

A better choice!

Quality **FRESHNESS** Service

FREE

ISSUE 3 2023

P6

Spaghetti al limone with Grange Garlic



Grange Garlic
100% AUSTRALIAN, ALWAYS

54

RECIPES WITH
SEASONAL
PRODUCE

Mango
moments to
make spring
sing

Aussie Grown
Stories



Flavours to Savour

Dishing up seasonal favourites



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Join our weekly newsletter for your chance to win a \$500 voucher to your local fruit & veg shop!

The competition runs 1/10/2023 until 29/02/2024. Entrants must be 18 or over. One prize of \$500 to be won. For full terms and conditions visit <https://www.abetterchoice.com.au/sign-up-to-win-500/>



Seasonal Splendour

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Spring is well and truly here, and there's never been a better time to head in-store at your local fruit and veg shop and find some seasonal delights! From the treasures of fresh asparagus, artichoke and wonderful greens to deliciously sweet berries like strawberries and blueberries. We also build up to the tropical fruits season bringing the taste of summer with produce like mango, pineapple and passionfruit.

Embrace the wonders of the season, and get cooking with your friends and family. As we take off the winter layers and enjoy the wonderful weather, we hope you make the most of the produce that is so lovingly brought to you and your family from hard-working growers across Australia, through the central markets and to the shelves of your local fruit and veg shop.

We've got some great recipes for you in this edition for any occasion. We have a great choice of easy recipes to get dinner on the table quickly, or some delicious dinner recipes using seasonal produce that will help to keep dinner within budget. With Halloween just around the corner, have some spooky fun with healthy recipes the kids will enjoy! Spring is a time to embrace the wonderful produce simply tossed into refreshing salads, topped on your daily breakfast or enjoyed in a cool beverage.

We hope you enjoy the recipes in this issue and want to thank you for supporting your local community by shopping at your local fruit and veg shop.

The 'A better choice' Team

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'A better choice!' is a joint initiative by industry group Fresh Markets Australia (FMA) and the Central Markets Association of Australia (CMAA). The program supports more than 800 independent fruit and veg shops across Australia that supply 15% of all the fresh produce sold each year in Australia. 'A better choice!' is not for profit and was made for industry by industry.

By supporting local Australian fruit and veg shops, you are making 'A better choice!', not only for your family but for the economy and the fresh produce industry. When you buy local, you are guaranteed a better choice of available products, a better choice for freshness, and the knowledge and service that comes from local business owners who are part of the supply chain from growers, to wholesalers, to retailers.

**A better
choice!**
Quality **FRESHNESS** Service

GET IN TOUCH: info@abetterchoice.com.au



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*Gather round and
enjoy the season*

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Discover The Difference

Having dinner done quickly is so important for busy families. Grange garlic minced garlic is a great way to speed up your weekly meal prep without losing that fresh garlic hit.

From a 40-hectare farm in south-west Victoria, Grange Garlic was introduced in 2019 as Australia's only fresh minced garlic. Unlike other options on the market, Grange Garlic fresh minced garlic is made from 100% fresh garlic with no reconstituted dehydrated products with just a bit of Australian lemon juice.

Fresh Australian garlic is a winter crop that is harvested in early summer. With this product, you can support Australian-grown fresh garlic year-round with a robust flavour that will surely enhance your savoury meals with ease with a healthy dose of real garlic. This simple addition of fresh minced garlic can really elevate your meals to an affordable indulgence.

Ask for the award-winning Grange Garlic fresh minced garlic at your local fruit and veg shop and discover the difference!

ON THE COVER SPAGHETTI AL LIMONE WITH ASPARAGUS

TIME 25 MINUTES MAKES 4

- 450g dried spaghetti
- 2/3 cup olive oil
- 1 large bunch asparagus, trimmed, and thinly sliced on a diagonal
- 3 teaspoons of Grange Garlic fresh minced garlic
- 1/2 tsp chilli flakes (optional)
- 8 large basil leaves
- 2 lemons, halved
- 1 cup Parmesan, finely grated (+ more for serving)
- Salt and pepper
- 1** Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Reserve 1 1/2 cups of the pasta cooking liquid, then drain.
- 2** Meanwhile, heat oil in a large heavy pot over medium-high

heat until shimmering. Add the asparagus, season with salt and pepper, and cook, stirring often for around 1 min. Next, add the Grange Garlic fresh minced garlic, lemon zest, and chilli flakes.

Cook, stirring, until fragrant (around 30 secs). Remove the pot from heat and let sit until the pasta is done.

3 Add the pasta and basil to the pot with the asparagus mixture and return to medium-high heat. Squeeze the juice from both lemons into the pot and add the Parmesan and 1 cup of the reserved pasta cooking liquid.

4 Cook, tossing vigorously and adding more pasta cooking liquid if needed, until the sauce is creamy, and the pasta is well coated (around 1 min). Taste and season with more salt and pepper, if needed.

5 Divide the pasta among 4 serving bowls, and top with more Parmesan, chilli flakes and basil.

Just 3 teaspoons
of Grange Garlic!



Ask for Grange Garlic at your local fruit and veg shop
Further information can be found at www.grangegarlic.com.au



Grange Garlic
100% AUSTRALIAN, ALWAYS



With Crispy Tofu

Super simple.
Super versatile.
Superfood.

BROCCOLINI 

The super simple superfood



With Chilli Jam Chicken

Easy Step by Step Stir-fry



STEP 1: Prepare ingredients

Ready in
12
minutes

The super simple side

Broccolini® with Garlic & Cashews

Prep
5 mins

Cook
7 mins

Serves
4 as a side

2 bunches Broccolini®
1 tbs vegetable oil
4 large garlic cloves, peeled, thinly sliced
2 tbs oyster sauce
3 tbs (40g) roasted unsalted cashews
1 long red chilli, thinly sliced (optional)



STEP 2: Saute garlic, remove, then add Broccolini®



STEP 3: Stir fry for 2 mins, add sauce and water



STEP 4: Top with fried garlic, cashews and chilli

STEP 1

Cut any thicker Broccolini® stems in half lengthways. Leave the thinner stems whole.

STEP 2

Place the oil and sliced garlic in a cold wok or large non-stick sauté pan. Cook over high heat until the garlic turns light golden. Use a slotted spoon to remove the garlic to a plate. Add the Broccolini® to the same pan.

STEP 3

Stir fry for 2 minutes or until the Broccolini® is bright green. Add the oyster sauce and 3-4 teaspoons of water. Stir fry for 1-2 minutes until tender.

STEP 4

Scatter over the fried garlic, cashews, and chilli (if using). Serve.

Serving suggestion

Serve with any protein such as lamb, chicken, beef, fish or tofu.



BROCCOLINI®



Support your
**LOCAL FRUIT AND
VEG SHOP**

A top-down view of a bowl of Prawn Pad Thai. The dish features wide, flat rice noodles coated in a light brown sauce, topped with cooked prawns, bean sprouts, sliced red chilies, and fresh green herbs. Two lime wedges are placed on the right side of the bowl. The bowl is set on a dark grey surface, with a whole onion, a lime half, and a bunch of cilantro in the background. A small white dish with more sliced chilies is in the bottom left corner, and a gold fork is on the right.

Prawn Pad Thai p13

Weeknight TIME-SAVERS

Get dinner on the table quicker with these simple recipes to feed the family.

Pork & Apple Slaw Burger p13



Marinated Lentils with
Broccolini & Feta p13



Garlic Spaghetti Aglio E Olio



PRAWN PAD THAI

TIME 40 MINUTES SERVES 4

1 lime

Coriander, to garnish

Bean sprouts, to garnish

Peanuts, to garnish

Spring onions, to garnish

250g prawns

2 eggs

2 Birdseye chillies

3 garlic cloves

Rice noodles

1 tbs olive oil

2 tsp soy sauce

1 tbs peanut butter

2 tsp fish sauce

Sesame seed oil, a couple of drops

1 Add the rice noodles to a large bowl, pour boiling water over the Noodles. Cover for 5 minutes then drain. Drizzle sesame seed oil over the noodles and toss together – this prevents the noodles from sticking.

2 Heat a large pan over high heat. Add chopped onion, shelled prawns, olive oil, salt, and garlic. Fry for 10 minutes and set aside once cooked.

3 Whisk the eggs together and pour into the pan. Let sit to form an omelette. Once cooked remove from the pan and roughly cut.

Add the cooked onions, prawns, omelette, and rice noodles back into the pan. Mix soy sauce, peanut butter, sesame seed oil and fish sauce in a small bowl. Once combined add to the pan

4 Plate up with fresh coriander, a wedge of lime, bean sprouts, peanuts, spring onions and chillies

PORK & APPLE SLAW BURGER

TIME 20 MINUTES SERVES 2

500g Pork Mince

Salt & Pepper, to taste

4 Cheese Slices

4 Burger Buns

2 Cups Mixed Salad Leaves

2 tbs Olive Oil

1 Red Apple, cored and cut into matchsticks

1/2 Red Onion, thinly sliced

3 Sprigs Parsley Leaves, chopped

1/3 Cup Mayonnaise

1 In a medium bowl, combine apple, onion, parsley, and oil, and toss to

combine. Season with salt and pepper.

2 Shape the mince into 4 equal-sized balls. Preheat a large fry pan over a high heat. Once mince balls are added to the pan, immediately press down and flatten into 1cm-thick patties.

3 Season with salt and pepper, and cook for 2 minutes or until the bottom is browned and crisp. Turn patties once, seasoning with salt and pepper. Cook for a further 2 minutes or until browned and cooked through.

4 Spread bun bases with mayonnaise, and place patties on bun bases. Top with cheese, salad mix, and apple slaw, finish with bun tops and serve.

MARINATED LENTILS WITH BABY BROCCOLI & FETA

TIME 30 MINUTES SERVES 4

2 tsp Ground Coriander

2 tsp Fennel Seeds

1 Red Chilli, thinly sliced

2 Garlic Cloves, crushed

1/2 Cup Olive Oil + 3 tbs

Salt and Pepper, to taste

1 1/2 Cups Red Lentils

2 Bunches Baby Broccoli

1/2 Lemon, thinly sliced and seeded

200g Feta, crumbled

1 Preheat the oven to 200°C. Line a baking tray with baking paper.

2 In a large frypan, add coriander, fennel seeds, chilli, garlic and cup oil. Set over a medium heat and cook, shaking pan occasionally, until the garlic is golden brown and the chilli slices have shrivelled slightly. Season spiced oil lightly with salt and transfer to a small bowl.

3 In a large pot, cook lentils in simmering salted water until tender but still firm. Drain and transfer to a medium bowl.

4 While the lentils are cooking, add the baby broccoli and lemon to the lined tray and toss with the remaining 3 tbs olive oil and salt. Roast until the baby broccoli is charred in spots and the lemon has softened. Toss halfway through cook time.

5 Pour half the reserved spiced oil over the warm lentils, then season with salt and pepper, to taste.

6 Divide lentils among bowls and top with baby broccoli, lemon, and feta, dressing with any remaining spiced oil.

GARLIC SPAGHETTI AGLIO E OLIO

TIME 35 MINUTES SERVES 4

Salt

Pepper

500g spaghetti

1/3 cup olive oil

8 large garlic cloves, coarsely chopped

1/2 tsp chilli flakes

1/2 cup parsley

1 cup parmesan cheese

1 Bring a large pot of water to a boil. Add 2 tbs of salt and cook the pasta according to the packet directions. Set aside 1 1/2 cup of the pasta water before draining.

