

A better choice!

FREE

ISSUE 5 2024

Quality **FRESHNESS** Service



59

RECIPES WITH
SEASONAL
PRODUCE

P4

Tandoori Roasted
Cauli-Blossom® with
BBQ Chicken Skewers

CAULI-BLOSSOM
FIORETTO

Autumn Appetites

Savory Delights and Seasonal Sweets



EVERY SHOP HELPS YOU WIN!

Shop & Win

WEEKLY WINNERS



Apple AirPods (Gen 2)



Fitbit Versa 4



Philips Airfryer XXL Digital Black



Bose SoundLink Flex Bluetooth Speaker



Apple iPad 10.2" (9th Gen) 64GB WiFi Space Grey



Weber Baby Q Black LPG



KitchenAid Artisan Mini Stand Mixer



Nintendo Switch Console Lite Yellow



Breville The Barista Espresso Coffee Machine

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How to Enter



Scan me

When you shop at your local fruit and veg shop you're making A better choice! and with the launch of Shop & Win, from the 15th March until the 26th May, not only will you have great fruit and veg but also go in the draw to win up to \$19,000 worth of prizes.

Shop & Win is a competition rewarding shoppers of local fruit and veg shops that are a part of the 'A better choice!' initiative. This competition is about supporting local, supporting your community and supporting a true Australian industry - the local fruit and veg shop!

Customers are incentivised to support the little guys as every shop is eligible for a new entry into the competition. Whether it's a \$5 shop on some mid-week bananas or a \$50 shop on the weekend - each shop is one step closer to winning.

Each week there will be new prizes, with 5 winners every week for a total of 9 weeks. All entries are valid for each weekly draw until the competition concludes or you win. Winners will be notified each week with prizes available for collection from the nominated local fruit and veg shop.

ENTRY IS SIMPLE, ALL YOU HAVE TO DO IS:

SNAP a photo of your receipt

SCAN one of the QR codes located in-store Enter your details for your chance to **WIN!**

For full terms and conditions visit www.abetterchoice.com.au. Get involved today! Encourage your friends, customers and community to support their local fruit and veg shop AND go in the draw to win amazing, weekly prizes. Share your support online by using #shoplocalandwin #abetterchoice

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As the vibrant hues of summer begin to fade, and the air carries a crispness that whispers of change, we warmly welcome you to the pages of our Autumn edition. It is with great pleasure and anticipation that we present to you a collection of stories, imagery, and recipes that encapsulate the essence of this season.

Central to the magic of autumn are the growers and wholesalers who labour tirelessly to bring forth the bounty of the season. From the orchards that overflow with crisp apples to the fields that yield an abundance of pumpkins and stone fruits, these dedicated individuals play a vital role in keeping the spirit of autumn alive. Their passion and commitment are evident in every bushel of freshly picked produce and every bouquet of vibrant fall flowers.

Within these pages, you will find a diverse array of articles and features that highlight the efforts of these unsung heroes. From profiles of local farmers to insights into the intricate process of bringing seasonal produce to market, we aim to shine a spotlight on the individuals and businesses that form the backbone of the industry.

Thank you for joining us as we celebrate all that autumn has to offer. We hope that the stories and recipes shared within these pages bring you joy and inspiration as you embrace the beauty of the season.

The 'A better choice' Team

'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

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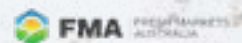


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TURN ANY MEAL INTO *a masterpiece*

With tall, tender stems and delicate florets Cauli-Blossom® is quite possibly the world's most beautiful vegetable. Entirely edible with a sweet, creamy flavour this impossible-to-resist veggie needs little prep.



Ingredients List

3 tbs (60ml) olive oil
2 tsp turmeric
2 tsp ground cumin
2 tsp coriander
800g chicken thigh fillets (cut into 2½ cm thick strips)
1 cup (200g) basmati rice (rinsed)
500g Cauli-Blossom®
2 tbs tandoori paste
1 lemon (halved)
2 tbs (40ml) olive oil
1-2 tsp brown sugar
Roti (to serve)
Yoghurt, diced tomato, coriander and lemon wedges (to serve)



4-6



20 mins



15 mins

TANDOORI ROASTED

CAULI-BLOSSOM®
FIORETTO®

WITH BBQ CHICKEN SKEWERS

Step-by-Step Instructions

1. Combine 2 tablespoons (40ml) of olive oil with spices in a small bowl. Thread the chicken onto skewers. Spoon the spice mixture over both sides of the chicken.
2. Preheat a barbecue plate or grill on medium high heat. Barbecue the skewers for 12-15 minutes, turning until lightly charred and cooked through. Move to a tray, cover and stand for 5 minutes.
3. Meanwhile, cook the rice following the absorption method on the packet. Remove from the heat and stand for 5 minutes.
4. For the tandoori roasted Cauli Blossom®, preheat the oven to 220°C fan forced.
5. Place the Cauli Blossom® in a single layer in a lightly greased roasting pan. Combine the tandoori paste, juice from half a lemon, oil and sugar. Spoon over the Cauli Blossom®. Turn gently to coat and roast for 12-15 minutes or until the stems are tender.
6. Divide the Cauli Blossom® between serving plates. Dollop yoghurt over the Cauli Blossom® and top with tomato and coriander. Serve with chicken skewers, rice, roti and lemon cut into wedges.



A Versatile Veg

While it appears delicate, Cauli-Blossom® can stand up to any cooking method:

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- ✓ Steam
- ✓ Roast
- ✓ Blanch
- ✓ BBQ

our favourite



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AUSTRALIAN  MACADAMIAS

CREATURE



Soba Noodle Salad p11

It's usually a weeknight when we all can't be bothered to cook. Fear not! Here are some comforting meals made with fresh produce to make you excited any day of the week!

COMFORTS



Loaded Sweet Potato Boats p11



Stuffed Eggplants p11



**Julie Goodwin's Roast Pumpkin,
Spinach & Ricotta Pie**

Recipe Supplied by Julie Goodwin

SOBA NOODLE SALAD

TIME 30 MINUTES SERVES 4

90g Soba Noodles (uncooked)
1 Red Bull Horn Pepper, cut into rounds
1 Small Cucumber, peeled into ribbons
1 Small Carrot, peeled and then peeled into ribbons
10g Grated Ginger
1 Small Shallot, thinly sliced
2 Spring Onions, sliced
1 Lime
1/4 Small Mint Bunch
1/4 Small Coriander Bunch
40ml Sesame Oil
30g Olive Oil
20ml Soy Sauce
5g Sesame Seeds

1 Grate the lime zest into a bowl and squeeze the juice out too.
2 Mix in the grated ginger, sesame oil, and olive oil to create a zesty dressing.
3 Bring a large pot of water to the boil and add the soba noodles.
4 Cook for 3 minutes, then drain.
5 Rinse the noodles with a little cold water and olive oil to cool them down.
6 In a large bowl, mix all the remaining ingredients together.
7 Dress the salad with the zesty dressing you prepared earlier.
8 Place the salad in a serving bowl and garnish with sesame seeds.

