

20 Herbs & Spices to Substitute Salt



Basil

SWEET & PEPPERY

Compliments fish and meat dishes. Perfect for pesto, marinades, dressings and sauces.



Bay Leaves

WOODSY & BITTER

Mostly used in soups, stews, meats, poultry, seafood, and sauces.



Cilantro

EARTHY & LEMONY

A delectable addition to vegetable salads, dressings, soups and stews.



Cardamom

SMOKY & COOLING

Use it to flavor soups, stews and rice dishes.



Cayenne Pepper

MILD AROMA BUT HOT

Works well in meats, poultry, stews and sauces.



Cinnamon

SWEET & WOODY

Add a slightly spicy flavour to meat, fish, vegetable or rice dishes



Cloves

SWEET & WARM

Well matched to flavour pork or ham dishes.



Cumin

EARTHY, NUTTY & SPICY

Gives a warm aromatic lemon flavour to meat, fish or egg dishes.



Lemongrass

SWEET & LEMONY

Pairs beautifully with fish, seafood and chicken. Use it to flavour soups or stews.



Marjoram

FRESH, SPICY & BITTER

Works best in soups and stews. Pairs well with poultry and other roasted meats.



Mint

SWEET & COOLING

Great in salads. Pairs well with potatoes and peas. Add to pesto sauce.



Nutmeg

NUTTY, SWEET & WARM

Goes well with pasta and vegetables. Add to onion-based and milk sauces.



Oregano

WARM & SPICY

Marinate meats, poultry or seafood before grilling.



Paprika

SMOKY & EARTHY

Pairs well with beef, lamb, chicken, pork and fish.



Parsley

MILDLY BITTER

Balances the taste of the stew. Goes well with roast lamb, grilled steak, fish and chicken.



Rosemary

MINTY & PEPPERY

Pairs flawlessly with beef, lamb and chicken.



Sage

BITTER & WOODSY

Enhances pork, lamb, meats and sausages.



Star Anise

FRESH & SWEET

Pairs well with chicken, fish, eggs and braised beef dishes.



Thyme

PEPPERY & LEMONY

Pairs well with fish, chicken and tomatoes. Use it for marinades or sauces. A tasty addition to roast vegetables.



Turmeric

EARTHY & CITRUSY

Blends well with fish and chicken dish as well as beans and eggplants. Also, flavour rice with it.