2 In a large deep pan, heat olive oil over medium heat. Add in garlic and cook until fragrant. Add in chilli flakes and stir continuously for another 30 seconds.

3 Add in the reserved pasta water and bring to a boil. Lower the heat and simmer for 5 minutes.

4 Add the drained pasta to the garlic sauce and toss to combine. Add in parsley and parmesan. Add salt and pepper for seasoning.

BEEF ZUCCHINI NOODLE

TIME 25 MINUTES SERVES 2

4 zucchinis

3 spring onions

1 chilli

3 minced garlic

1 tbs olive oil

1 tbs sesame oil

1 tbs grated ginger

1 tsp sriracha

1/3 cup soy sauce

500g beef strips

Sesame seeds, to garnish

1 In a small bowl, whisk together sesame oil grated ginger, minced garlic, Sriracha and soy sauce.

2 In a medium high heat skillet add the olive oil. Add the beef strips and cook until browned

3 Use a vegetable spiraliser to turn the zucchinis into noodles. Stir in zucchini noodles, with spring onions (save some for garnishing) and soy sauce mixture, allowing to simmer until heated through, about 2 minutes.

4 Dish up and garnished with sesame seeds, spring onions and fresh chilli.

Beef Zucchini Noodles p13



Bountiful BERRIES



No-Bake Mini
Strawberry Cheesecakes
p18

Celebrate spring with these
delicious berry bursts that
are packed with flavour!

Chia Pudding p18



Blackberry Pancakes p18



NO-BAKE MINI STRAWBERRY CHEESECAKES

TIME 4 HOURS SERVES 12

400g digestive biscuits
6 tbsp butter, melted
225g cream cheese, at room temperature

1/2 cup icing sugar
2 cups freshly whipped cream
1 cup fresh strawberries, finely chopped + extra to serve

1 Place digestive biscuits in a food processor and process for 1 min or until they resemble fine breadcrumbs.

2 In a medium bowl, combine the biscuit crumbs and melted butter until well combined.

3 Evenly press mixture into the bottom of your mini cheesecake pans (recipe makes around 12 mini cheesecakes depending on pan size).

4 In a large bowl, beat together the cream cheese and icing sugar.

5 Next, add the whipped cream and sliced strawberries to the cream cheese mixture and mix until combined.

6 Spoon the cream cheese filling onto the prepared bases. Gently smooth the cheesecake tops with a spatula and refrigerate until firm (around 4 hours).

7 Serve topped with more fresh strawberries and whipped cream if desired. Enjoy!

CHIA PUDDING

TIME 4 HOURS SERVES 4

8 tbsp Chia Seeds
2 Cups Milk
1 tsp Maple Syrup
1 tsp Vanilla Extract
Raspberries
Blueberries
Strawberries

1 Add chia seeds and milk to a large bowl and stir together.

2 Let the chia mixture rest for 15 minutes – it will start to thicken – then stir again.

3 Once thickened, divide between four glass jars.

4 Cover with a lid and store in the fridge for four hours, or overnight before serving. To serve, top with blueberries, strawberries, and raspberries.

BLACKBERRY PANCAKES

TIME 30 MINUTES SERVES 4

Zest of 1 lemon
1 cup of fresh blackberries, chopped
1 1/2 cups wholemeal flour
2 tsp baking powder
1 pinch of salt
2 large eggs
1 cup milk of choice
2 tbsp honey or maple syrup
2 tbsp melted coconut oil

1 Combine your dry ingredients together in a bowl (flour, baking powder, salt). Mix together until well combined.

2 In a separate bowl for your wet ingredients, combine eggs, milk, sweetener of choice and coconut oil. Whisk until well combined.

3 Pour your wet mixture into your dry mixture, and fold together. Add your lemon zest, and fold in blackberries, being careful to not squish them (unless you prefer pink pancakes!)

4 In a pan over medium heat with 2 tbsp of coconut oil or butter, begin to ladle scoops of your pancake mixture into the pan. When they bubble, flip them over and continue to let them brown.

5 Serve with additional blackberries, lemon zest, maple syrup and ricotta or Greek yoghurt if desired.

WHITE CHOC & RASPBERRY COOKIES

TIME 20 MINUTES SERVES 16

3/4 cup butter, softened
1/2 cup brown sugar
1/2 cup white sugar
1/2 tbsp vanilla extract
1 egg
3/4 tsp baking soda
2 cups + 2 tbsp plain flour
3/4 tsp salt
1/2 cup fresh raspberries, roughly chopped

1/2 cup white chocolate, chopped
1 Preheat oven to 180°C and line two large trays with baking paper.

2 In a medium bowl, combine the flour, salt, and baking soda. Set aside.

3 In the bowl of a mixer, cream the butter and sugars, mixing until the mixture is light and fluffy, around 2 mins.

4 Next, add in the egg and vanilla extract, and mix until combined.

5 Add in the dry ingredients and mix until combined. Next, gently fold in the white chocolate, then the raspberries.

6 Use a spoon (or your hands!) to form 1 1/2 tbsp sized cookie dough balls. Place the balls onto the lined baking trays, leaving around 8cm between each.

7 Bake one tray of cookies at a time in the oven for 8-10 mins. Once done, the edges will be turning golden brown and the tops will look set, but still be soft (cookies harden slightly when they cool!).

8 Allow the cookies to cool on the baking trays for 10 mins, then transfer to a wire rack to cool further.

GRANOLA CUPS WITH YOGHURT & BERRIES

TIME 30 MINUTES SERVES 4

1 1/2 cups rolled oats
1/4 cup chia seeds
2 tbsp coconut oil
1/2 tsp salt
1/4 cup honey
1 tsp ground cinnamon
1 tsp vanilla essence
Yoghurt of your choice, to garnish
Strawberries and blueberries, to garnish

1 Preheat oven to 180°C. Mix the oats, chia seeds, salt, and cinnamon together.

2 Over a low heat on the stove, heat the coconut oil and honey until just melted. Once melted, add the mixture to the dry ingredients, along with the vanilla, mixing well to combine.

3 Divide the granola mixture into a greased 12 cup muffin tray. Using a measuring cup, press the mixture down into each cup so that each forms a small bowl shape.

4 Bake in the oven for 12-15 mins, or until golden brown. Remove from oven and allow to cool.

5 To serve, spoon a generous amount of yoghurt into each granola cup before topping with fresh berries. Enjoy!

STRAWBERRY SLICE

TIME 45 MINUTES SERVES 16

125g unsalted butter, melted
1 1/2 cups plain flour
1 1/2 cups rolled oats
1/2 cup brown sugar
1/2 tsp baking powder
Salt, to taste
1 egg

2/3 cup strawberry jam
2 cups chopped strawberries
2 tbsp white sugar
2 tsp cornflour

1 Preheat oven to 180°C. Spray a 20cm square slice tin with cooking oil, then line with baking paper and allow it to overhang.

2 Combine the flour, oats, brown sugar, baking powder and salt. Add in the butter and egg, then mix again.

3 Measure out one cup of the mixture and set aside. Place the remaining mixture into the slice tin and press into the base.

4 Combine the strawberries, white sugar and cornflour in a bowl.

5 Spread the jam on top of the base, then scatter over the strawberries.

6 Use your hands to crumble the remaining mixture over the top.

7 Bake in the oven for 35-40 mins or until the top is deep golden in colour. Remove the slice from the oven and let it cool for 10 mins in the tin before lifting it out of the tin.

8 To serve, cut the slice into squares and serve at room temperature. Store leftovers in an airtight container on the bench or in the fridge.



Granola Cups with
Yogurt & Berries p18





Strawberry Slice p18



The beauty of South Australian **STRAWBERRIES**

The Hills are alive with the sounds
of Strawberries!

A beautiful picture of Malcom Parker and his adorable granddaughter in their strawberry field, A F Parker & Son's farm in Woodside



South Australian strawberry season is looming and the Adelaide Hills provides perfect growing conditions for these sweet summer sensations.

Harvested from October through April, South Australia prides itself on producing some of the country's best-tasting strawberries.

In 2019 the Parker family's strawberry fields were devastated by bush fires and in 2022 South Australian strawberry growers were hit by hailstorms that wiped out the first pick of the season's strawberries. In 2023 the growers have their fingers crossed for an earlier more robust crop to be able to bring to market.

AF Parker & Sons have been growing strawberries in the Adelaide Hills at Uraidla and Woodside since 1854. Michael Parker is a sixth-generation grower who is heavily involved in the business working both in the field and at the wholesale market at Pooraka.

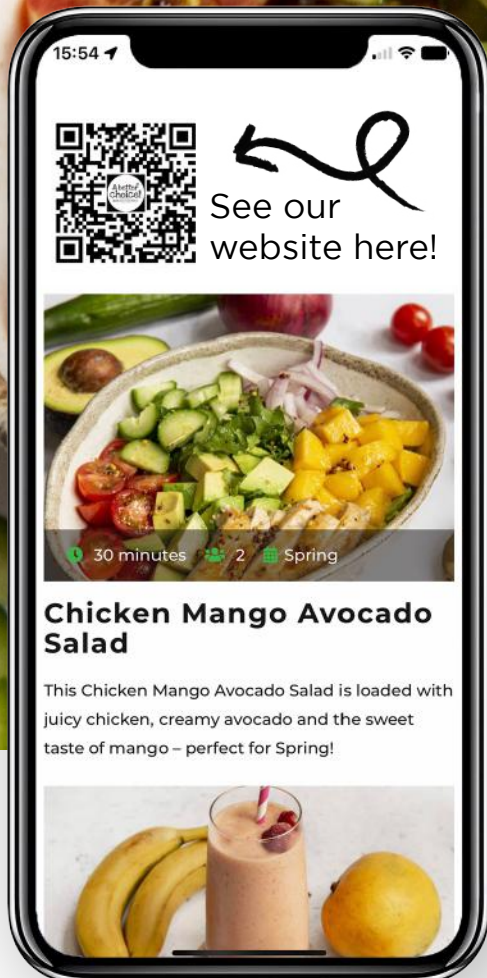
South Australians would have grown up with strawberries picked by the Parker family, look for them at your local fruit and veg this summer to support this South Australian family business.



Michael Parker A.F. Parker & Sons

**FIND OVER 1000 FREE
RECIPES ON OUR WEBSITE!**

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Facebook & Instagram!

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Unbeatable **BANANAS**

Celebrate Bananas this season with these
simply delightful sweet banana treats!



Banana Split p29

**NATIONAL
BANANA DAY
VIRTUAL RELAY
OCT 18TH 2023**



**A BANANA TO GET YOUR
BODY SINGING AGAIN #BANANADAY**



**SCAN TO LEARN HOW YOU CAN
JOIN THE RELAY FROM ANYWHERE**





JOIN THE NATIONAL BANANA DAY VIRTUAL RELAY

While we're a nation of exercise lovers, more and more Australians say they're not exercising as much as in the past.

Research from Australian Bananas shows over a quarter of Aussies don't believe they're getting the recommended amount of daily exercise (28%) due to working long hours (38%) and having to spend time taking care of the family (33%).