JULIE GOODWIN'S ROAST PUMPKIN, SPINACH & RICOTTA PIE

TIME 1 HOUR 30 MINUTES SERVES 6

Half a large butternut pumpkin (750g) cut into a 2cm dice
2/3 cup light olive oil (or vegetable oil)
1/2 teaspoon nutmeg
1/2 teaspoon salt
1/4 teaspoon pepper
2 brown onions, sliced
2 cloves garlic, chopped
100g baby spinach
6 eggs
1 cup self-raising flour
1 cup grated tasty cheese
250g tub ricotta

1 Preheat oven to 200C (180C fan forced.) Grease and flour a 24cm spring-form cake tin.
2 Toss the pumpkin cubes with oil, nutmeg, salt and pepper and roast in a baking tray for 30 minutes or until soft and golden brown.
3 In a frypan over medium heat, sauté onions and garlic in 1 tbsp olive oil.
4 Take the pan off the heat and using tongs, toss the spinach through. The spinach will wilt a little.
5 In a bowl, beat the 6 eggs. Add the remaining olive oil and mix well. Add flour and whisk until there are no lumps.

6 Stir through the cheese and season with salt and pepper.

7 Remove the pumpkin from the oven and lower the temperature to 180C (160C fan forced). Toss the pumpkin through the onion-spinach mixture. The spinach will wilt further.

8 Place half the mixture in the base of the cake tin and pour half the egg mixture over. Shake the tin to make sure the egg sinks all around the vegetables. Put the other half of the pumpkin on top and top with the remaining egg mixture.

9 Dollop the ricotta over the top, using a spoon burrow down a little so that there is some ricotta nestled inside the pie as well.

10 Bake for 45 minutes or until golden brown and firm in the middle.

LOADED SWEET POTATO BOATS

TIME 50 MINUTES SERVES 4

2 sweet potatoes
1/2 cup olive oil
400g chickpeas
1/2 bunch kale, finely chopped
1/4 tsp chilli flakes
50g feta, crumbled
Squeeze of lemon

1 Preheat the oven to 200C and line 2 baking trays with baking paper.

2 Cut sweet potatoes in half. Brush sweet potatoes with 1 tbsp of olive oil.

3 Place, cut side down and bake for 30 minutes or until tender.

4 In a large bowl place chickpeas, kale, and oil. Toss to combine. Place kale mixture on the remaining baking tray and bake for 10 minutes.

5 Add feta to kale mixture, then toss to combine. Top the sweet potatoes with the kale mixture. Season with chilli flakes and a squeeze of fresh lemon.

STUFFED EGGPLANTS

TIME 1 HOUR 20 MINUTES SERVES 4

2 medium eggplants
Salt & pepper, to taste
1 shallot, finely diced
1 tbsp olive oil + extra for drizzling
4 medium tomatoes, roughly diced
2 cloves garlic, minced
1 tbsp balsamic vinegar
2 tbsp tomato paste
4 dark rye biscuits
1/2 cup Parmesan cheese, grated
3 sprigs thyme, leaves picked
125g fresh mozzarella, drained and diced
Fresh basil, to garnish

1 Preheat your oven to 180C and line a tray with baking paper.

2 Cut the eggplants in half, lengthwise. Using a spoon, scoop out the flesh of the eggplant, leaving a 1cm thick border. Roughly chop, then set aside the flesh for later.

3 Place the eggplant halves onto the lined baking tray, cut side up, and drizzle with some olive oil. Spread the oil over the cut surface of the eggplant and sprinkle with a pinch of salt and pepper.

4 Bake in the oven for 20 mins until the eggplant halves are tender. Remove from the oven.

5 Heat a large non-stick fry pan over a medium heat. Add the chopped eggplant flesh and a pinch of salt to the pan. Cook until the eggplant is starting to brown, then add 1 tbsp olive oil and cook for a few more mins to help the eggplant soften.

6 Next, add the shallot and cook until translucent, around 5 mins. Next, add in the tomatoes and garlic. Then stir in the balsamic vinegar and tomato paste. Remove mixture from the heat and set aside.

7 Blitz the dark rye biscuits in a food processor to form small breadcrumbs, then mix in the parmesan, thyme leaves and salt and pepper and set aside.

8 Take your baked eggplant halves and place a spoonful of the tomato mixture onto each half and spread into an even layer.

9 Top with a layer of mozzarella, then a layer of the breadcrumb mixture. Repeat this layering once more to use up all the remaining mixtures.

10 Drizzle over a bit of olive oil and bake for a further 30 mins until the cheese has melted and the tops are golden.

11 To serve, sprinkle over some fresh basil leaves and serve while the eggplants are still hot.

Mushroom Ragout with Creamy Polenta p16





Chicken Noodle Soup p16

Broccoli Hashbrown Bake p16



Pumpkin, Beef & Black Bean
Chilli with Avocado Salsa p16



MUSHROOM RAGOUT WITH CREAMY POLENTA

TIME 1 HOUR SERVES 6

1kg mushrooms, sliced
1 1/2 cups passata
1 cup red wine
2 tbsp tomato paste
2 tbsp soy sauce
1 tbsp butter
4 garlic cloves, minced
5 sprigs thyme
Salt and pepper, to taste
2 cups polenta
6 cups water
1 cup cream
2 tbsp butter

- 1 Bring water to a boil, adding in a generous pinch of salt. Whisk in your polenta, stirring constantly until it becomes thick. Turn the heat down, and cook for 10 mins.
- 2 After 10 mins, stir through the butter and cream. Cook for another 10 mins. After that, turn off the stove and allow the polenta to steam for no more than 30 mins.
- 3 In a deep pot, melt the butter, then cook your sliced mushrooms, garlic and thyme together until the mushrooms become brown.
- 4 Add in the wine, and reduce until the liquid is about half the size. Add in your tomato passata and tomato paste, along with the soy sauce and simmer for 10 mins over a low heat.
- 5 Taste and season with additional thyme, salt, or pepper if desired. Serve a generous spoon of polenta with the mushroom ragout on top. Enjoy!

CHICKEN NOODLE SOUP

TIME 1 HOUR SERVES 6

1 roast chicken, shredded
2L chicken stock
200g egg noodles
200g green beans
1 ear of corn (kernels only)
100g spinach
1 large celery stick, sliced
2 carrots, sliced
1 brown onion, finely sliced
1 tbsp olive oil
4 garlic cloves, minced
Salt & pepper, to taste
1/4 cup fresh parsley leaves

- 1 In a deep pot, heat the olive oil and garlic along with the brown onion. Add in the sliced celery and carrot, and stir repeatedly to soften the vegetables.
- 1 Next, add in the green beans and corn kernels.
- 2 Once these are well combined and the beans begin to soften, add in your chicken stock. Mix well again and allow mixture to simmer.

3 Add in the egg noodles, along with the spinach to wilt. Allow the egg noodles to soften and cook, before adding in the shredded chicken. Ensure this is well combined, and season with salt and pepper as desired.

4 Cook for a further 10 minutes to allow flavours to combine before serving.

BROCCOLI HASHBROWN BAKE

TIME 1 HOUR SERVES 6

1/2 cup cashews
1/2 cup carrot, sliced
5-6 cloves garlic, minced
5-6 tbsp nutritional yeast
1/4 tsp salt
1 1/4 cups milk
5 cups potatoes, peeled and grated
5 cups broccoli, chopped into bite-size pieces
1/4 tsp each salt & pepper + more to taste

- 1 tsp garlic powder
4 tbsp nutritional yeast
- 1 Preheat oven to 200C, and lightly grease a 20x30cm baking dish.
- 2 Soak the cashews and sliced carrots in very hot water for 20 mins. Once done, drain the water and add both to a blender.
- 3 Meanwhile, grate your potatoes, then squeeze out the excess liquid.
- 4 Add the grated potatoes, chopped broccoli, salt, pepper, garlic powder, and nutritional yeast to the prepared baking dish. Toss to combine.
- 5 To the blender, add your garlic, nutritional yeast, salt, and milk, blending mixture until smooth. Adjust seasonings as desired.
- 6 Next, pour the sauce over the potatoes and broccoli, tossing to combine. Use the back of a spoon to smooth sauce over the top.
- 7 Bake in the oven for 35-40 mins or until the top is golden brown and slightly crispy.

