potatoes	horseradish mustard	
<b>Casserole/ curry</b>	mushrooms onions/ pickling onions carrots	kumara parsnips peppers	basil bay leaves chives oregano tarragon	pasta polenta red kidney beans	balsamic vinegar prunes (Middle Eastern dishes) red wine Worcestershire sauce	
<b>Stir-fry</b>	baby corn bean shoots bok choy cabbage carrots courgettes garlic	mushrooms onions snow peas spring onion	coriander kaffir lime leaves	chilli curry powder fresh ginger garam masala	noodles rice	cashews fish sauce hoisin sauce (stir-fries) light coconut milk oyster sauce (stir-fries) peanut sauce soy sauce (stir-fries)

## CHICKEN

<i>goes with</i>	Fruit/ Vegetables	Herbs	Spices	Starchy foods	Other foods	
<b>Roast</b>	asparagus carrots celery garlic	leeks onions sweetcorn tomatoes	parsley rosemary sage tarragon thyme	chilli chives coriander cumin ginger saffron star anise turmeric	chickpeas lentils noodles pasta polenta potatoes quinoa rice	almonds cranberry sauce/jelly fish sauce hoisin sauce (stir-fries) kaffir lime leaves oyster sauce (stir-fries) parmesan pesto red currant sauce/jelly soy sauce (stir-fries) tarragon vinegar
<b>Mexican dishes</b>	avocado garlic lettuce	onions spring onions tomatoes	chilli Mexican spice mixes/ rubs	chickpeas chilli beans kidney beans tortillas/ wraps	Greek yoghurt or reduced-fat sour cream guacamole reduced-fat cheese, eg. edam	

## PORK

<i>goes with</i>	Fruit/ Vegetables	Herbs	Spices	Starchy foods	Other foods	
<b>Roast or chops</b>	apples beetroot cabbage carrots celery	green beans kumara onions pumpkin	fennel rosemary sage	caraway cloves	potatoes	apple sauce/chutney balsamic vinegar brown sugar cider vinegar fruit chutneys plum sauce

## LAMB

<i>goes with...</i>	Fruit / Vegetables	Herbs	Spices	Starchy foods	Other foods	
<b>Roast</b>	broad beans carrots kumara lemons parsnips	peas pumpkin yams	rosemary sage	paprika	barley chickpeas couscous potatoes quinoa rice	capers feta cheese mint jelly olives pesto pine nuts red currant jelly
<b>Moroccan/ Middle Eastern dishes, eg. souvlaki, tagines</b>	eggplant garlic lemons peppers	spinach tomatoes	coriander lemon- mint oregano thyme	cayenne cinnamon coriander cumin fennel seeds Moroccan spice mixes/ rubs	chickpeas couscous polenta	capers dates dried apricots feta cheese olives pine nuts prunes sun-dried tomatoes

## WHITE FISH

<i>goes with...</i>	Fruit/ Vegetables	Herbs	Spices	Starchy foods	Other foods	
<b>barbecued, pan-fried, or steamed</b>	broccoli carrots celery cucumber green beans leeks lemons lettuce	limes onions/red onions peppers spinach spring onions sweetcorn tomatoes	bay leaf chives dill fennel lemon- thyme oregano parsley tarragon	chives cumin turmeric	mashed kumara mashed potato puy lentils rice rice noodles white beans	almonds anchovies capers fish sauce mirin (rice wine) olives wasabi white vinegar white wine

## OILY FISH

<i>goes with...</i>	Fruit/ Vegetables	Herbs	Spices	Starchy foods	Other foods	
<b>baked, barbecued, or grilled</b>	avocado broccoli cucumber garlic green beans	lemons limes red peppers spinach tomatoes	chives dill	fresh ginger	chickpeas lentils pasta potato rice	capers chilli sauce hard boiled eggs mirin pesto sesame oil soy sauce

## NON-MEAT

<i>goes with...</i>	Fruit/ Vegetables	Herbs	Spices	Starchy foods	Other foods	
<b>Tofu (in stir-fries)</b>	bean shoots bok choy broccoli cabbage carrots cauliflower	onions peppers snow peas	coriander kaffir lime leaves	chilli fresh ginger	noodles rice	bonito flakes chilli sauce oyster sauce peanuts peanut sauce soy sauce
<b>Eggs, eg. frittata, omelette, or scrambled</b>	asparagus garlic mushrooms onions	peppers spinach tomatoes	basil oregano	chilli paprika	bread potato	anchovies anchovy sauce bacon capers ham