This is lower than during the pandemic, with almost a third of Aussies admitting that exercise has become less of a priority than three years ago (30%), putting it down to being time-poor (37%), being more unmotivated than ever (32%) and not feeling like working out because they're too tired after work (25%).

To get the nation moving this National Banana Day on the 18th October, Australian Bananas is creating a national movement, literally, by calling on every Aussie to make their body sing again with the National Banana Day Virtual Relay.

HERE'S HOW YOU CAN GET INVOLVED:



PUT THE DATE IN YOUR DIARY

You can take part in the free National Banana Day Virtual Relay on **Wednesday 18th October** from anywhere.

CHOOSE AN ACTIVITY

Australian Bananas is encouraging you to do your thing, to make your body sing this National Banana Day.

To share some inspiration, see below the top activities Australians like to take part in:



GRAB A BANANA

Former Olympic runner Jana Pittman is leading the charge for getting the nation back on our feet. Joining the relay is as simple as getting active, filming it, posting it and passing it on.

Whether you prefer exercising alone or in a group, we encourage everybody to get moving. To get involved:



Grab a banana



Film yourself being active



Pass the banana 'baton' left or right



Share on Instagram or TikTok tagging #BananaDay and @AustralianBananas

Participants will also go into the running to win **2 x \$1,000 EFTPOS Gift Vouchers**.

See <https://www.australianbananas.com.au/BananaDay/Terms> for terms and conditions.



Follow the virtual relay via Australian Bananas' on their social channels





Banana Sushi Rolls



BANANA SUSHI ROLLS

TIME 5 MINUTES

SERVES 12

- 1 large wholemeal tortilla
- 1 1/2 Tbsp smooth peanut butter
- 1 banana, peeled
- 1/4 cup finely chopped fresh fruit (we used raspberries, kiwi fruit, red grapes and mandarin)
- 1/2 kiwi, sliced
- 2 Tbsp cream cheese or ricotta
- 1** Lay the tortilla on a flat surface and spread the peanut butter all over the surface.
- 2** Place the banana on one end of the tortilla, and then roll it up tightly. The peanut butter will help the wrap stay rolled up.
- 3** Cut the roll into even slices, then place on a plate or small serving platter.
- 4** Spread the cream cheese on top of the rolls, then top with the chopped fruit. Enjoy!

BANANA SPLIT

TIME 20 MINUTES

SERVES 4

- 70g butter
- 6 bananas, peeled and halved lengthways
- 1/2 cup brown sugar
- 1/4 cup thickened cream
- 1/2 cup walnuts, roughly chopped
- White chocolate, grated or finely chopped
- Vanilla ice cream, to serve
- 1** In a large pan, melt 20g butter over a high heat. Cook the banana in batches, cut side down for 2-3 mins or until they are golden and caramelised.
- 2** Transfer the bananas to plates, cut side up to show off the beautiful, caramelised bananas.
- 3** Bring the sugar, cream and remaining 50g butter to a boil over a medium-high heat. Boil for 2 mins, stirring, until the sauce has thickened slightly.
- 4** Top the bananas with ice cream, sauce, walnuts and grated/finely chopped white chocolate. Serve immediately.

BANANA PUDDING

TIME 30 MINUTES

SERVES 4

- 2 cups milk
- 2/3 cup sugar
- 2 1/2 Tbsp cornflour
- 1/2 tsp salt
- 2 large egg yolks, beaten
- 1 Tbsp unsalted butter
- 2 tsp vanilla extract
- 2 large bananas, peeled and chopped
- 75g biscotti (or sweet biscuit of your choice), crumbled
- 1** Heat milk, sugar, cornflour, and salt in a saucepan over a medium heat. Bring to a simmer, whisking until smooth.
- 2** Remove 1 cup of hot milk from the saucepan. In a medium bowl, in a very slow and steady fashion, whisk the milk in with the yolks.
- 3** Lower the heat to medium and pour the yolk mixture back into the saucepan, whisking to combine.
- 4** Cook the mixture for a further 2-3 mins, stirring, before removing from the heat and stirring in the butter and vanilla until smooth. Meanwhile, prepare an ice bath.
- 5** Place the saucepan directly into the prepared ice bath, stirring occasionally, until it reaches room temperature (around 30 mins).
- 6** Transfer mixture to a bowl, cover, and refrigerate for at least 5 hours or until the pudding is completely chilled. Once chilled, remove bowl from the fridge and fold in 1 and a half chopped bananas.
- 7** To assemble, place some of the crumbled biscuits into individual glasses/cups before topping each with a small scoop of the leftover chopped bananas. Next, top each glass with roughly 1/2 cup of the pudding mixture. Repeat with the remaining crumbled biscuits, chopped banana and pudding.
- 8** Top each pudding with a final sprinkle of chopped bananas and crumbled biscuits, then serve!

Banana Pudding p29



CARA CARA

sensations

**Cara Cara Orange
Frozen Margarita p36**





Cara Cara Orange
Chicken Skewers
p36

Cara Cara Orange
Sorbet p36





Meet CARA CARA ORANGES

Here's just a few reasons
to try Cara Cara Oranges

1 Cara Cara Oranges are a great alternative to Navel Oranges, with a beautiful colour and unique flavour with a hint of cranberry and blackberry

2 Cara Cara Oranges are perfect for juicing! With a high juice content and a delicious flavour, the pink colour of the flesh makes a striking juice that is so refreshing.

3 No seeds and an easy-peel skin make Cara Cara Oranges the perfect lunchbox snack for school or work.

4 They're good for you! Cara Cara Oranges give you 100% of your daily vitamin C requirements as well as vitamin A, fiber, potassium, and antioxidants.

5 Cara Cara Oranges are grown right here in Australia! The variety was discovered in Venezuela and has been growing in Australia with much success in the Murray Valley, Riverland and Riverina regions where hot weather and good soil produce great quality Cara Caras.

*So nice you have to say
it twice!*

*Have you been wandering the aisles of
your local fruit and veg shop looking
for a refreshing change when it comes
to selecting Australian-grown citrus?
Cara Cara Oranges are a wonderful
variety of Oranges that have pink flesh
and a sweet flavour.*



How to use Cara Cara Oranges

- 1 Snack time! Cara Cara Oranges are the perfect snack, with easy-to-peel skin and a sweet and refreshing flavour that is packed with vitamins.
- 2 Juice them up! Freshly squeezed Cara Cara Orange juice is a great way to start your morning. You can also add them to your favourite mocktails or cocktails.

- 3 Add Cara Cara Oranges to your favourite salads for a refreshing burst of sweet flavours with a citrus hit!
- 4 You can even get your baking hat on and use Cara Cara Oranges in your favourite citrus-themed baked dishes.

Images credit: Nicole Alicastro, Mildura Fruit



Cara Cara Oranges are a delicious variety of citrus that provides a delightful change from the ordinary. Look for Cara Cara Oranges at your local fruit and veg shop and taste the difference.

Darren and Garry Minter

CARA CARA ORANGE FROZEN MARGARITA TIME 10 MINUTE SERVES 4

2 Cara Cara oranges juiced + extra slices for garnish (optional)
1 Lime juiced
1 cup white tequila (optional)
3/4 cup orange liqueur
3 cups of ice
1 tbsp agave syrup (optional)
Kosher salt to rim glass (optional)
1 Prepare glasses. Place glasses in freezer for 30min to 2 hours prior to using if it is a particularly hot day as this will keep the drink cooler for longer.
2 Cover the base of a small plate with a thin layer of kosher salt.
3 Use a wedge of lime (or the squeezed-out lime peel if it has already been juiced) to dampen the rim of the glass.
4 Gently place the rim of the glass on the salt-covered plate. Garnish the glasses with a slice of orange if desired.
5 Add juice, tequila, orange liqueur and 2 cups of ice to a blender and blend until ice is crushed.
6 Taste and add agave syrup if more sweetness is needed.
7 Add extra ice if needed and serve immediately.

CARA CARA ORANGE CHICKEN SKEWERS TIME 2 HOURS SERVES 4

2 Cara Cara Oranges
2 large chicken breasts cubed into bite-sized pieces
1 Red Capsicum
1 Red Onion
2 cloves of garlic minced
1 tbsp light soy sauce
1 tbsp honey
Cracked black pepper
Vegetable oil
1 bunch fresh coriander for garnish
1/2 tbsp cornflour
1 tbsp water
1 Make marinade by combining the zest and juice of one Cara Cara Orange with soy sauce, honey, garlic and black pepper in a large container.
2 Dice the chicken into even bite-sized pieces roughly 2-3cm cubes and add to the marinade. Close the lid and shake to combine.
3 Allow the chicken to marinate in the fridge for at least 1 hour (or overnight).
4 Halve the orange and slice into 2-3mm slices.
5 Cut capsicum and onion to the same size as the chicken pieces. If you are using wooded skewers, soak them in water 30 min before use to avoid burning.
6 Lightly brush the barbeque with

vegetable oil and then pre-heat to medium-high heat. Reserve the chicken marinade and make the skewers.

7 Thread the marinated chicken, vegetables and folded-over orange slices onto the skewers, and spray or brush with vegetable oil.

8 Grill the skewers for 8-10 minutes on each side or until the chicken is well cooked.

9 Meanwhile, combine cornflour and water in a small bowl.

10 Bring the reserved marinade to the boil in a small saucepan over medium-high heat. Boil for at least 2 minutes to ensure any juices from the chicken are cooked.

11 Turn down the heat to a simmer then add the cornstarch slurry & continue to stir until the sauce thickens.

12 Drizzle sauce on the skewers, garnish with fresh picked coriander and serve immediately.

CARA CARA ORANGE SORBET TIME 25 MINUTES SERVES 4

6 Cara Cara Oranges
1 lemon
1 cup water
1/2 cup caster sugar
Zest of 1 Cara Cara Orange
1 Zest 1 of the Cara Cara oranges. Juice all oranges and set aside
2 Combine sugar, water, zest and lemon juice in a small saucepan and heat on low heat, stirring until sugar is completely combined. Add the sugar syrup mixture to the juice and stir to combine.
3 If using an ice-cream maker, chill the mixture in the fridge until cooled and then churn as per manufacturers instructions.
4 If not using an ice cream maker, freeze the juice mixture in a wide-bottomed container in the freezer.
4 Once frozen, break into smaller pieces and add to a food processor or blender in batches to break it down. Re-freeze until ready to serve





Grilled Asparagus,
Snow pea and Butter
bean Salad p38

SALAD SHOWSTOPPERS

Make salads the star of the show!

**GRILLED ASPARAGUS,
SNOW PEA AND
BUTTER BEAN SALAD**
TIME 30 MINUTES

SERVES 4

2 bunch asparagus, 3cm trimmed from end
200g snow peas, trimmed
4 tbsp extra virgin olive oil
Salt, pepper
1 400g tin butter beans, drained, rinsed
1/3 cup toasted almonds, roughly chopped
4 radishes, cut into small wedges
2 large handful mixed herbs (mint, coriander, dill), roughly chopped
Juice 1 lemon or 2 tbsp sherry vinegar
1 Preheat a BBQ or Grill plate over a high heat.
2 Toss the prepared asparagus and snow peas in 2 tbsp of olive oil and season with salt and pepper
3 Quickly grill for 2 minutes, turning throughout, to char them but leave them bright green.
4 In a mixing bowl, combine the grilled veggies, butter beans, radish, herbs, almonds, and dress with remaining olive oil, lemon, and a little seasoning.