PUMPKIN, BEEF & BLACK BEAN CHILLI WITH AVOCADO SALSA

TIME 45 MINUTES SERVES 6

500g beef mince
1 red onion
1 capsicum
3 garlic cloves
2 tbsp chilli powder
1 tbsp oregano
1 1/4 tsp ground cumin
Butternut pumpkin, cut into 4cm pieces
1 can of black beans
Cherry tomatoes, cut in halves
1 cup beef broth
1 1/2 tsp salt
1 tsp pepper
Chopped coriander
Sliced jalapenos
Avocado

- Sour cream, to serve
- 1 Add in onion and garlic in a large pot, sauté over medium heat until fragrant.
 - 2 Add in beef mince, chilli powder, oregano, and cumin. Stirring until beef is cooked through.
 - 3 Add in pumpkin, black beans, tomatoes, beef broth. Add in salt and pepper where needed.
 - 4 Bring to a boil then reduce heat to low and simmer for 20 to 24 minutes or until pumpkin is tender.
 - 5 Season to taste with salt and pepper if needed. Top with coriander and sour cream.



CALLUM HANN'S CAJUN SALMON WITH PEAR SALAD & DILL YOGHURT

1/4 cup thick Greek yoghurt, low fat
 2 Tablespoons wholegrain seeded mustard
 1/4 cup chopped dill
 1 Tbsp olive oil
 1 Tbsp smoked paprika
 1 Tbsp ground cumin
 4 x 150g salmon fillets, skin on
 1 Pear
 Large handful rocket
 1 Shallot, thinly sliced
 1 Zucchini, shaved into wide strips using a vegetable peeler
 2 Tbsp smoked almonds, roughly chopped
 1 Tbsp olive oil
 Juice of half a lemon.

1 Stir together the yoghurt, mustard and dill. Set aside for serving.
2 Heat the rice bran oil in a non-stick frying pan. Combine the paprika and cumin in a small bowl and coat flesh side of the salmon with the mixture. Put the salmon in the pan, skin side down, and cook for 2-3 minutes until done to your liking. Turn and repeat with the other side. Remove the salmon from the pan and set aside. Wipe out the pan with paper towel. Add the pear wedges to the pan and cook for 1-2 minutes until golden.
3 Meanwhile, combine the rocket, shallot, and zucchini in a large bowl. Scatter over the almonds and drizzle with the olive oil and lemon juice. Combine the pear with the salad.
4 Serve salmon with the pear salad and dill yoghurt.





PEARTICULARLY PEARFECT PEARS IN SOUTH AUSTRALIA

There's a utopia for pear growing just 20 minutes from Adelaide's CBD and the Magarey family have been growing there for more than 100 years!

The Magarey family have lived in Coromandel Valley since the late 1800s, planted their first pear trees in 1909, and are known state-wide for pearticularly pearfect pears!

Pear trees can last for many years when taken care of the oldest trees on the Magarey orchard still producing fruit were planted in 1912.

The alkaline soil and underground water provide the perfect growing environment for their principal line, the Packham Pear, however, there are a few other varieties grown that Australians are increasingly demanding.

There is a lot more to pears than whether they are just red or green, John Magarey, partner in the Magarey family business, gave us a bit of insight into some of the varieties available.



The Packham Pear, developed here in Australia, provides a great option for people looking for a crunchy eating pear. However, the versatile variety will also ripen and soften well for those who prefer a juicy, runny pear. The Red Corella pear, although it doesn't have much of a different flavour profile from its green counterpart, quite often ends up in shopping baskets for its colour but then returns for the taste.

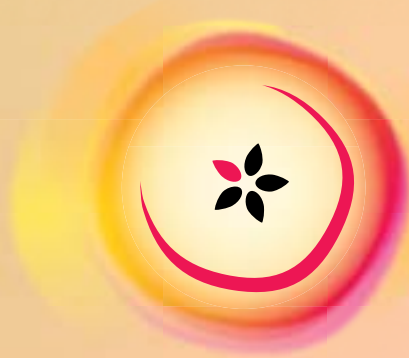
One of John's favourite pear is an unusual variety called Abate Fetel which has been very popular in Italy for many years and for a long time was rarely available outside of Europe. The white flesh is semi-crisp with a melting, velvety consistency. This variety of pear is aromatic and very sweet with rich notes of honey!

However, when pressed for his absolute favourite variety John gave us a pragmatic response of "Whatever is in season!". He encourages everyone to try the many varieties that are available at their local fruit and veg store and to ask the store for advice on how to pick a flavour profile to suit for eating or cooking.



South Australian grown pears are in season now and can be found on the shelves of fruit and veg stores across the country.





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Ideal on their own
or paired with cheese.



1



DINNER PARTY SEASON

Step into the warmth of autumn with our dinner party guide! Explore rustic elegance, seasonal flavors, and cherished moments shared around the table. Welcome to Autumn Dinner Parties!

2



3



Menu One

SWEET AND SAVORY





STRAWBERRY, AVOCADO & BASIL SALAD

TIME 20 MINUTES SERVES 4

1 cup sliced strawberries
1 cup cherry tomatoes, halved
1 cup mini bocconcini balls, halved
1 ripe avocado, pitted and diced
1/3 cup pecans, toasted
1/3 cup basil leaves, torn
2 tbsp balsamic glaze
Olive oil, for drizzling
Salt & pepper, to taste

1 On a platter, place the strawberries, cherry tomatoes, bocconcini balls, avocado, pecans, and basil.

2 Drizzle salad with olive oil and the balsamic glaze, then season with salt and pepper and toss.

ALMOND CRUMBED CHICKEN WITH BALSAMIC STRAWBERRY SAUCE

TIME 40 MINUTES SERVES 4

1/2 cup panko breadcrumbs
1/3 cup almond meal
1/2 tsp salt
1/4 tsp pepper
4 small chicken breasts
3 tsp olive oil
1/4 cup shallots, chopped
1/3 cup chicken stock
1/3 cup strawberry jam
3 tbsp balsamic vinegar
1 tbsp fresh rosemary, minced
250g baby spinach

1 In a shallow bowl, combine the breadcrumbs, almond meal, salt and pepper. Add the chicken breasts, one piece at a time, turning to coat.

1 In a large frypan, heat 2 tsp olive oil over a medium heat. Cook the crumbed chicken for 4-5 mins on each side until cooked. Remove chicken from the pan and set aside, keeping them warm.

1 In the same pan, cook the shallots in the remaining olive oil until they are soft. Stir in the chicken stock, jam, balsamic vinegar, and rosemary. Bring to a gentle boil, then reduce the heat and simmer for 5-6 mins or until the sauce has thickened.

1 Meanwhile, in a large saucepan, bring roughly 2cm of water to a boil. Add the spinach, cover, and boil for 3-5 mins or until wilted. Once done, drain the spinach, and serve alongside the chicken and strawberry balsamic sauce.

ROASTED STRAWBERRY SUNDAE

TIME 1 HOUR SERVES 6

650g fresh strawberries, stemmed and quartered
3/4 cup white sugar
1 vanilla bean
3 tbsp white sugar
3 tbsp water
3/4 cup heavy cream
140g dark chocolate, chopped
1 tbsp strawberry liqueur (optional)
Vanilla ice cream
225g fresh strawberries, stemmed and quartered

1 Pre-heat oven to 180°C.

2 To make the strawberry sauce, in a blender, purée 1 1/2 cups of the strawberries, then strain through a mesh strainer, pushing the purée down with a spoon. Combine the purée with the remaining strawberries and sugar.

