

# SOLVE *your* DINNER DILEMMA INGREDIENT SUBSTITUTES

## protein

**tender cuts** - chicken breasts = chicken thigh fillets = beef fillet = steak = pork fillet = pork chops = lamb fillet = lamb cutlets = fish fillets = whole fish

**slow cooking** - stewing steak = beef cheeks = beef ribs = lamb shanks = lamb shoulder = pork ribs = pork shoulder

**veggie mains** - eggs = tofu = seitan = legumes = mushrooms = eggplant = quinoa

**soft cheese** - ricotta = goats cheese = cottage cheese = blue cheese = brie = camembert

**hard cheese** - parmesan = cheddar = guryere = swiss

**legumes** - chickpeas = white beans = cannellini beans = lentils = butter beans = black beans

## accompaniments

**starchy** - pasta = polenta = potatoes = rice = bread

**low GI (healthier)** = quinoa = lentils = beans = vegetables

## sauces

**asian** - fish sauce = soy sauce = oyster sauce = hoisin sauce

**tomato** - canned tomatoes = tomato puree (passata) = tomato paste (+water) = tomato ketchup

**hot** - tabasco = chilli based sauces = dijon mustard = hot english mustard = horseradish

**creamy** - mayonnaise = hollandaise = yoghurt = coconut milk = cream = tahini = nut based sauces = satay

**fresh** - pesto = anything herb based = tapenade

**liquids** - stock = wine = water = tomato puree = coconut milk

## vegetables

**leafy herbs** - parsley = mint = coriander (cilantro) = basil = rocket (arugula) = sorrell

**woody herbs** - thyme = rosemary = sage = oregano = lemon grass = lemon thyme = kaffir lime leaves

**leafy veg** - spinach = chard = silverbeet = collard greens = kale = cavolo nero = beet tops = cabbage

**root veg** - potato = sweet potato = parsnip = beets = turnip = celeriac = swede = rutabaga

**brassicac** - broccoli = cauliflower = cabbage = brussels sprouts.

**crunchy veg** - celery = snow peas = shaved raw veg

**green veg** - zucchini = peas = beans = broad beans = broccoli

**colourful** - tomatoes = red peppers (capsicum) = beets = radicchio = carrots = radish = eggplant (aubergine)

**aromatic veg** - onions = celery = carrots = garlic

**salad veg** - lettuce = radicchio = rocket (arugula) - leafy herbs (above) = endive = witlof = beet tops

## seasonings

**hot** = fresh chilli = chilli powder = chilli flakes = chilli sauce = chilli oil = black pepper = spicy paprika

**salt** - sea salt flakes = soy sauce = miso paste = olives = capers = anchovies = fish sauce

**spices** cumin = coriander = smoked paprika = fennel seeds

**curry** = curry powder = curry paste = ground cumin = chilli powder

**acid or sour** - lemon juice = lime juice = sherry vinegar = rice vinegar = champagne vinegar = red wine vinegar = white wine vinegar = balsamic vinegar = natural yoghurt = tamarind

**sweet** = balsamic vinegar = fresh fruit = dried fruit = sugar = stevia = carramelised onion = vanilla = cinnamon = chocolate = caramel = honey, sweet wine (port, muscat)