**CHICKEN CRISPY
NOODLE SALAD**
TIME 15 MINUTES

SERVES 4

200g cooked shredded chicken
2 cups red cabbage, finely shredded
1 cup salad leaves
1/2 cup corn kernels
2 small carrots, thinly sliced into strips
1/2 cup fried noodles
1/4 cup crushed peanuts
Lime wedges, to serve
DRESSING
1/3 cup mayonnaise
1 1/2 tbs lime juice
1 tsp sesame oil
1/2 tsp Sriracha (optional)
1 Chop all ingredients as per ingredient directions.
2 To make the dressing, whisk together all the dressing ingredients in a small bowl.
3 Combine the red cabbage, salad leaves, corn, carrot, and half of the fried noodles on a large platter or a serving bowl.
4 Top the salad with the shredded chicken and drizzle over the dressing. Sprinkle the crushed peanuts and remaining noodles on top and serve with fresh lime wedges.

**VIETNAMESE INSPIRED
CRISPY SALAD**
TIME 20 MINUTES

SERVES 2

1 Cup Iceberg Lettuce
2 portions of rice noodles
1/2 Red Cabbage, finely chopped
1 Cucumber, finely chopped
1 Carrot, finely chopped
Bunch of Coriander
1 Cup Brocolini, cooked
1 tbsp Sesame Oil
2 tbsp Sweet Chilli Sauce
1 tsp Garlic Powder
1 tsp Chilli Flakes
1 Prep all fresh ingredients and add to a large bowl.
2 Cook rice noodles according to package instructions.
3 For the dressing, combine sesame oil, sweet chilli sauce, garlic powder, and chilli flakes in a small bowl.
4 Pour the dressing into the large bowl with fresh produce, and noodles, mix everything through and enjoy!

**QUINOA, CUCUMBER AND
FETA SALAD**
TIME 20 MINUTES

SERVES 2

3/4 cup white quinoa
1 1/2 cups water
1/4 cup, hazelnuts
1/4 cup, sliced almonds
1 cucumber, cut into long thin strips
1/2 cup cherry tomatoes, halved
1/4 cup, kalamata olives, halved
1 orange, cut into rounds
100g feta, crumbled
Fresh basil leaves
2 tbsp extra virgin olive oil
1 tbsp balsamic vinegar
1 Rinse the quinoa and drain well. Place in a saucepan with water and bring to a boil. Reduce the heat to a simmer and cover for 15 minutes or until the quinoa is tender. Let cool.
2 Mix together extra virgin olive oil and balsamic vinegar to make the dressing.
3 Add the quinoa to a large bowl with cucumber, tomato, orange, feta, olives and basil.
4 Toss gently to combine. Serve topped with feta, basil, hazelnuts and sliced almonds.





Lemon Drizzle Cake

Vietnamese Inspired
Crispy Salad

Chicken Crispy Noodle
Salad p38





Quinoa, Cucumber and Feta Salad p38



Tony Bundock (Genesis Horticultural Solutions), Cheyne Clarke (Bark Hut Berries), Matthew Plunkett (Greater Sydney Local Land Services)

GREENHOUSE GROWER: Cheyne Clarke in Focus

Cheyne Clarke grows vegetables and berries in the field, in greenhouse tunnels and in one of the most high-tech greenhouse structures in the region. Cheyne's farm is located in the hills near Woolgoolga on the NSW North Coast. Matthew Plunkett from Local Land Services linked up with Cheyne back in the early years of VegNET in 2016 and helped him to improve his irrigation and nutrient management. Cheyne has not been afraid to take on a challenge and try new things, loves growing and seeing results from hard work. He enjoys giving back and driving change in the industry by being a member of the Protected Cropping Australia and Industry Advisory Council.

Can you please give me a brief overview of your business and the produce that you grow?

I started out growing blueberries in soil and then changed to growing them in substrate in tunnels. I wanted to diversify production, so I started growing cucumbers in tunnels. I have recently expanded with a climate control Harford greenhouse that has its first crop of eggplants and various tomato varieties.

What challenges do you face as a vegetable grower?

The current challenges I face is the severe weather events that have been occurring on the East Coast of NSW and labour shortages just like most people growing here on the North Coast.

How do you maintain your disease resistance and ongoing sustainability of the farm?

The climate-controlled greenhouse assists with suppressing disease issues. I have a complete integrated pest management (IPM) program in place, guided and supported by Jake Byrne from Biological Services. There is no need for spraying, and I don't plan to start. My IPM program includes beneficial releases of *Encarsia* for whitefly, *Californicus* for two spotted mites and *Hypoaspis* for fungus gnats and thrips.

What is your proudest achievement as a vegetable grower?

Definitely getting the new greenhouse up and running. Keeping the farm at a sustainable level by staying up to date on all things technology and innovation.



Paul Drop (Powerplants Australia),
Cheyne Clarke (Bark Hut Berries),
Tony Bundock (Genesis Horticultural
Solutions), Matthew Plunkett (Greater
Sydney Local Land Services)



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Fruit Juice Cocktails p48

Springtime REFRESHMENTS

Embrace the warmer weather with these delightful thirst-quenchers!



Lemonade Prosecco Punch p48

Grapefruit & Sage Paloma p48



FRUIT JUICE COCKTAILS

TIME 15 MINUTES SERVES 4

6 oranges
1 grapefruit
1 lemon
1 mango
8 finely diced strawberries
2 diced kiwifruits
1 very finely sliced banana
1 tbsp sugar
A few mint leaves
Lemonade or soda water
1 Squeeze the juice of 6 oranges, 1 grapefruit and 1 lemon into a jug.
2 Add the finely diced flesh of 1 mango, 8 finely diced strawberries, 2 diced kiwifruits and 1 very finely sliced banana.
3 Stir in 1 tbsp sugar and top with a few mint leaves.
4 Refrigerate for 10 minutes before serving. If you wish, add lemonade or soda water!

LEMONADE PROSECCO PUNCH

TIME 10 MINUTES SERVES 6

2 cups ice
2 cups raspberry lemonade
1/4 cup grenadine
1 tsp vanilla extract
1 cup strawberries
1 lemon, thinly sliced
750ml Prosecco sparkling apple for non-alcoholic
1 In a large pitcher add lemonade, grenadine, and vanilla extract.
2 Stir in strawberries and lemon slices. Top off with Prosecco and serve. Add extra lime and strawberries.

GRAPEFRUIT & SAGE PALOMA

TIME 5 MINUTES SERVES 2

2 tbsp coarse salt
2 1/2 cups ice (crushed preferred)
Juice of 2 grapefruits
Juice of 2 lemons
50ml silver tequila or gin (optional)
1 tbsp brown sugar
Grapefruit or citrus style soda
Fresh sage leaves and dehydrated citrus, for garnish
1 Pour roughly 2 tbsp of coarse salt on a small plate. Rub a lemon wedge around the rim of the cocktail glasses, then coat the rim with the salt by turning the glass upside down into the salt.
2 In a cocktail shaker, add 1/2 cup of ice, grapefruit and lemon juice, brown sugar, and tequila or gin, if using. Add lid and shake well, until the cocktail shaker is ice cold.
3 Fill up the two cocktail glasses with ice and pour an even amount of the mixture into each glass.
4 Top each glass with a splash of the grapefruit soda and garnish with sage leaves and dehydrated citrus!

RASPBERRY & PASSIONFRUIT SPRITZ

TIME 5 MINUTES SERVES 2

5 fresh mint leaves
1/2 lime, juiced
1 tsp white sugar
Pulp of 1 passionfruit
5 fresh raspberries
1 cup ice cubes

200ml soda water
25ml white rum or vodka (optional)
1 In a glass, muddle together the mint, lime juice, sugar, passionfruit pulp and raspberries.
2 Top the glass up with ice, then pour over the soda water (and rum or vodka if using).
3 Serve immediately!

PINEAPPLE MINT SMOOTHIE

TIME 5 MINUTES SERVES 3

2 cups fresh pineapple, peeled, cored, and cubed
6-7 fresh mint leaves, chopped
1 cup ice
1/4 cup water (+add more if needed)
1 Blend all ingredients together in a blender and serve in individual glasses.
2 Enjoy!

MANGO & PINEAPPLE LEMONADE

TIME 10 MINUTES SERVES 4

1 cup lemon juice
1 1/2 cups cold water
6 tbsp white sugar
185g fresh mango flesh, chopped
1/2 cup fresh pineapple, chopped
1 In a blender, blend the lemon juice, water, and sugar for around 30 secs to dissolve the sugar.
2 Next, add the mango and pineapple pieces, then blend again until smooth.
3 Taste the mixture and add more sugar if you desire for you.
4 Divide the lemonade mixture into 4 glasses and serve. Enjoy!





Mango & Pineapple Lemonade

Pineapple Mint Smoothie p48



SPOOKY BITES

Jack O'Lantern Potato Chips p53





Ghostly Pizza

JACK O'LANTERN POTATO CHIPS

TIME 30 MINUTES SERVES 6

2 Large Red Royale Potatoes
2 Sweet Potatoes
2 tsp Olive Oil
Salt, for taste
Sour cream, to serve
Sweet Chilli Sauce, to serve

1 Preheat oven to 220°C. Line 2 baking trays with baking paper.

2 Cut the potatoes and sweet potatoes into 1cm thick slices. Use a small round cutter and a small sharp knife to carefully cut out the eyes and mouths from the potato slices.

3 Place potatoes in a large bowl and drizzle with oil and season with salt. Gently toss to combine and arrange in a single layer on the lined trays.

4 Cook chips until golden brown and just tender, turning chips and swap trays from top to bottom halfway through cooking.

5 Serve the chips with sour cream and sweet chilli sauce.

GHOSTLY PIZZA TIME 30 MINUTES SERVES 4-6

1 large pizza base
1/3 cup pizza sauce
A handful of large, pitted olives
8-10 slices of mozzarella
Cherry tomatoes, halved
Fresh basil leaves

1 Place a rack on the bottom third of the oven, then pre-heat to 220°C. Line a baking tray with baking paper.

2 Spread pizza sauce on top of the pizza base, leaving a border all around, and bake until the edges are golden brown, around 10-15 mins.

3 Meanwhile, carefully slice the olives in half. Slice 1 half of each olive into 8 slices (for the spider legs). Cut the cheese into ghost shapes, then top with small pieces of olive to make the eyes.

4 Remove pizza from the oven and top with the cheese ghosts. Place the uncut olive halves around the ghosts and use the sliced olives to give each spider 8 legs.

5 Return pizza to the oven and bake until the cheese just starts to look melted, around 30-60 secs. Serve topped with fresh cherry tomatoes and basil.

SPOOKY STUFFED CAPSICUMS

TIME 1 HOUR SERVES 4

4 capsicums
1 tbsp olive oil
1 brown onion, chopped
2 garlic cloves, minced
300g beef mince
2 tbsp tomato paste
Mexican spice mix, to serve
1/2 cup cooked rice
1 large zucchini, grated
1 large carrot, grated
1 cup salt-reduced chicken stock
1 cup tasty cheese, grated
1/2 cup water

Sour cream, to serve

Guacamole, to serve

1 Preheat oven to 180°C. Cut the tops off the capsicums and set them aside. Remove the seeds and any white flesh from the inside. Then use a small sharp knife to carve spooky faces into the sides. Set aside any offcuts.