3 Split the vanilla bean lengthwise and scrape out the seeds. Add the seeds to the strawberry mixture and let stand for 10 mins before transferring mixture to a shallow ovenproof dish, large enough to arrange the strawberries in a single layer.

4 Roast in the oven for around 20 mins or until the strawberries are cooked and the juices have reduced to a syrup.

5 To make the chocolate sauce, in a saucepan, bring the sugar and 3 tbsp of water to a boil. Once boiling, reduce the heat and simmer until the sugar has dissolved. Add the cream and chopped dark chocolate, then cook over a low heat, stirring, until the chocolate melts.

6 Remove from the heat and stir through the liqueur, if using.

7 To serve, spoon 2 tbsp of the chocolate sauce into the bottom of each sundae glass. Then add a scoop of ice cream, top with 2 tbsp of the roasted strawberry sauce. Repeat the layers, then top each glass with 1 cup fresh strawberries.

Menu Two

FRUIT AND VEG





PEAR & BURRATA WALNUT SALAD

TIME 10 MINUTES SERVES 4

4 cups baby rocket
 2 pears, thinly sliced
 150g Burrata
 1/3 cup olive oil
 3 tbsp white balsamic vinegar
 Salt
 Pepper
 1/4 cup walnuts

1 In a large serving bowl, arrange the rocket, pears and burrata cheese.

2 In a small bowl, whisk together the olive oil, vinegar, salt, and pepper. Drizzle some dressing over the salad and garnish with walnuts.

MUSHROOM GNOCCHI

TIME 25 MINUTES SERVES 4

500g mushrooms, chopped
 2 garlic cloves, minced
 10 fresh sage leaves, half chopped
 800g tinned chopped tomatoes
 2 tbsp balsamic vinegar
 500g gnocchi
 30g parmesan, freshly grated
 30g mozzarella cheese, grated

1 Heat 1-2 tbsp olive oil in a shallow casserole dish that can go on the stove.

2 Fry the mushrooms for 5-6 mins over a medium-high heat until brown. Add the garlic and chopped sage, and cook, stirring, for another minute.

3 Pour in the chopped tomatoes, 1/2 cup of water, and the balsamic vinegar. Simmer for 5-10 mins until the sauce has thickened. Stir in the gnocchi and cook for 5 minutes or until tender.

4 While the gnocchi is cooking, heat the grill to a high heat. Scatter the grated cheeses over the gnocchi. Add the reserved sage leaves on top, then drizzle with a little of extra olive oil.

5 Grill the casserole for 3-4 mins until the cheese is melted and is golden brown.

6 Divide between serving bowls and enjoy!

LEMON & RICOTTA STUFFED CREPES

TIME 1 HOUR SERVES 6

2 cups ricotta
 2 tbsp honey
 1 lemon, zested and juiced
 2 large eggs
 1 cup milk
 1/3 cup water
 1 cup plain flour
 2 1/2 tbsp unsalted butter, melted
 1 tsp vanilla extract
 Icing sugar, to garnish
 Honey, to garnish
 Lemon zest, to garnish

1 To make the filling, place the ricotta, honey and lemon zest and juice into a large bowl and beat together until light and fluffy. Place in the fridge until ready to use.

2 To make the crepe mixture, place the eggs, milk, water, plain flour, butter and vanilla extract into a blender and blend until completely smooth. Refrigerate the mixture for at least 1 hour.

3 Melt a small knob of butter in a pan over medium-low heat.

4 Ladle in 1/4 cup of batter into the pan, swirling to evenly coat the bottom of the pan with a thin layer.

5 Cook the crepe for around 2 mins or until the crepe begins to set. Note: The top should still look wet.

6 Once done, flip the crepe and cook the other side for an additional 1-2 mins, or until golden brown.

7 Transfer the crepe to a plate and repeat steps 3-5 until all the crepe mixture is gone.

8 To serve, fill each crepe with 3-4 tbsp of the ricotta filling and roll up. Place the filled crepes onto a platter, dust with icing sugar, drizzle with some honey and top with some fresh lemon zest. Serve and enjoy!

Menu Three

VEG FOCUS





FENNEL SALAD

TIME 10 MINUTES SERVES 4

2 Fennel bulbs
1/4 cup olive oil
1 tbsp Lemon zest
2 tbsp Lemon juice
1/2 tsp salt
1/4 tsp pepper
2 tbsp fresh mint, roughly chopped
1/2 cup Parmesan

1 To make the dressing, in a small bowl, combine the olive oil, lemon zest, lemon juice, salt and pepper.

2 Using a mandolin, carefully shave the Fennel until it is almost translucent.

3 To serve, in a large bowl or serving platter, toss the shaved fennel with the fresh mint, and parmesan cheese. Drizzle over the dressing, then toss to combine. Enjoy!

EGGPLANT LASAGNA

TIME 1 HOUR 30 MINUTES

SERVES 6

2 large eggplants, sliced lengthwise (approx. 3/4 inch thick)
3 1/2 tbsp olive oil
Salt & pepper, to taste
450g button mushrooms, sliced
3 cloves garlic, minced
1/2 tsp dried oregano
650g passata
425g ricotta cheese
450g spinach, wilted
1/2 cup parmesan, grated
1 large egg
1 cup grated mozzarella
2 tbsp fresh parsley, chopped

1 Preheat oven to 200C. Line two trays with baking paper. Coat a 9 13-inch baking dish with non-stick cooking spray and set aside.

2 Arrange the sliced eggplant in a single layer on the two trays. Brush 2 tbsp of the olive oil over both sides of all the eggplant slices. Sprinkle with salt and pepper, then place in the oven.

3 Roast the eggplant until the slices are soft and golden, for around 25 mins, flipping the slices over, and swapping the position of the pans halfway through. Remove the trays from the oven, then reduce the oven temperature to 180C.

4 Meanwhile, in a large pan, heat the remaining 1/2 tbsp of olive oil over a medium heat. Add the sliced mushrooms, and sauté until the mushrooms are soft, around 7 mins.

5 Then add the minced garlic, 1/2 tsp salt, and oregano. Cook for a further 2 mins, then remove the pan from the heat. Add the passata to the pan and stir to combine.

6 In a large bowl, add the ricotta, 1/2 cup grated parmesan, egg, and season with salt and pepper. Stir, until the mixture is well combined.

7 Stir in the spinach, using a fork to distribute it as evenly as possible. Spoon half of the mushroom tomato sauce on the bottom of the prepared baking dish and spread it in an even layer.

8 Lay four eggplant slices on top, followed by all the ricotta mixture.

9 Place another four slices of eggplant on top, and then add the remaining mushroom tomato sauce on top.

10 Sprinkle over the mozzarella and remaining 1/4 cup parmesan. Bake in the oven for 30 mins, until the cheese is melted, and the lasagna is hot.

11 Remove the lasagna from the oven and sprinkle with fresh herbs. Allow to rest for 5-10 mins before serving.

PEAR & BLUEBERRY GALETTE

TIME 30 MINUTES SERVES 4-6

1 sheet puff pastry, defrosted
1 tbsp honey
2 pears, peeled and thinly sliced
1/2 cup blueberries
1 egg
1 tsp white sugar
Vanilla ice cream, to serve

1 Preheat oven to 180°C. Line a tray with baking paper.

2 Place the puff pastry on the lined tray

3 Layer the pear slices and blueberries onto the pastry, then drizzle over the honey.

4 Lightly whisk the egg with a splash of water, then brush the egg wash over the edges of the pastry and sprinkle over the sugar.

