

Cilantro

HOW TO CHOOSE AND STORE

Cilantro leaves are best consumed fresh, they will spoil quickly when removed from the plant, and lose their aroma when dried, cooked or frozen. It is best used raw or added dishes just before serving. Dried seeds (coriander) are best to use in cooking. Store coriander whole and crush just before using



HOW TO USE AND EAT

The fresh leaves can be added to many dishes, such as salads, salsa, guacamole, and is used garnish for soup, fish and meat. The seeds can be used in many recipes along with other spices.

Cilantro Avocado Salad

2 cups cilantro leaves (1 large bunch)
1 large avocado, diced
1/2 pound tomatoes, chopped (4–6 small tomatoes)
1/2 medium red onion, thinly sliced
1 cup canned black beans, drained and rinsed
1 cup canned whole kernel corn, drained
juice of a large lime
2 tablespoons olive oil
salt and black pepper (or red pepper flakes), to taste
A cup crumbled cheese of choice (ie feta)
-Place vegetables in a bowl, toss together. Squeeze lime juice over ingredients and drizzle with 2 tablespoon olive oil. Toss gently to combine well. Add Salt and pepper (or red pepper flakes) to taste. Sprinkle with cheese and toss again.

Coriander Chutney (Sauce)

1 cup coriander
1/2 cup mint
1 inch ginger
3 clove garlic
2 tbsp lemon
1/4 tsp sugar
1/4 tsp salt
-firstly, in a small blender take 1 cup coriander, 1/2 cup mint, 1 inch ginger, 3 clove garlic, and 2 tbsp lemon.
-also add 1/4 tsp sugar and 1/4 tsp salt.
-blend to smooth paste adding 1/4 cup water or as required.
-Use in sandwiches or as a dip with snacks!

Cilantro Lime Chicken

3 tablespoons olive oil divided
1/4 cup lime juice (Juice of 2 limes)
1/4 cup fresh chopped cilantro
1 teaspoon red chili (or pepper) flakes
4 cloves garlic minced
2 teaspoons brown sugar
3/4 teaspoon ground cumin
6 bone-in skin-on (or off) chicken thighs
Salt and pepper to taste
Fresh cilantro leaves to serve

- Preheat oven to 425°F
- In a bowl, whisk together 2 tbs olive oil together with the remaining ingredients, except the chicken.
- Toss the chicken in the marinade to evenly coat. Cover and refrigerate 15 min.
- Heat the remaining oil in a pan over med-high heat. Add in the thighs along with any marinade left over in the bowl, and sear chicken -- skin-side down -- for 4 min. on each side until golden and crispy (chicken will not be fully cooked).
- Transfer to preheated oven and bake until the chicken is cooked through (15-20 mins)
- Serve over steamed rice and drizzle with the pan juice and garnish with fresh cilantro leaves