2 Place the capsicums in a deep roasting pan that will fit them fairly snug.

3 Heat the olive oil in a pan over medium-high heat. Cook the onion for 5 mins or until softened. Add in the garlic and beef mince and cook until the mince is browned. Season with Mexican spices. Add a splash of water if the pan looks dry.

4 Add the tomato paste and cook for 1 min. Then add the rice, zucchini, carrot, capsicum offcuts and chicken stock. Stir, bring to a simmer, place a lid on and lower heat to medium low.

5 Cook for 5-10 mins until the mixture has thickened slightly, then stir through the red onion.

6 Spoon the filling into the capsicums and top with the cheese. Place the capsicum lids back on and pour 1/2 cup water into the pan.

7 Cover the pan tightly with foil and bake in the oven for 35 mins.

8 Remove the foil and capsicum lids. Bake for a further 5 mins, or until the cheese is melted.

9 Serve with sour cream and guacamole if desired!



AUSSIE MUSHROOMS

Add some delicious Aussie-grown mushrooms to your weeknight meals for an easy way to add in some extra nutrients and boost the flavour of your meals!



Turkey & Mushroom Lasagna p58



Lentil & Mushroom Bolognese p58

Mushroom & Parmesan Bites p58





TURKEY & MUSHROOM LASAGNA

TIME 2 HOURS SERVES 8

3 tsp olive oil
1 red onion, finely chopped
1 large carrot, peeled and finely chopped
3 celery sticks, finely chopped
1 tbsp fresh oregano, chopped
4 garlic cloves, minced
500g turkey mince
1/3 cup dry white wine
2 tbsp tomato paste
400g can diced tomatoes
1 cup water
500g cup mushrooms, sliced
3 fresh lasagna sheets
1 tbsp parmesan, finely grated
Baby rocket, to serve
500g cottage cheese
250g spinach
1/4 cup milk
1 egg, lightly whisked

1 Heat 1 tsp olive oil in a large saucepan over a medium heat. Add the onion, carrot and celery and cook, stirring often, for 6-7 mins or until the veg is soft. Add the oregano and half the garlic and cook, stirring, for 1 min or until fragrant.

2 Next, add the turkey mince and cook for 4-5 mins or until browned. Note: Use a wooden spoon to break up any lumps as you go.

3 Add the white wine and simmer until it has almost all evaporated. Next, add the tomato paste and stir for 1 min before adding the diced tomatoes and water. Bring mixture to the boil, then reduce heat to low. Simmer, stirring occasionally, for 25 mins until the sauce has thickened.

4 Meanwhile, heat the remaining 2 tsp olive oil in a large fry pan over a high heat. Cook the mushrooms, stirring, until golden. Note: You may need to cook the mushrooms in batches.

5 Next, add the remaining garlic and cook, stirring, for 1 min or until fragrant. Once done, switch off the heat and set mince mixture aside.

6 For the spinach and cheese sauce, first you'll need to wilt the spinach. In a fry pan, heat a drizzle of olive oil. Add the spinach in and cook, stirring, until it has wilted. Next, place the cottage cheese, spinach, milk, and egg in a large bowl, stirring until

well combined. Season with salt and pepper to taste.

7 Preheat oven to 160°C fan forced, and lightly spray a 2L baking dish with oil.

8 Spread half the mince mixture over the base of the baking dish, then top with half of the mushrooms and half of the spinach and cheese sauce. Place a layer of lasagna sheets on top, cutting them to fit if necessary. Top with the remaining mince, mushroom mixture, and lasagna sheets. Finally, spoon over the remaining spinach and cheese sauce, then sprinkle over the grated parmesan.

9 Bake lasagna in the oven for 35-40 mins or until golden and bubbling. Set aside for 10 mins to rest before slicing. Serve with a side of fresh rocket.

LENTIL & MUSHROOM BOLOGNESE

TIME 1 HOUR SERVES 6

1 brown onion, peeled and finely chopped
1 carrot, peeled and finely chopped
1 celery stick, finely chopped
2 garlic cloves, minced
2 1/2 tbsp olive oil
2 fresh bay leaves
4 large field mushrooms, finely chopped
1 cup French green lentils
400g can diced tomatoes
1 1/2 cups vegetable stock
400g passata
Dried pasta of your choice
Parmesan, finely grated, to serve
Fresh parsley leaves, chopped, to serve

1 Heat 1 1/2 tbsp of olive oil in a saucepan over a medium heat. Add the onion mixture and bay leaves to the pan and cook, stirring, for 6 mins or until soft. Season with salt and pepper, then transfer to a bowl.

2 Heat remaining olive oil in the pan over a high heat. Cook the chopped mushrooms, stirring, for 3 mins or until soft.

3 Stir onion mixture and lentils into the mushrooms. Next, stir through the diced tomatoes, stock and passata. Reduce heat to low and cook, covered, stirring occasionally, for 45 mins or until the lentils are tender. Season to taste with salt and pepper.

4 While the lentils are cooking, cook pasta in a large saucepan of salted boiling water until al dente, then drain.

5 To serve, divide the cooked pasta between serving bowls and top with the Bolognese. Sprinkle with the grated Parmesan and chopped parsley. Enjoy!

MUSHROOM & PARMESAN BITES

TIME 35 MINUTES SERVES 12

1 1/2 sheets puff pastry, defrosted
3 tbsp butter
1 medium onion, finely diced
3 cloves garlic, minced
2 cups mushrooms, chopped
2 tsp fresh thyme leaves, chopped
1 1/2 tbsp dry white wine (optional)
Salt and pepper
1 1/2 blocks full fat cream cheese (room temperature)
1/2 cup freshly grated parmesan + extra for garnish
1 egg

1 Preheat oven to 180°C. Lightly grease a 12 cup muffin tray with spray oil.

2 Cut your defrosted puff pastry into 3-4 inch squares. Press the squares gently into the 12 muffin cups, then transfer the muffin tray to the freezer while you're preparing the filling.

3 Heat a large pan over a medium-high heat. Melt the butter, then add in the diced onion, garlic, mushrooms, and thyme. Sauté until the vegetables are soft. If using, add the white wine and season with salt and pepper to taste.

4 Turn off the heat and transfer the mushroom mixture to a bowl to cool.

5 Mix the softened cream cheese and the parmesan in a bowl before adding the cooled mushroom mixture. Stir to combine.

6 Remove the muffin tray from the freezer. Evenly divide the cheesy mushroom mixture between the 12 puff pastry cups. Top each with a bit of extra parmesan.

7 Mix the egg with a splash of water. Using a pastry brush, brush mixture onto the exposed puff pastry. Bake in the oven until the puff pastry is golden brown and the filling is bubbling (around 20 mins).

8 Once done, remove tray from the oven. Allow bites to cool slightly before serving. Enjoy!



Mango MOMENTS

Sticky Miso & Chilli
Grilled Mango p65

A photograph of a Mango & Museli Parfait in a clear glass cup. The parfait is layered with white yogurt, brown granola, and bright yellow mango chunks. The cup sits on a white plate, which is surrounded by scattered granola and three gold-colored spoons. In the background, two more similar parfaits are visible, slightly out of focus. The overall scene is set against a light blue background.

Mango & Museli Parfait p65



Mango Cheesecake p65

Chickpea Mango Curry p65





Lime Chicken with
Mango Salsa p65

Fresh Prawn & Kensington
Pride Mango Salad



STICKY MISO & CHILLI GRILLED MANGO

TIME 25 MINUTES SERVES 4

- 4 ripe mangoes
- 2 tbsp miso paste
- 1 1/2 tbsp soy sauce
- 2 tbsp honey
- 1 red chilli, finely chopped
- 1 bunch spring onion, finely sliced
- Cashews, chopped
- 1** Preheat the grill on high.
- 2** Slice mango to separate the cheeks from the seed with the skin on. Slice a criss-cross pattern into the mango cheek flesh and place on a large baking tray.
- 3** Mix together the miso, soy sauce, honey and chilli in a small bowl. Brush mango cheeks with the mixture.
- 4** Spray mango cheeks with olive oil spray. Place under grill for 5 - 10 mins, pulling them out occasionally to baste with more miso mixture. Mango will be ready once sticky and golden.
- 5** To serve: place mango cheeks on a serving platter. Garnish with spring onion, extra chilli slices and cashews.

MANGO & MUESLI PARFAIT

TIME 10 MINUTES SERVES 4

- 1 1/4 cups toasted muesli
- 3 mangoes
- 1 1/2 cups natural yoghurt
- 1 tbs honey
- 1** Divide the muesli among 4 tall glasses.
- 2** Dice the flesh of three mangoes.
- 3** Add half of the chopped mangoes to the glasses, then divide half the yoghurt among each glass.
- 4** Add the other half of the chopped mangoes and the remaining yoghurt to the glasses, then drizzle honey over the top of each parfait and serve.
- 5** You can top with extra mango and muesli if you like!

KENSINGTON PRIDE MANGO CHEESECAKE

**TIME 15 MINUTES + 6 HOURS
CHILL TIME SERVES 4**

CRUST

- 1 cup coconut
- 1 cup pecan nuts
- 5 large medjool dates, or use smaller pitted dates, just increase the quantity slightly

CAKE

- 1 cup coconut cream
- 1/4 cup maple or rice syrup
- 1 teaspoon agar agar powder
- 2 Tablespoons water
- 1/2 cup soaked and drained cashew nuts
- 2 cup fresh Kensington Pride mango pieces and 1 cup for decoration
- Pinch of Salt
- 1/2 teaspoon vanilla
- Juice of 1 small lemon

FOR THE CRUST

- 1** Grind the coconut and dates in food

processor until the coconut starts to release its oil - about 3 - 4 minutes - then add the pecans only pulsing briefly as they can easily turn into a nut butter.

- 2** Remove and press flat into a round glass baking/pie dish of approx 25cm / 9.8inch diameter and put into the freezer.

FOR THE CAKE

- 1** Combine the coconut cream and syrup in a small saucepan and heat till simmering.
- 2** Stir the agar agar powder into the water and then stir this mixture into the hot coconut cream mixture, bringing it to the boil for a minute and stirring all the time
- 3** Add the drained cashews, the 2 cups of mango, salt, vanilla and lemon juice to a high powdered blender and pour in the warm coconut cream mixture from the saucepan. Blend together till silky smooth.
- 4** Pour the mixture onto the frozen crumb base and refrigerate overnight or for at least 5 or 6 hours.
- 5** Remove from refrigerator and top with chopped mango and passion fruit.
- 6** Slice with a warm knife

CHICKPEA MANGO CURRY

TIME 20 MINUTES SERVES 4

- 2 fresh mangoes
- 1 red onion
- 2 tbsp curry powder
- 500g chickpeas
- 1 can coconut milk (400ml)
- 2 garlic cloves
- 1 tsp of olive oil
- Spring onions to garnish
- Coriander to garnish
- Chilli flakes to garnish
- Salt and pepper
- 1** In a blender, combine the onion, garlic, mango pulp and blend into a smooth puree.
- 2** Heat oil in a large fry pan over medium heat. When the oil is hot, add the curry powder and cook for 1 minute.
- 3** Add the puree and chickpeas to the fry pan and cook for 15 minutes. Stir occasionally to avoid sticking. Add the coconut milk and reduce to a low simmer for 5 minutes. Season to taste with salt and pepper.
- 4** Garnish with coriander, chilli flakes and spring and serve hot over rice.
- 5** To serve: place mango cheeks on a serving platter. Garnish with spring onion, extra chilli slices and cashews.