5 Bake until the pastry is lightly golden, around 25-30 mins. Allow to cool for a few minutes before serving. Serve with some ice cream if desired!

BRUSSELS SPROUTS RENAISSANCE:

Transforming Minds & Palates, One Bite at a Time!

Brussels sprouts have a bad rap. Generations past have traditionally served boiled sprouts and called it a day, leaving many with the memory of the round, green vegetable being bland, mushy, soggy, and just overall unappetising.

But before you write brussels sprouts off, hear us out! We're on a mission to rebrand Australia's most hated vegetable! Brussels sprouts are diverse vegetables that can be enjoyed in various ways and are a very healthy addition to any dish. Rich in nutrients and antioxidants as well as high in fibre, Brussels sprouts, when cooked with care, are sure to be a surprise hit at any dinner party; here's how.





Not just a side piece - For too long, Brussels sprouts weren't getting the respect they deserved. Often an accompaniment, the Brussels sprout can be the main attraction. Try sprout soup, charred sprout salad, crunchy sprout slaw or a sprout tarte.

Just add friends - While Brussels sprouts can be served alone, they are even better with a little help from some friends. Some popular sprout combos include bacon and chestnut, garlic and parmesan, caramelised onion and, for the daredevils, butter, and vegemite!

Check your method - Brussels sprouts are part of the cabbage family, and we don't know many people who fall head over heels for some boiled cabbage, so why simply boil Brussels sprouts? There are so many other methods of cooking that showcase this small but mighty vegetable's flavour. Try steaming, charring, sautéing or roasting, and you won't be disappointed.

Brussels sprouts grower and wholesaler John De Muri from Gazzola Farms says Brussels Sprouts have been gaining popularity over the last couple of years. "As more people learn new and exciting ways to cook Brussels sprouts we have noticed customer demand continues to grow."

Gazzola employee Michael loves Brussels sprouts! His top tip for delicious Brussels sprouts, boil them for 10-15 minutes, cut in half and fry until golden brown with garlic and olive oil.



SCHOOLS OUT

Chestnut Brownies p35

Explore how fresh ingredients can elevate back-to-school snacks, ensuring both nutrition and flavor for kids of all ages.



**Peanut Butter &
Jam Fruit Tacos p35**



Cheese & Spring Onion Scones p35





Spinach Bites



CHESTNUT BROWNIES

TIME 50 MINUTES SERVES 16

350g chestnuts, cooked and peeled
200g dark chocolate
200g butter, chopped
1 1/4 cup brown sugar
1 tsp vanilla extract
4 eggs, beaten
1/2 cup self-raising flour
2 tbsp cocoa
Pinch of salt

1 To roast the chestnuts, preheat the oven to 200C. Cut a shallow cross into the flat side of each chestnut. Place chestnuts onto a baking tray and bake for 15-20 minutes. While chestnuts are still warm, peel off the outer brown shell.

2 To cook the brownies, preheat the oven to 180C. Set aside 50g of the cooked and peeled chestnuts.

3 Place remaining chestnuts into a food processor and process until the chestnuts are in a fine crumb form.

4 Place chocolate and butter into a large bowl and microwave for 2 minutes, stirring every minute melted. Stir in sugar, vanilla, and eggs into the chocolate mixture. Sift over the flour, cocoa, and salt. Gently fold through the processed chestnuts.

5 Pour into the baking pan. With the remaining chestnuts, sprinkle over the mixture. Bake for 25-30 minutes. Cut into squares.

PEANUT BUTTER & JAM FRUIT TACOS

TIME 5 MINUTES SERVES 1-2

1 tbsp peanut butter
1 tbsp strawberry jam
2 strawberries, diced or sliced
3 raspberries, diced or sliced
Small handful blueberries

1 Using a mug, or large circle cutter as a guide, cut out circle shapes in the slices of bread. Repeat as needed for desired amount of tacos.

2 Flatten your slices of bread slightly with a rolling pin.

3 Spread peanut butter generously on your bread, then topping with strawberry jam.

4 Slightly fold your bread, and fill the "sticky" side with fruit. Line them up like tacos and enjoy!

CHEESE & SPRING ONION SCONES

TIME 25 MINUTES SERVES 8

225g plain flour
2 1/2 tsp baking powder
25g butter, roughly chopped into cubes
100g grated cheddar cheese
2 spring onions, finely chopped
70ml milk + a dash more
60ml water
25g cheddar cheese grated, for top

1 Preheat the oven to 200°C fan forced, and line a baking tray with baking paper.

2 Mix the flour with the baking powder and a pinch of salt.

3 Rub the butter cubes into the flour mixture lightly with your fingers until the mixture resembles breadcrumbs.

4 Add the grated cheese and spring onions, then gently mix.

5 Combine the milk, water, and a splash of Worcestershire sauce (if desired), then pour into the flour mixture. Gently mix until the dough starts to come together.

6 Tip the dough out onto a floured surface, then shape into a ball. Roll the dough out with a rolling pin until it is 3cm thick.

7 To form the scones, either use a 6cm round cutter, or you can simply cut the dough into triangles.

8 Carefully place the scones onto the lined baking tray, leaving space between each. Using a pastry brush, lightly brush the top of each scone with milk, then sprinkle with the additional 25g of grated cheese.

9 Bake the scones in the oven for 12 mins, until golden. Once done, allow them to cool on a wire rack.

LAMB & MUSHROOM MEATBALLS

TIME 30 MINUTES SERVES 12

340g lamb mince
110g white button mushrooms, finely chopped
1/4 cup cooked long grain rice, cooled
1/4 cup pine nuts
1 shallot
2 garlic cloves
1 tbsp fresh mint leaves
1 tbsp fresh parsley
1 tbsp freshly squeezed lemon juice
1 tsp salt
1/4 tsp pepper
1/4 cup Greek yoghurt
1 Lebanese cucumber, finely chopped
1/2 shallot, finely chopped
1/4 tsp each of salt, cumin, and coriander

A pinch of ground cinnamon

1 To make the meatballs, preheat the oven to 200C. Line a large, rimmed baking tray with baking paper.

2 In a large bowl, combine the lamb mince, mushrooms, and rice.

3 Place the pine nuts, onion, garlic, mint, parsley, and lemon juice in a small food processor and puree until all ingredients are very finely chopped. Next, add this mixture into the bowl with the lamb and mushroom and stir to combine.

4 Finally, add the salt and pepper, stirring to combine. To make the meatballs, shape the mixture into golf ball sized balls. Place meatballs onto the lined tray and bake for 20 mins, or until cooked through (no longer pink on the inside).

5 While the meatballs are cooking, prepare the cucumber dipping sauce.

6 Place all sauce ingredients in a bowl and stir until combined. Once the meatballs are done, remove from the oven, place them on a serving platter and serve alongside the cucumber dipping sauce. Enjoy!

SPINACH BITES

TIME 40 MINUTES SERVES 8

1/4 cup unsalted butter
1/2 cup brown onion, finely chopped
1 garlic clove, minced
6 cups fresh spinach, wilted
1 1/2 - 2 cups breadcrumbs
4 - 6 eggs
1 cup Parmesan, grated
1/4 tsp salt & pepper

1 Preheat the oven to 175C. Line a baking tray with baking paper.

2 In a large frypan, melt the butter over a medium-high heat. Once sizzling, add the onions and cook until soft, then add the garlic and cook for 1 min or until fragrant. Remove from heat and set aside.

