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*Sirang Minavi*

Dried vegetables







## About Us

The Sirang Minavi brand, with several years of experience and leveraging modern technologies, transforms fresh vegetables into high-quality, long-lasting dried herbs. This brand values quality, honesty, and customer satisfaction, and its goal is to offer healthy and delicious products. By choosing Sirang Minavi's dried herbs, you benefit from the unique taste, aroma, and nutritional properties of vegetables. Our commitment is to provide high-quality products with delightful flavor that meet your needs.







## Types of Dried Herbs

### Dill

Dill is a green, herbaceous plant with thin, long leaves. It is used as a seasoning and garnish in various dishes such as sabzi polo, kofta, and ash. Dill has numerous medicinal properties, including strengthening the stomach, reducing bloating, and improving digestion. It is also said to help control blood sugar levels.

### Parsley

Parsley is a widely used herb with fragrant green leaves. It is used as a flavoring and garnish in various dishes. This herb is rich in vitamins A, C, and K, and has anti-inflammatory properties that strengthen the immune system. Parsley also helps improve heart health and reduce blood pressure.

### Coriander

Coriander, with its tender leaves and mild aroma, is widely used in Iranian and Indian cuisine. This herb has antioxidant, antibacterial, and anti-inflammatory properties. Coriander helps improve digestion, reduce cholesterol, and strengthen the immune system. Coriander seeds are also used in spices and teas.





### Fenugreek

Fenugreek has a bitter and unique flavor. It is used in dishes such as ghormeh sabzi and various stews. Fenugreek has anti-diabetic properties, reduces blood sugar, and improves digestive function. This herb also helps strengthen hair and reduce inflammation.

### Basil

This aromatic plant is used in salads, pastas, and other dishes. Basil has anti-inflammatory, antibacterial, and antioxidant properties. This herb helps improve heart health, reduce stress, and enhance digestive function. Basil is also used as a natural antibiotic.

### Tarragon

Tarragon has a bitter and pungent taste and is used as a seasoning in various soups, sauces, and meat dishes. Tarragon has anti-inflammatory, antibacterial, and antioxidant properties. This herb helps strengthen the immune system and reduce stress.





### Marjoram

This aromatic herb is used as a seasoning in various dishes such as ash and stews. Marjoram has antifungal, antibacterial, and antioxidant properties. It helps improve digestion, reduce bloating, and strengthen the stomach.

### Mint

Mint, with its green leaves and fresh, pleasant aroma, is used in beverages, salads, and desserts. Mint has anti-inflammatory, calming, and antibacterial properties. This herb helps improve digestion, reduce headaches, and enhance respiratory function.

### Peppermint

Peppermint is a variety of mint with a spicier flavor, used as a flavoring in drinks, teas, and dishes. Peppermint has anti-inflammatory, antibacterial, and calming properties. This herb helps improve digestion, reduce headaches, and enhance respiratory function.





### **Pennyroyal**

Pennyroyal, with its small leaves and strong, unique aroma, is used in various dishes and beverages. Pennyroyal has antibacterial, antiviral, and anti-inflammatory properties. This herb helps improve digestion, reduce bloating, and strengthen the immune system. It also helps alleviate headaches and reduce stress.

### **Thyme**

This aromatic herb is used in various dishes and teas. Thyme has anti-inflammatory, antibacterial, and antioxidant properties. This herb helps improve digestive function, reduce bloating, and strengthen the immune system.

### **Lemon Balm**

Lemon balm, with its green leaves and mild aroma, is used in teas and various dishes. Lemon balm has calming, anti-inflammatory, and antibacterial properties. This herb helps reduce stress, improve sleep, and strengthen the immune system.





### Chives

This herb is used in various dishes such as sabzi polo, ash, and soups. Chives have anti-inflammatory, antibacterial, and antioxidant properties. This herb helps improve digestion, reduce bloating, and strengthen the immune system.

### Spinach

This nutritious herb is used in dishes such as salads, soups, and stews. Spinach is rich in iron, vitamins A, C, and K, and fiber. This herb helps strengthen the immune system, maintain heart health, and improve digestive function. Spinach also helps reduce blood pressure and prevent anemia.

### Sabzi Ghormeh

Sabzi Ghormeh is a blend of aromatic herbs such as parsley, coriander, fenugreek, and chives. This herbal mixture imparts a unique flavor and aroma to dishes and offers numerous nutritional and therapeutic benefits. In addition to flavoring, it has anti-inflammatory properties and strengthens the immune system.







### Sabzi Polo

Sabzi polo includes herbs like dill, parsley, and coriander. This herbal mix not only enhances flavor but also provides numerous nutritional benefits. Sabzi polo helps improve digestion, strengthen the immune system, and reduce inflammation.

### Soup Herbs

Soup herbs are a blend of aromatic herbs like parsley, coriander, and chives, used in preparing various soups. These herbs not only enhance flavor but also have anti-inflammatory properties and strengthen the immune system. Soup herbs help improve digestion and reduce inflammation.

### Ash Herbs

Ash herbs include herbs such as parsley, coriander, chives, and spinach, used in making various types of ash. This herbal combination not only adds flavor but also offers numerous nutritional and medicinal properties. Ash herbs have anti-inflammatory, antioxidant, and immune-boosting properties.





### Fish Herbs

Fish herbs are a blend of aromatic herbs such as coriander, parsley, and marjoram, used in preparing seafood and fish dishes. This herbal combination helps enhance the taste and aroma of the dish and also increases its nutritional value. Fish herbs have anti-inflammatory properties and strengthen the immune system.

### Dolma Herbs

Dolma herbs include herbs such as parsley, coriander, chives, and fenugreek, used in preparing various types of dolma. These herbs not only add flavor but also have anti-inflammatory properties and strengthen the immune system. Dolma herbs help improve digestion.







## Uses of Dried Herbs

Dried vegetables, after being harvested and dried, are prepared as powders or dried leaves and are used to flavor rice, stews, ash, and salads. The benefits of dried herbs include their usability in all seasons, high variety, lighter weight, lower cost, delightful aroma and taste, and time-saving. Additionally, dried herbs are used for garnishing dishes and beverages, enhancing the aroma and flavor of food alongside spices and seasonings. To store them, they should be kept in a dry, cool place.







## Vision

Our vision at Sirang Minavi is to become one of the top and most trusted brands in dried herb production in Iran by offering high-quality, natural products. We aim to ensure the health and satisfaction of our customers by using modern technologies and up-to-date knowledge in agriculture and the food industry. We are also striving to preserve the freshness, aroma, and natural taste of vegetables through the best production and packaging methods, ensuring that these products reach our customers with a long shelf life.







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