LIME CHICKEN WITH MANGO SALSA

TIME 35 MINUTES SERVES 4

- 4 boneless chicken breasts
- 3/4 cup + 1 tbsp orange juice
- 1/2 cup olive oil
- 1/3 cup + 2 tbsp lime juice
- 1 1/2 teaspoon lime zest
- 1 tablespoon honey

- 1 1/4 teaspoon cumin
- 2 1/2 tablespoons soy sauce
- 2 teaspoons minced garlic
- 1/2 cup roughly chopped coriander
- 1 ripe diced mango
- 1 ripe diced avocado
- 1/4 cup diced red onion
- 1/4 cup diced capsicum
- 1 tablespoon diced jalapeno
- Salt

Pepper

- 1** Whisk together 3/4 cup orange juice, 1/2 cup olive oil, 1/3 cup lime juice, 1 teaspoon lime zest, honey, 1 teaspoon cumin, 2 tablespoons soy sauce, minced garlic, 1/4 cup roughly chopped coriander in a medium-sized bowl. Season with salt and pepper to taste.
- 2** Put aside 1/2 cup of the marinade mix, and pour the rest into a large resealable bag.
- 3** Pound the chicken to even thickness or slice in half to get evenly sized pieces and place in the bag with the rest of the marinade. Place the bag in the fridge for 30 minutes to 8 hours. Make sure to flip the bag halfway through.
- 4** Add 1 tablespoon of oil to a skillet and then place the marinated chicken on the grill.
- 5** Grill for 10-12 minutes or until chicken juices run clear and internal temperature is at 75 degrees C. Flip the chicken halfway through and brush it generously with the left over 1/2 cup marinade.
- 6** Mix together the mango, avocado, red onion, capsicum, jalapeno, 1 tablespoon orange juice, 2 tablespoons lime juice, 1/2 teaspoons lime zest, 1/4 cup roughly chopped coriander, 1/2 tablespoons soy sauce and 1/4 teaspoon cumin in a bowl. Season with salt and pepper to taste.
- 7** Serve the cooked chicken over a bed of rice or quinoa and add a portion of the salsa on top.

FRESH PRAWN & KENSINGTON PRIDE MANGO SALAD

TIME 30 MINUTES SERVES 4

- 6 Fresh prawns - De veined & Scaled
- 1 Fresh Kensington Pride Mango - Cheeks cut into thick slices
- 1 Cup of baby spinach
- 1/2 Red Onion - Thinly Sliced
- 1/2 Avocado
- 1 Tsp Coconut oil
- DRESSING**
- 1/2 tsp Organic Honey
- 1/2 tsp Lemon Juice
- 1/4 tsp Dijon Mustard
- 2 tsp Olive oil
- 1 Tsp. Poppy Seeds
- 1** On a hot pan with coconut oil, grill the mango pieces until they become soft.
- 2** Add spinach, onion, avocado into a big mixing bowl. Add in fresh prawns.
- 3** Add all ingredients under "dressing" to a bowl and mix thoroughly.
- 4** Add grilled mango to the salad and pour over dressing.
- 5** Top with some fresh coriander.

1

Australian Mangoes are grown throughout the country in tropical and subtropical regions of Queensland, New South Wales, Northern Territory and Western Australia.

2

Mangoes are a great snacking option, they are high in energy, low in fat and are a great source of vitamins that are essential for a healthy body.

3

Mangoes are good for your gut! New research has determined that the high amounts of fibre found in mangoes is beneficial for gut health.

4

Mango is one of the oldest cultivated fruits! It is believed to have appeared about 25 to 30 million years ago in northeast India, Myanmar and Bangladesh, and has been grown for more than 4,000 years.

5

There are several varieties of Australian Mangoes, each with their own unique flavour, shape and colours. Try them all this year and find your perfect Mango.



Facts about MANGOES



Macadamias make it special.

Add a luxurious crunch to every occasion.

AUSTRALIAN  MACADAMIAS

www.australian-macadamias.org



Avocado hummus with spiced maple macadamias

SERVES 6-8, PREP TIME 10 MINS COOK TIME 25 MINS

Avocado hummus dip

200g tub hummus
1 large ripe avocado, mashed
2 green onions, finely chopped
1 lemon, halved
extra virgin olive oil and micro herbs, to serve
grissini sticks, crackers, lemon wedges, to serve

METHOD

For the avocado hummus: combine the hummus, avocado, green onions and juice of $\frac{1}{2}$ lemon. Season with salt and freshly ground black pepper. Spoon the dip over base of a serving platter. Drizzle with extra virgin olive oil. Top with spiced maple macadamia nuts. Scatter with micro herbs. Serve with grissini sticks, crackers and lemon wedges. Tip: Any leftover spiced macadamias can be stored in an airtight jar or container at room temperature for up to 1 month.

For more delicious recipes visit australian-macadamias.org

Make it special with Australian macadamias

Elevate your spring celebration with our tantalising avocado hummus featuring the shining star, macadamia nuts! This recipe will transport your taste buds to a vibrant spring fiesta with just a few easy-to-find ingredients. The spiced macadamias give a fiery kick and turn a simple hummus into something sensational.

An everyday occasion can be transformed with macadamias as their delicate flavour and luxurious crunch pair perfectly with any food.

Spiced maple macadamias
2 cups raw macadamias
30g butter
1 tbs maple syrup
2 tbs Taco spice mix (fiery) or Mexican seasoning

METHOD

Preheat the oven 150°C fan forced. Line a baking tray with baking paper. Melt the butter in a medium frying pan over medium heat. Add the syrup and spice mix or seasoning. Cook shaking pan for 15 seconds. Add the macadamias, stir to coat. Spread the macadamias onto the tray. Roast for 20-25 minutes, stirring every 5 minutes until the macadamias are roasted. Set aside to cool.



AUSTRALIAN  MACADAMIAS



Stop mucking around

It's time to say NO to plastic packaging



Quality, Australian grown produce packaged in a fully recyclable carton (about time!)

Durable, breathable and storable, keeping produce fresher for longer.



luvproduce.com.au

Luv
produce

paul@justonions.com.au

RECYCLING PACKAGING IS MADE EASY!

Say no to plastic packaging with Luv Produce

Sourcing produce free of plastic packaging is a growing concern among many, but with new products from Luv Produce, shopping for fresh produce free from plastic is easy! Luv Produce is a company born in Geelong, Victoria with a mission to reduce plastic packaging and offer top-quality produce in 100% recyclable cartons.

With a wide range of produce including brown onions, red onions, lemons, limes, mandarins, potatoes and avocados, Luv Produce has crafted specially-made cartons that are fully recyclable and biodegradable. The unique packaging ensures produce is kept as fresh as possible, and provides an eco-friendly option for environmentally conscious shoppers. The boxes allow airflow to the

produce so there's no moisture build-up so the goodies inside maintain freshness!

One of the best aspects of this new packaging is the stackable design of the cartons, so you can store your produce right in its box! Another added bonus to this unique packaging is a specific code on each carton, allowing you to track the produce inside so you can know where it was grown, an added bonus for those who are committed to supporting Australian growers.

By moving to innovative packing, Luv Produce will reduce plastic waste by two million kilograms per year. Look for Luv Produce at your local fruit and veg shop and support Australian-made and grown sustainable produce.



Carnarvon, WA



Welcome to **CARNARVON**

An agricultural oasis 1,000km
north of Perth

Heading 1000km north of Perth, you'll find the Western Australian growing region of Carnarvon. With 1500 hectares of land powered by the Gascoyne River, the Carnarvon region is home to a semi-arid and sub-tropical climate which is cultivated for a wide variety of fruits and vegetables throughout the seasons.

Over twenty varieties of fresh produce are grown in the Carnarvon region, including bananas, table grapes, tomatoes, capsicums, melons and mangoes. In spring, the Carnarvon region produces Beans, Custard Apple, Eggplant, Grapefruit, Plum, Watermelon and much more. Due to the unique climate in Carnarvon, produce is supplied to the Perth markets and other markets around the country to supply the rest of the country with counter-season produce.

Supported by the Carnarvon Growers Association, the central hub for growers in the Carnarvon region, the horticulture industry in this pocket of Western Australia has been producing sustainable, high-quality fresh produce. With a history spanning back to the 1950s, the region has seen growth within the local industry with a sustainable livelihood for its growers with the community at its heart.

The Carnarvon community is a strong, family-oriented community spanning generations of growers hailing from a diverse range of places. Unique weather in the area results in good growing conditions, with the land providing communities with a good livelihood and providing some of the best fresh produce to Western Australia and beyond.





A high-contrast photograph of two red apples splashing in water. The apples are bright red with some yellow-green at the stems. The water is splashing around them, creating many bubbles and droplets. The background is solid black, making the red apples and white text stand out.

**Refreshing
to the core.**



**AUSSIE
APPLES**
Hit Refresh



DINNER MADE EASY!

One-pan Greek Style
Chicken & Rice p79

Delicious dinners to feed the family with fresh, seasonal produce!



Pineapple & Chicken
Stir Fry p79



Creamy Lemon Chicken p79



**Roast Lamb Chops with
Creamed Spinach**

ONE PAN GREEK STYLE CHICKEN & RICE

TIME 1 HOUR SERVES 4

2 tbsp olive oil
2 cloves of garlic
2 lemons
800g Chicken thighs
1 brown onion
80g baby spinach
80g feta
1 tsp mixed herbs
1 cup brown rice
1.5 cup chicken stock
Fresh basil leaves

1 Juice 1 lemon and half the remaining lemon. Cut one half into 4 thin rounds, and reserve the other half for later.

Combine the lemon juice, 1 tbs oil, 1 garlic clove and 1 tsp dried mixed herbs in a bowl. Add the chicken and coat well. Set aside to marinate.

2 Heat 2 tsp of oil in a large frying pan over medium-high heat. Cook chicken, turning, for 8 minutes or until golden. Push chicken to one side. Add reserved lemon slices. Cook, turning, for 1-2 minutes or until just golden. Transfer to a plate.

3 Meanwhile, use a food processor to process the spinach, basil, chicken stock and lemon juice.

4 Heat the remaining oil in the pan over medium heat. Add the onion and garlic. Cook until the onion has softened. Add the brown rice. Cook, stirring, for 1 minute. Add the spinach mixture and bring to a simmer. Return the chicken and any resting juices to the pan. Reduce heat to low. Cover and cook for 25 minutes or until the rice is tender and the chicken is cooked through. Stand, covered, for 5 minutes. Crumble over the feta and sprinkle with the basil to serve.

PINEAPPLE & CHICKEN STIR FRY

TIME 40 MINUTES SERVES 4

2 tbsp olive oil
700g chicken breasts, diced
1 small red onion, diced
1 red capsicum, diced
1 yellow capsicum, diced
1 small head broccoli, chopped into small florets
500g fresh pineapple, diced
Sesame seeds, to garnish
1/4 cup pineapple juice
1/4 cup rice wine vinegar
1/3 cup soy sauce

1 1/2 tsp sesame oil
2 tbsp cornflour

1 In a large pan, heat 1 tbsp olive oil before adding the diced chicken and cooking for 7-8 mins or until cooked through and browning on the edges. Once done, remove chicken from the pan and wipe out any excess liquid.