3 In a large bowl, combine the wilted spinach, breadcrumbs, eggs, Parmesan cheese, salt, pepper, and softened onion mixture. Stir to thoroughly combine. Note: Start by adding 4 eggs and 1 1/2 cups of breadcrumbs and add more as needed if your mixture is too runny or too thick.

4 Using a spoon, scoop some mixture into your hands and roll into a ball, then place the ball onto the lined tray. Repeat until all the mixture has been used up.

5 Bake for 20 mins, until the bites are brown. Serve immediately!

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solitary dining



Image and Recipe Supplied by Tom Walton

Green Goddess Soup p41

Indulge in the Solitary Dining segment, where solo meals become a celebration of flavour and self-care.



Sri Lankan Beef Curry Noodles p41

Chicken Ramen p41



**Air-fried Hasselback Potatoes
with Leek, Cheese & Bacon**



GREEN GODDESS SOUP

TIME 30 MINUTES SERVES 1

2 tbsp olive oil + extra to drizzle
1/4 leek, diced
1 celery stick finely chopped
2 clove garlic
1 head broccoli, chopped
Zest 1 lemon
2 1/2 cups vegetable stock
1 cup frozen peas
100g Baby Spinach
1/4 cup (140g) Greek-style yoghurt
Large handful coriander leaves
1/2 large red chili, finely sliced
Toasted naan, to serve

- 1 Heat the oil in a large saucepan over medium-high heat. Add the onion, celery, garlic and broccoli with a good pinch of salt and cook, stirring, for 5 mins or until vegetables soften then add the lemon zest and stir through.
- 2 Add the stock and stir to combine then cover with a lid and cook for 10 mins or until the vegetables are tender, adding the peas and spinach, stir through and remove from the heat.
- 3 Carefully blend the soup until smooth and adjust the seasoning to taste.
- 4 To serve, ladle the soup into serving bowls. Drizzle with a little olive oil, spoon over the yoghurt and sprinkle with the coriander and chilli.
- 5 Serve with toasted naan bread.

SRI LANKAN BEEF CURRY NOODLES

TIME 25 MINUTES SERVES 1-2

2 tbsp coriander seeds
1/2 tsp cumin seeds
1/2 tsp black peppercorns
1/2 tsp black mustard seeds
1/2 tsp cloves
1/2 tsp cardamom seeds
1/2 tsp fennel seeds
1/2 tsp nigella seeds
1/2 tsp cinnamon
1 tsp turmeric
1 carrot, thinly sliced
125g green beans, ends trimmed and cut in half
2 garlic cloves, minced
1/2 bunch bok choy
200g beef mince
100ml coconut milk
1 beef stock cubes
2 tbsp water
350g fresh hokkien noodles
1 tsp olive oil
1 tsp soy sauce
1 tsp rice wine vinegar
Coriander, to serve
Crushed peanuts, to serve

- 1 To prepare the Sri Lankan curry powder, place a dry pan over a medium heat. Once warm, dry roast all the spices except for the cinnamon and turmeric. Roast for 3-4 mins, stirring constantly until the spices begin to brown. Note: The spices will burn if left unattended.

2 Once done, remove spices from pan and allow them to cool. Finally, place all spices this time including the turmeric and cinnamon, into a mortar and pestle and grind into a fine powder.

3 Heat a drizzle of olive oil in a large fry pan over a medium-high heat. Cook the veggies, tossing, until tender, around 4-5 mins. Add half of the garlic and cook until fragrant, around 1-2 mins. Transfer the garlicky veggies to a bowl and cover to keep warm.

4 Return the fry pan to a high heat with a drizzle of olive oil. When oil is hot, cook the beef mince until brown, breaking it up as you go with a spoon, around 3-4 mins. Transfer cooked mince to the bowl with the veggies.

5 Once again, return the fry pan to a medium-high heat with a drizzle of olive oil. Cook 1 tbsp of the Sri Lankan curry powder with the remaining garlic, stirring, until fragrant, around 1-2 mins.

6 Next, stir in the coconut milk, beef stock cubes, a pinch of sugar (if desired) and the rice wine vinegar and soy sauce. Add 2 tbsp water, then simmer until slightly reduced, around 1-2 mins.

7 Reduce heat to low. Return the veggies and beef to the pan. Add the noodles, tossing to combine. Stir fry for 1 mins, then season to taste.

8 To serve, divide the Sri Lankan beef curry noodles into four serving bowls. Top with crushed peanuts and fresh coriander if desired.

CHICKEN RAMEN

TIME 30 MINUTES SERVES 1

1 chicken breasts
1 tsp sesame oil
1 tsp fresh ginger, grated
2 garlic cloves, minced
3 tbsp soy sauce
2 tbsp mirin
2 cups chicken stock
1/2 cup fresh mushrooms
Salt and pepper, to taste
1 large eggs
1/2 cup spring onion, finely sliced
1 packets dried ramen noodles
1/4 cup corn kernels

1 Heat oil in a large pot over medium heat. Add in garlic and ginger and cook for approx. 3 minutes until softened.

2 Add in the soy sauce and mirin and stir to combine. Cook for another minute, then add in the stock, cover and bring to boil.

3 Remove the lid, and let simmer uncovered for 5 minutes, then add in the mushrooms. Simmer gently for another 10 minutes, and season with salt, to taste.

4 Fill another pot with enough water to cover the eggs and bring to the boil. Gently lower the eggs into the pot and simmer for 7 minutes. Once cooked, transfer the eggs into a large bowl filled with ice water. Keep eggs submerged in

the bowl for at least 5 minutes or until cool enough to peel away the shell.

5 Once peeled, slice in half, length-wise and set aside. Cook the ramen noodles in boiling water for 2-3 minutes.

6 To assemble, divide the noodles into two large bowls. Add in the sliced chicken, mushrooms and broth. Top with spring onion, corn and a soft-boiled egg.

Note: For an even quicker option, buy a cooked chicken roast.

AIR-FRIED HASSELBACK POTATOES WITH LEEK, CHEESE & BACON

TIME 1 HOUR SERVES 1

2 medium sized potatoes (Best roasting varieties include Dutch Cream, Desiree, Coliban and Sebago are suitable)
1/2 leek (white part only)
1/4 cup Diced Bacon
1/2 cup Cheddar Cheese
1/4 cup Parmesan Cheese
2 tsp finely chopped fresh rosemary leaves
1/2 tbsp Butter
1/4 tbsp finely sliced chives
salt and pepper
Olive Oil spray

1 Wash and dry leek. Thoroughly wash and dry potatoes (cut out any large eyes but keep the skin on). Slice the whites of the leeks into 2-3 mm slices.

2 Cut potatoes by placing them between two wooden spoon handles (this will stop you from cutting all the way through the potato). Using a sharp knife, Cut 2-3mm thin slices horizontally across the potato stopping at the spoon handles.

3 Spray or baste with olive oil, allowing oil to penetrate slices, and sprinkle with rosemary, salt and pepper.

4 Turn the Air-fryer to 180C and cook potatoes for 20-30 minutes until brown and crisp on the outside and soft on the inside.

5 Meanwhile, add bacon to a small cold frypan and turn on to medium heat, cook until bacon crisps up. Add butter to the bacon to melt and remove the bacon from the pan, retain bacon-infused butter.

6 Over medium heat cook leek in the butter until soft and translucent and set aside

7 Remove potatoes from Air-fryer once done, gently spread the potato slices and stuff them with leek and cheese. Sprinkle extra cheese on top and return to the air-fryer.

