



Recipes

Mint

This is an easy to grow herb. It can be planted outside or grown inside on a windowsill. You can get lots of different varieties including chocolate, pineapple or cola flavoured!! It will not be available to you over the wintertime as the mint dies back over winter, but it will come back in spring. You can always harvest it throughout the year, wash and chop it, and pop it in the freezer so you have a winter supply. It can grow quite large, so it might be best grown in a pot. It goes well with meat such lamb, in soups such as pea and mint soup, in drinks as a refreshing addition, with potatoes or in salads and in salad dressings.

Recipe ideas

- **Stuffed peppers:** Try these with a sprinkle of mint: <https://www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas/>
- **Pea and mint soup:** <https://www.family-action.org.uk/content/uploads/2020/12/Pea-Mint-Soup-2.12.2020.pdf>

However, there are other ways to use your mint too:

- **Boiled potatoes/peas:** Sprinkle some fresh mint over your boiled potatoes/peas; just add a sprinkling whilst they are boiling for some extra taste.
- **Salad dressing:** You can add chopped fresh mint to your salad dressing for an extra zingy dressing.
- **Drinks:** Try adding a sprig or two to your glass of water or try a combination such as a slice of cucumber and some mint or a slice of orange/lime and some mint. You can be adventurous! You can also make a hot mint chocolate; just add around five leaves of mint to the milk when heating it, then remove the leaves – you will have a lovely minty hot chocolate. You could make a fresh mint tea. Use one handful of washed mint leaves to one small tea pot or two cups. Add the boiling water to the leaves, stir, and leave for five minutes. Strain away the mint leaves. Enjoy your minty tea.
- **Pasta/cous cous:** Mint works well with many pasta dishes especially ones with feta, Mediterranean vegetables or tomatoes, or with Moroccan inspired cous cous dishes.
- **Curry:** You can make a tasty mint yoghurt raita which goes well with a curry. It helps to cool down a hot curry too!
- **Traditional mint sauce:** Make your own mint sauce with vinegar and sugar. Goes well with lamb or pork, but there are lots of recipes that use mint sauce such as salad dressings or soups.
- **Roasted vegetables:** Sprinkle over your vegetables whilst they are roasting.
- **Pesto or dips:** You can make your own pesto. Try a mint and pea pesto or beetroot and mint dip.
- **Fruits:** Try a little fresh mint sprinkled over fruits such as melon or strawberries.
- **Soups:** It goes well with pea-based soups but try it with carrots for a carrot, orange and mint soup or a chicken, lemon and mint soup. You could also be adventurous and make your own flavour soup using mint.