2 Using the same pan, add remaining 1 tbsp of olive oil to the pan. Add the onion, capsicums, and broccoli and cook for another 7-8 mins or until the veggies are beginning to soften.

3 Meanwhile, prepare the sauce in a medium bowl by whisking together the pineapple juice, vinegar, soy sauce, sesame oil and cornflour.

4 When the veggies are ready, add the cooked chicken back into the pan, along with the sauce and diced pineapple. Cook over a medium heat for 5-6 mins or until the sauce has thickened.

5 Serve on a bed of rice and sprinkle with sesame seeds. Enjoy!

CREAMY LEMON CHICKEN TIME 30 MINUTES SERVES 4

4 chicken breasts
1/3 cup plain flour
30g butter
1 tbsp olive oil
2 cups milk
1/2 tsp paprika
1/2 tsp garlic powder
1/2 tsp chicken stock powder
1/2 cup freshly squeezed lemon juice
Zest of 1 lemon

2 tsp parsley, finely chopped
1 Slice chicken breasts in half lengthwise to create two separate pieces. Toss the chicken pieces lightly in flour and season generously with salt and pepper. Note: Be sure to reserve the excess flour.

2 In a large frypan, melt the butter and olive oil over a medium-high heat and brown the chicken pieces on both sides. Once done, remove the chicken from the pan and set aside.

3 Whisk 2 tsp of the reserved flour into the pan juices and cook over a medium heat for 1 min. Next, gradually whisk in the milk and bring to a simmer.

4 Add the paprika, garlic powder, chicken stock powder, lemon juice and zest. Stir well. Return the browned chicken to the pan and coat well in the cream sauce. Simmer for 10 mins or until cooked through. Garnish with fresh parsley.

ROAST LAMB CHOPS WITH CREAMED SPINACH

TIME 40 MINUTES SERVES 4

LAMB
8 medium lamb chops
1/4 cup olive oil
3 thin lemon slices
2 garlic cloves, minced
1 tsp dried oregano
1 tsp salt
1/2 tsp pepper
1 small bunch rosemary
CREAMED SPINACH
2 bunches spinach, washed
50g unsalted butter
1 brown onion, finely diced
1 garlic clove, minced
1 1/2 tsp each of salt and pepper
250ml cream
1/2 tsp freshly squeezed lemon juice

1 In a bowl, mix together the olive oil, lemon slices, garlic, oregano, salt, and pepper. Add in the lamb chops and marinate for 20 mins - 1 hour.

2 Preheat oven to 200°C.

3 Heat a large cast iron, oven safe pan over a medium-high heat. Add the marinated lamb chops to the pan and cook each side for 3 mins until browned.

4 Place the pan in oven for 8-10 mins or until the chops are cooked. Once done, remove chops from the oven and let rest for 2 mins. Cover to keep hot.

5 While the chops are cooking, add the spinach in batches to a hot fry pan, stirring for 2 mins, or until the spinach is just wilted. As each batch wilts, remove the spinach from the pan and squeeze out any excess water. Set aside.

6 Next, melt the butter in the frypan. Add the onion and garlic and cook over a low heat until the onion is soft and translucent. Add in the spinach, salt, and pepper, and cook for 1 min. Add the cream, bring mix to a simmer and cook for around 2 mins. Stir through the lemon juice.

7 In a food processor or blender, blend the spinach mixture until well combined. Season with more salt and pepper, to taste.

8 To serve, spoon the creamed spinach onto each of the 4 plates, then place 3-4 lamb chops on top. Top with some fresh rosemary leaves and serve immediately.



Walnut & Pea Pesto Pasta



WALNUT & PEA PESTO PASTA

TIME 30 MINUTES SERVES 4

1 cup walnuts + extra to serve
1 1/2 cups peas, blanched and refreshed
3 tsp dried mixed herbs
3/4 cup Parmesan, grated
2 garlic cloves, minced
Juice of 1/2 lemon
1 cup olive oil
400g orecchiette (or pasta of your choice)
Salt & pepper, to taste

1 Place walnuts, peas, dried herbs, parmesan, garlic, lemon juice and 1 cup olive oil in a blender, and blend until a paste has formed. Season with salt and pepper to taste, then set aside.

2 Cook pasta of your choice in a pot of boiling salted water according to packet directions. Once al dente, drain, reserving 2/3 cup of the cooking water.

3 In a large bowl, add the pasta to the pesto, then add the reserved cooking water. Stir to coat, then divide the pasta between bowls. Top with extra chopped walnuts to serve and enjoy!

ONE-PAN THAI SALMON

TIME 1 HOUR SERVES 4

2 tbsp vegetable oil
2 shallots, thickly sliced
300g white potatoes, quartered
1 lemongrass stalk, bruised
4 tbsp green curry paste
400g can coconut milk
200-300ml vegetable stock
2 tbsp fish sauce
1 tbsp brown sugar
1 zucchini, peeled into ribbons
100g baby spinach
4 skinless salmon fillets
3 limes (2 juiced and 1 sliced into wedges, to serve)
3 spring onions, sliced
Fresh coriander and/or Thai basil, to serve
Cooked jasmine rice, to serve

1 Pre-heat the oven to 180C fan-forced. Put the oil in a deep dish (about 30 x 30cm). Add in the shallots, potatoes, and lemongrass. Roast for 10 mins or until fragrant, ensuring the shallots don't burn.

2 Once done, remove the dish from the oven and stir in the curry paste, coating everything. Return dish to the oven for 2 mins until its fragrant. Next, add in the coconut milk and 200ml vegetable stock. Place dish back in the oven again for 15-20 mins until the sauce has thickened slightly, and the potatoes are just tender.

3 Season to taste with the fish sauce and sugar, then stir through the zucchini ribbons and spinach. If you find the sauce is too thick, add another 50-100ml of vegetable stock, remembering that the zucchini will release some water as well.

4 Nestle the salmon fillets into the sauce and bake for a further 10-15 mins or until the salmon is cooked to your liking.

5 Add the lime juice and taste. You want a perfect balance of sweet and sour. Adjust the seasoning by adding more lime juice, fish sauce and salt and pepper, if necessary. Scatter over the spring onions, if using, along with the fresh coriander and/or Thai basil, and the lime wedges. You're welcome to serve on a bed of steamed jasmine rice if you like!



The Bundaberg Food Bowl

When you think of the Bundaberg region, you may be picturing holidays in quaint beachside villages, whale watching tours, exploring the Southern Great Barrier Reef, and visiting the old-world charm of small country towns. But did you know this region grows a considerable amount of fresh produce that makes its way to your local fruit and veg shop through the Brisbane Markets® and other Central Markets every day?

Bundaberg is part of what's known as the Wide Bay Burnett growing region, which encompasses the townships of Kingaroy and Gympie in the south, Maryborough and Harvey Bay to the east, Bundaberg in the north, and well past Gayndah to the west.

The beautiful weather that makes the region a perfect holiday destination for campers and beach goers, combined with rich red volcanic soil, also makes it the perfect destination for food lovers. Many foodies travel to this region to taste food near where it has been grown, mere hours after it has been picked, so they can enjoy the freshest of flavours.

Boasting a sub-tropical climate with an average rainfall over 850mm per year, the region experiences fewer cyclones and damaging frosts compared to other Queensland growing areas. So, they can grow fruit and veg like passionfruit and sweet potato all year round. In fact, Bundaberg supplies 70% of Australia's sweet potato, and 60% of our total passionfruit production.

Although Bundaberg is well known for its sugarcane crop, distillery and macadamia nuts, one of its hidden secrets is avocados. Between March and August, they grow over 78 million Shepard avocados, which make their way around the country and account for over 20% of Australia's total avocado production.

To the north, the rich river flats of Mundubbera and Gayndah enjoy an inland climate producing a large portion of Australia's citrus supply, as well as grapes and stone fruit. Imagine putting together the freshest possible fruit salad with that shopping list!

If you can't make it to this foodie paradise for a holiday anytime soon, you can still get a taste of the Wide Bay Burnett growing region by shopping at your local fruit and veg shop. As we move into summer, keep an eye out for figs, honey dew, rockmelon, watermelon, limes, lychee, sweet corn and so much more coming out of the Bundaberg food bowl!



One-pan Thai Salmon p81



Put some **SPRING** in your **STEP!**

Delicious fruity breakfast
ideas to kickstart your day!

**Fruity Breakfast
Burritos p89**

Sweet Quinoa &
Rockmelon Bowls p89





Breakfast Quesadilla p89



French Toast Ravioli



FRUITY BREAKFAST BURRITOS

TIME 15 MINUTES SERVES 4

Kiwifruit
Blueberries
Watermelon
Orange
Greek yoghurt (or yoghurt of your choice)
Muesli
Mint leaves
Large tortilla wraps

- 1** Prepare the fruit for the wraps by chopping everything except the blueberries into small pieces.
- 2** Spread some yoghurt over the wraps. Next, arrange the fruit on top of the yoghurt. Top with some fresh mint leaves and muesli. You can add a drizzle of honey if you'd like a touch more sweetness.
- 3** Now you're ready to serve! Carefully roll up the wraps, trying to keep as much of the fruit in as possible. Enjoy!

SWEET QUINOA & ROCKMELON BOWLS

TIME 30 MINUTES SERVES 4

QUINOA
1 1/2 cups coconut milk
1/2 cup water
1 cup quinoa
3 tbsp honey
1/4 tsp cinnamon
ROCKMELON
3 cups rockmelon, cut into 1/2 inch cubes
3 lemons, juiced
3 tbsp honey
1 tsp turmeric
1/2 tsp cumin
1/2 tsp ground coriander
1/4 tsp ground ginger
1/2 tsp cinnamon
1 cup Greek yoghurt, to serve
1/2 cup almonds, to serve
Fresh mint leaves, to serve

- 1** Add coconut milk, water, and quinoa to a pot and heat over a high heat until boiling. Once boiling, add in the honey and cinnamon. Stir, cover, and reduce heat to low for 20 mins.
- 2** While the quinoa is cooking, toss the rockmelon in a bowl with the lemon juice, honey, and spices. Refrigerate until about to serve.
- 3** Once the quinoa is cooked (it will resemble porridge), transfer it to a bowl or container and refrigerate for at least an hour or overnight. Note: You're welcome to eat it hot if you prefer!
- 4** To serve, stir the quinoa then distribute it evenly between four serving bowls.
- 5** Top each with the rockmelon, a dollop of Greek yoghurt, some almonds, mint leaves, and a drizzle of honey. Enjoy!

BREAKFAST QUESADILLA

TIME 10 MINUTES SERVES 2

2 Eggs
1 Tortilla
1/4 Cup Grated Cheese
1/4 Red Onion
1/4 Red Capsicum
Coriander
Salsa or Guacamole, for serving

- 1** Heat a large frying pan and olive oil over medium heat. Whisk together the eggs and add to the pan. Cook until they are set.
- 2** Add grated cheese on top of the egg and the tortilla.
- 3** Flip the tortilla once the egg is no longer sticking to the pan.
- 4** Top one side of the egg with onion and capsicum, then fold in half and cook for one minute, until the cheese has fully melted and the tortilla is golden brown.
- 5** Cut into three and enjoy with salsa or guacamole, or both.