8 Fry for another 5 minutes or until cheese is melting and bubbling. Remove from Air-fryer and sprinkle with bacon and sliced chives.

AN ABUNDANCE OF POTATOES

A chat with
multi-generational farm,
Hills Potato Farm

In an era where mass production often overshadows tradition and quality, there's something refreshingly genuine about the Hills Potato Farm in Robertson. For over a century, this family-owned business has been rooted in the soil, cultivating not just potatoes, but a legacy of hard work, tradition, and dedication to providing Aussie families with quality produce.





The story of Hills Potato Farm spans generations - Passed down from Jon's great-grandmother to his uncle, then to his father, and now to Jon and his brothers Tod and Warrick, this farm embodies the essence of family and continuity. But what truly sets them apart is not just their history, but their unwavering commitment to excellence.

In an industry dominated by supermarket giants demanding year-round supply, Jon and his brothers made a bold decision to prioritise quality over quantity. They chose to forgo the demands of the supermarkets, opting instead to focus on providing exceptional, seasonal produce to markets and independent retailers. This conscious decision allows Jon, Tod and Warrick to protect the flavour and quality of their potatoes, as has been done for generations.

Their commitment to supply only-in-season produce is another timely reminder of why shopping at your local fruit and veg shop is A better choice! - You'll often be purchasing produce from growers like Jon who prioritise freshness, flavour, and quality over volume.

Along the three Hills brothers, you'll also find their wives Caroll, Angela, and Nicole working alongside them. Together they've created not just a business, but a tight-knit community rooted in shared values and a love for the land.

In a world where shortcuts are often taken in the pursuit of profit, the Hills Potato Farm stands as a beacon of authenticity and integrity. Their dedication to quality, tradition, and community serves as a reminder that sometimes, the old ways are the best. So, the next time you enjoy a delicious potato from Hills Potato Farm, savour not just the flavour, but the rich history and values that go into every bite.

Hot tip: You can tell that potatoes are new season when the skin comes off easily.

One Pan WONDERS

Simplify your cooking and cleanup with our delicious, fuss-free recipes. Tune in for culinary inspiration that's easy,

Roast Pumpkin, Chestnut, Lentil & Feta Salad p47



Image and Recipe Supplied by Tom Walton



Baked Chicken with
Pumpkin & Chorizo p47



Rhubarb, Pear, Ginger & Coconut Crumble



ROAST PUMPKIN, CHESTNUT, LENTIL & FETA SALAD

TIME 45 MINUTES SERVES 4

- 1/4 large Kent pumpkin, cut into 6 wedges
- 4 tbsp extra virgin olive oil
- Salt, pepper
- 10-12 chestnuts
- 1 400g tin lentils, rinsed, drained
- 1/4 head fennel + tops, finely sliced
- Small handful flat leaf parsley, roughly chopped
- 2 tbsp red wine or sherry vinegar
- 150g marinated feta or goats' cheese
- 1** Preheat an oven to 220C and place the pumpkin onto a line baking tray. Toss with the olive oil, salt, and pepper.
- 2** Roast for 25 minutes until the pumpkin is lightly coloured and soft.
- 3** At the same time, make a small criss-cross cut in the flat side of the chestnuts and roast on a separate tray for 25-30 minutes. Allow to cool slightly and peel them and roughly break up the chestnuts into large pieces.
- 4** In a mixing bowl, combine the lentils, fennel, fennel tops, parsley, chestnuts and dress with 2 tbsp of olive oil, the vinegar, toss well and season to taste.
- 5** Add the feta and toss gently then serve the lentil salad over the pumpkin – either on the tray it is roasted or plate up on a large platter.

BAKED CHICKEN WITH PUMPKIN & CHORIZO

TIME 35 MINUTES SERVES 4

- 1/4 cup Olive Oil
- 2 Chorizo, diced
- 4 Chicken Thigh Fillets
- 1/2 Butternut Pumpkin, peeled, seeded, cut into 2cm pieces
- 1 Carrot, peeled, cut into 2cm pieces
- 2 Garlic Cloves, sliced
- 2 tsp Chopped Thyme
- 1 1/4 Cups Chicken Stock
- 3/4 cup Panko Breadcrumbs
- 1 tbsp Parsley Leaves
- 1 tsp chopped thyme, extra
- 1** Preheat the oven to 200°C. Heat a large frying pan over medium-high heat. Add 2 tbsp of the oil and the chorizo. Cook, stirring, for 3 mins or until crisp. Using a slotted spoon, transfer the chorizo to a large baking dish.
- 2** Season the chicken well with salt and pepper. Add the chicken to the frying pan and cook, turning once, until golden brown all over. Transfer to the baking dish. Depending on the size of the pan, chicken may need to be cooked in two batches.
- 3** Using the same pan and oil, add the pumpkin, carrot, garlic, and thyme to the pan. Cook until the vegetables are caramelized and beginning to soften.
- 4** Add the stock and bring it to a simmer. Pour the mixture into the baking dish.
- 5** In a small bowl, mix breadcrumbs and the remaining 1 tbsp of the oil. Sprinkle the breadcrumb mixture over the chicken and vegetables in the baking dish.
- 6** Bake for 20 mins or until the mixture is bubbling and the breadcrumb topping is crisp and golden brown.

RHUBARB, PEAR, GINGER & COCONUT CRUMBLE

TIME 50 MINUTES SERVES 4

- 1 cup plain flour
- 1 cup oats
- 1/2 tsp dried, ground ginger
- 1/2 cup desiccated coconut
- Pinch salt
- 2/3 cup brown sugar
- 100g unsalted butter, diced
- 1 bunch rhubarb, cut into 4cm lengths
- 4 beurre bosc pears, peeled, cut into 6ths
- 1/3 cup caster sugar
- Zest and juice 1 orange
- Natural yoghurt, thick, double cream, or ice-cream, to serve
- 1** Preheat an oven to 200C.
- 2** Combine the crumble ingredients in a bowl, rubbing the butter in with your fingertips to create a rough breadcrumb texture. Set aside.
- 3** Place the rhubarb, pears, sugar, orange in a medium saucepan and cook over a medium high heat for approx. 8-10 minutes, stirring often, to break down soften the rhubarb and pears.
- 4** Spoon the fruit and juices into a 32cm oval or rectangle pie dish and top generously with the granola – you may not want to use all the granola, in which case, keep leftovers in the freezer for next time.
- 5** Bake for approx. 30-35 minutes until the granola is golden, beginning to crisp up and the fruit is bubbling. Allow to sit for 5 minutes before serving with yoghurt, cream or ice-cream



Pursuing Queensland Persimmons

If you have not tried a persimmon before, you may not know that Queensland is the major producer of this unique berry, with over 40% of Australia's supply proudly coming from growers in the Sunshine Coast, South Burnett, Toowoomba, Lockyer Valley, Bundaberg, Atherton Tablelands and the Granite Belt.



Thanks to the diverse range of growing regions, you can find plenty of this seasonal fruit making its way through the Brisbane Markets and into your local A better choice! store from March to September each year.



The Persimmon is an edible, heart shaped berry that can range from a yellow, to a deep red shade of orange. The skin is slightly tougher than the skin of an apple, and the flesh starts off firm, getting soft and mushy as the fruit ripens. “Persimmon may look like a yellow tomato, but the flavour is way different from that. I think everyone should try them at some point because they have such an unusual flavour,” says Elliott Carter of Brisbane Markets-based fruit and vegetable wholesaler, Murray Bros. “There are astringent varieties that kind of taste like an overripe tea, but that’s not what we grow in Australia! Australian grown persimmons are the sweet variety and retain that sweetness whether you’re eating them when they’re firm, or right through to when they’re soft, almost like jelly.”