FRENCH TOAST RAVIOLI

TIME 20 MINUTES SERVES 2

Banana
Blueberries
Strawberries
Peanut butter
Cinnamon dust
1/2 cup oat milk
1 egg
Maple syrup
Bread, rolled and cut into squares

- 1** Roll the bread flat with a rolling pin, remove crust and cut it into squares.
- 2** Spread the peanut butter and put a slice of banana on 1/2 of the squares. Put the remaining squares on top. Use a fork to pleat the edges.
- 3** Combine the milk, egg, and cinnamon in a bowl. Dip the French toast ravioli in the mixture.
- 4** Bring a pan to medium heat. Cook the French toast for 2-3 minutes on each side or until golden brown. Top with banana, blueberries, strawberries, and maple syrup.

EGG TOAST

TIME 20 MINUTES SERVES 4

5 eggs
Salt and pepper
1 chilli, chopped
1/2 cup cherry tomatoes, halved
2 spring onions, chopped
1/2 cup feta cheese, crumbled
1 tbsp mixed herbs
Olive oil
4 slices of thick sandwich bread, thick cut

- 1** Preheat the oven to 180°C. In a mixing bowl, add the eggs and season with salt and pepper, fresh chilli and mixed herbs. Whisk together then add the cherry tomatoes and fresh spring onion.
- 2** Add thick sandwich bread to a baking sheet pan. Pat the centre of the bread down to make a small well. Drizzle over some olive oil and top each slice with egg mixture and crumbled feta.
- 3** Place in the oven for 15 minutes or until the egg mixture is fully cooked.



Egg Toast p89

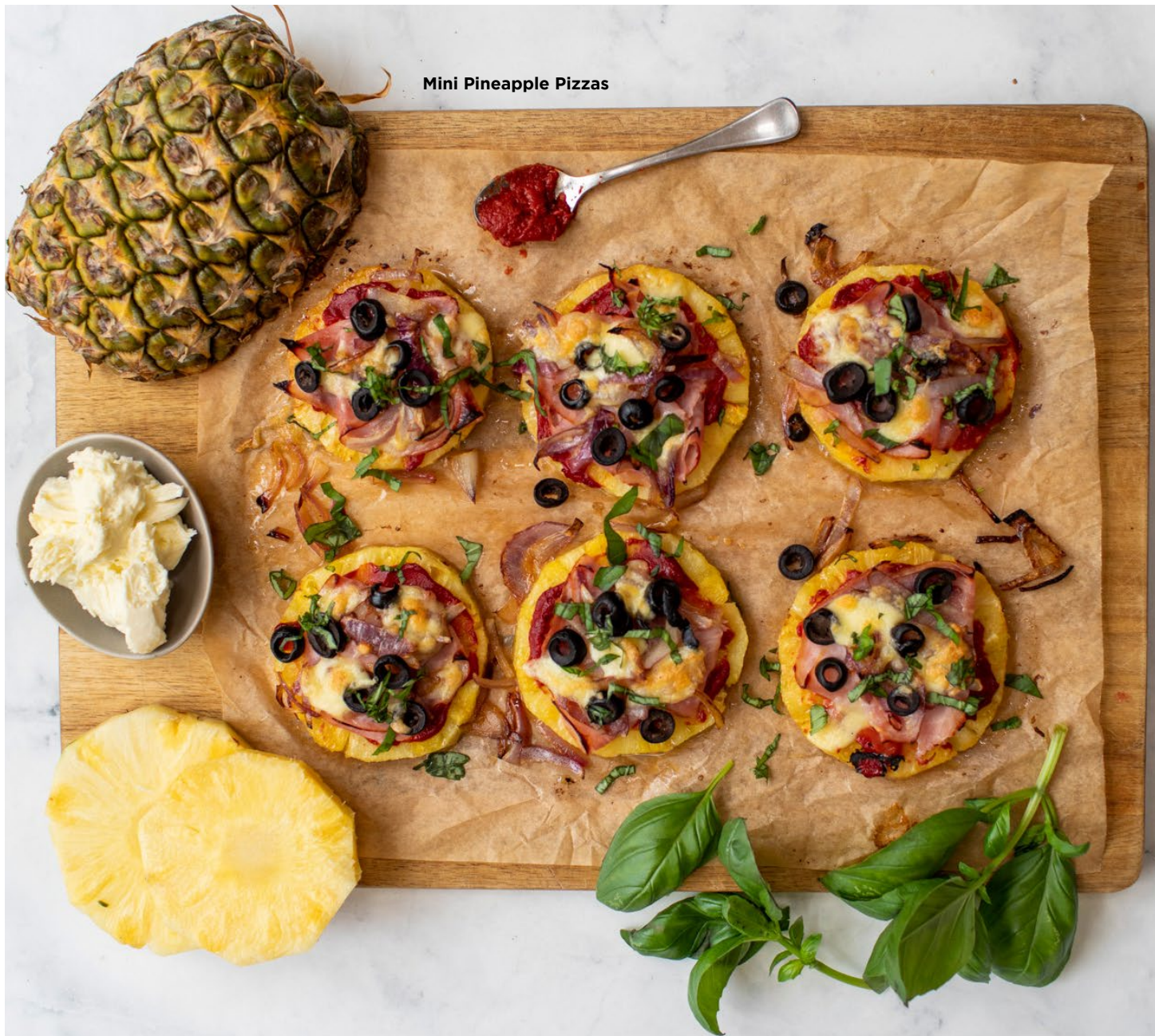


Food for Little Hands

Fun recipes the kids will love

Rainbow Fruit Skewers
p92

Mini Pineapple Pizzas



RAINBOW FRUIT KEBABS

TIME 10 MINUTES MAKES 4

Blueberries
Kiwifruit
Mango
Orange
Strawberries
Raspberries

- 1 Rinse your fruit, and slice into desired shapes.
- 2 Assemble sliced fruit onto wooden skewer in your own pattern, or use ours as a guide!
- 3 Enjoy alone, or with yoghurt for a simple snack or dessert.

MINI PINEAPPLE PIZZAS

TIME 20 MINUTES MAKES 8

1 medium pineapple, peeled and cored
2 tbsp olive oil
8 slices ham
1/2 cup red onion, thinly sliced

2/3 cup mozzarella cheese, shredded
1/2 cup tomato paste

2 tbsp black olives, thinly sliced
3 tbsp fresh basil, chopped

1 Preheat grill oven and heat a grill pan over a medium-high heat.

2 Slice the pineapple into 8 small rounds. Brush some oil on both sides of all the pineapple rounds, then, working in batches, grill the pineapple rounds in the pan for 3 mins on each side, until char marks appear.

3 Once done, transfer pineapple sliced to a tray lined with baking paper.

4 Heat 1 1/2 tsp olive oil in a non-stick pan over a medium heat. Add the red onion and cook for 3-4 mins, until softened.

5 To assemble the mini pizzas, top each pineapple round with 1 tsp mozzarella cheese. Place 1 slice of ham on top of the cheese, then top each with 1 tbsp tomato paste and another

1 tbsp cheese. Finally, top with the cooked onion and black olives. Grill for 2-3 mins, until the cheese is melted. Sprinkle basil evenly over the top of the mini pineapple pizzas and serve!

CUCUMBER BOATS

TIME 10 MINUTES MAKES 6

4 Lebanese cucumbers
Canned tuna
1/4 cup Greek yoghurt
Chives

1 Cut the cucumbers in half lengthways. Use one cucumber to make ribbons with a vegetable peeler.

2 In a bowl add drained tuna, Greek yoghurt and cut chives. Mix together.

3 Spoon tuna mixture onto cucumber halves.

4 Use a toothpick to make a sail out of the cucumber ribbons.

A photograph of cucumber boats on a white plate with a blue rim. The boats are filled with a creamy, light-colored filling, possibly salmon or tuna, and garnished with finely chopped green onions. Three cucumber slices are placed on top of the boats, each secured with a small wooden skewer. In the background, a glass filled with more cucumber slices is visible, and a piece of orange fabric is draped behind the plate.

Cucumber Boats

“During the Spring we’re eating asparagus most days. It’s at its best this time of the year, and we grow the best, so why wouldn’t we!”



ASPARAGUS

The stalk of the town

Cool winters and mild springs create the perfect growing conditions for asparagus in Victoria, which is why you will be seeing an abundance of Victorian asparagus popping up in your local fruit and veg shop this spring!

As the weather gets warmer, the volume of asparagus harvested means produce can make its way from the farm to independent fruit and veg shops in a matter of days. Ensuring customers have access to the freshest Victorian asparagus for their spring recipes.

Motta Produce is a family-owned and operated asparagus grower based in the Koo Wee Rup area in South Eastern Victoria. The Motta family began growing asparagus in the 1970s. Mick Motta explains that the process for harvesting asparagus from the ground has not evolved much during that time.

“Each asparagus is harvested individually, with a knife pushed into each spear just below the ground surface, and then pick up one by one” said Mick.

Tips to deliciously prepare asparagus

- 1** Remove the woody end of the asparagus by bending it gently, it should snap where the woody part ends
- 2** Enhance the asparagus’ bold flavour with seasonings including olive oil, garlic, salt, pepper, lemon, or parmesan
- 3** Choose your cooking method:
 - Roast**
Bring out the asparagus’ natural sweetness by roasting in the oven with olive oil.
 - Sauté**
Add complexity and depth to asparagus by sautéing with garlic, onions and splash of lemon.
 - Char Grill**
Enhance the earthy flavour of asparagus by brushing with olive oil and charring it on the grill.

Did you know?

Asparagus has been prized for its flavour and health benefits for centuries, with a long history of culinary use dating back to ancient times.

But don't let the manual process of cutting the asparagus lead you to think it's a slow process. "We have to move the product quickly, because during the Spring asparagus is growing rapidly and we are picking seven days a week. Once picked, asparagus can be in the markets within 24 hours, so consumers shopping at the local fruit and veg shop are getting a fresh quality product," said Mick.

Asparagus is a very versatile vegetable that can be prepared in a variety of ways from raw to grilled. Its mild, earthy flavour, balanced with a slight sweetness, makes it compatible with many other vegetables and is the perfect accompaniment to your favourite protein. Asparagus is a great addition to your spring salad, soups, stir-fry's and pasta, bringing not only flavour but an array of vitamins and minerals essential for promoting overall health.

Even though they're surrounded by asparagus every day, you'll still find Mick and the rest of the Motta family regularly tucking into 'the fruits of their labor'.



How to get the pick of the bunch

- 1 Look out for a vibrant green colour
- 2 Feel stems are nice and firm
- 3 Ensure spheres aren't shrivelled and the head is compact



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The serving sizes on our recipes are guided by a nutritional standard following these values:

Per Serve
Energy: 8700kJ
Protein: 50g
Fat: 70g
Sat Fat: 24g
Carb: 310g
Sugars 90g
Dietary fibre: 30g
Sodium: 2000mg

While every care is taken to ensure cook times and temperatures are accurate in our recipes, please take care when cooking and never leave an oven or stove unattended. Nutritional information is an estimate only based on average values and is given as general information only. If you are unsure, or have specific dietary requirements or allergies, you are advised to consult your healthcare professional. Please take care to read the labels of any products to ensure these meet your dietary requirements. Any storage suggestions are a guide only, and care must be taken to ensure food is stored correctly. Keep any leftover food in clean containers in a cold environment and check labels.





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