Persimmon can be eaten fresh with or without the skin, dried, preserved as a jam, used as a sweeter alternative to tomatoes in sandwiches, salads and salsa recipes, or used to sweeten other baked goods, such as cakes, cookies, breads and muffins. They also pair well with dairy, such as cheeses and yoghurt. As there isn’t any acidity to the fruit, Elliott says the only consideration for when or how you use them is the texture. “If adding to a salad I’d use fruit that are still a bit firm.

Fun Fact!

Originally an astringent flavoured fruit, the sweet variety of Persimmon is a genetic mutation that occurred naturally 200 years ago. The branches that produce this fruit are grafted onto established rootstock. Which means, if you were to grow a persimmon tree from the seed of a sweet persimmon, the plant would most likely produce the bitter tasting variety.

Persimmons contain twice the dietary fibre of apples and high levels of minerals and antioxidants. Including them in your diet can help to improve heart health, reduce inflammation and even support healthy vision. 100g of persimmon contains:

- Vitamin C – 110% of Daily Value (DV)
- Iron – 13% of DV
- Total Carbohydrate – 11% of DV
- Potassium – 8% of DV
- Calcium – 2% of DV

But when they’re soft, they’re ideal for adding to deserts.” When shopping at your local fruit and veg shop for quality persimmon, look for fruit that are firm, free of bruises and have green, semi-pliable caps. Some blemishes on the skin are fine and don’t affect the flavour.

Elliott points out that it’s less about the fruit you select and more about how you treat it after you’ve taken it home. “Persimmon don’t want to be left in the fridge. The cold temperature really affects them – once they’ve been placed in the fridge, they pretty much turn to jelly.” Persimmon can be stored for up to two weeks if kept at around 15°C, but will ripen faster when kept in warmer conditions. Although persimmon is also grown in New South Wales, Victoria, South Australia and Western Australia, the season starts in March with the first batch out of Queensland. There are two main varieties grown in Queensland, the Jiro and the Fuyu persimmon.

“The Jiro is the first fruit off the tree of the season, which ideally, you’d want to eat when it’s a little bit softer, but the Fuyu is good no matter when you eat them,” Elliott says. “You just can’t go wrong with the Fuyu variety!”

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ADD THE MIGHTY MUSHROOM

Image and recipe supplied by the Australian Mushroom Growers Association



Blended Cheeseburger Sausage Rolls p53





**Spaghetti & Cheesy
Blended Meatballs**

BLENDED CHEESEBURGER SAUSAGE ROLLS

PREP 50 MINUTES SERVES 8

250g beef mince
250g mushrooms, grated
1/4 cup tomato sauce
1/4 cup mustard
1/4 cup chopped pickles
4 slices burger cheese, diced
Salt and pepper
2 sheets frozen puff pastry, thawed
1 egg
1 tbsp mustard, additional
1/4 cup sesame seeds

1 Preheat the oven to 180C and line a baking tray with baking paper.

2 Combine the mushrooms, mince, tomato sauce, mustard, chopped pickles and burger cheese in a bowl with seasoning. Mix to combine.

3 Place each sheet of puff pastry on a chopping board and cut in half. Divide the blended mince filling between the 4 pieces of pastry and form a log shape down the length of each piece.

4 Fold each side of the pastry over the filling and lightly press to seal.

5 Cut each sausage roll in half then transfer to the prepared baking tray with the join down.

6 Place the egg and additional mustard in a small bowl. Use a fork or small whisk to combine.

7 Brush the egg mixture over each sausage roll then sprinkle with sesame seeds.

8 Bake for 30-35 minutes or until the pastry is crisp and golden on the outside and the filling is cooked through. Serve.

SPAGHETTI & CHEESY BLENDED MEATBALLS

PREP 30 MINUTES SERVES 6

CHEESY BLENDED MEATBALLS

250g mushrooms, grated
500g pork and veal mince
1 onion, finely diced
(reserve half for the sauce)
4 cloves garlic, crushed
(reserve half for the sauce)
1/2 tsp salt
1 egg
1 tbsp dried oregano
1/4 cup parmesan cheese

SAUCE

2-3 tbsp olive oil
700g tomato passata
1/2 cup water
1 cup basil leaves, roughly chopped
Salt and Pepper to taste
400g spaghetti
1/4 cup parmesan cheese, to serve
Additional basil leaves, to serve

1 Combine the ingredients for the Cheesy Blended Meatballs in a large bowl. Roll the mixture into 20 evenly-sized meatballs.

2 Bring a large saucepan of water to the boil. Once boiling, add spaghetti and cook for 12 minutes or until al dente.

3 In the meantime, heat the oil in a large frying pan over medium heat. Add the reserved onion and garlic. Cook for 1-2 minutes then add the meatballs and cook for 2-3 minutes before turning.

4 Once meatballs are seared on both sides, add the passata and water. Reduce heat to low and simmer for 5 minutes or until meatballs are cooked through and the sauce has thickened. Add the basil leaves, salt and pepper. Stir to combine.

5 Transfer the cooked pasta into the frying pan with the sauce and toss to coat.

6 Serve the Spaghetti and Cheesy Blended Meatballs with parmesan cheese and additional basil leaves

MUSHROOMS + MINCE THE BLEND

HOW TO BLEND

A new way to cook healthier, meaty recipes... by using mushrooms.

In a nation where meat-and-three-veg has ruled the dinner table for generations, it's good to see that millions of Australians are starting to steer towards a flexitarian or plant-forward diet.

Recent research conducted by Food Frontier has revealed that 1 in 3 Australians are consciously trying to limit the amount of red meat they eat. It's no surprise that 57% of vegans and 61% of vegetarians are millennials, but perhaps a more interesting statistic is that 43% of Australian meat-reducers are baby-boomers, with their primary motivation for diet change being for better health.

Recommendations from health authorities including The Australian Heart Foundation and Cancer Council Australia state that we should reduce our weekly intake to 350g, served up in 90-120g portions spread out across the week.

Studies show that eating too much red meat is linked to health risks including heart disease, cancer, and type 2 diabetes. But in a nation so used to serving meals where meat is the focus, how do we reduce the portion of meat, while providing budget friendly, plant forward meals that the whole family will enjoy? The simple answer lies with a blend of mushrooms + mince.

We all know that mushrooms are a superfood, as they are packed with a unique combination of vitamins and minerals. Did you know that you can substitute mince for mushrooms in everyday recipes, to reduce the meat content, reduce fat and boost the nutritional value - without losing that delicious meaty flavour?

Blending mushrooms and mince is a simple cooking technique to make any minced meat recipe much more nutritious, delicious, and sustainable, and it works with any minced meat recipe. Just swap some minced meat for finely diced mushrooms.

Mushroom + Mince Ratio



BURGERS & MEATBALLS

25% mushrooms + 75% mince forms juicy and delicious meaty flavoured meals, that stay together



TACOS & BOLOGNESE

50% mushrooms + 50% mince is the healthiest blend for tasty loose meat dishes



CHILLI CON CARNE & RAGU

70% mushrooms + 30% mince makes a delicious blend for meaty flavoured meals with lots of sauce



Mushrooms + Mince = The Blend

is a simple cooking technique, which is gaining popularity with health professionals and home cooks. The Blend method is perfect for anyone wanting to reduce meat, without giving up the meaty dishes they know and love. Because it's a simple switch of ingredients, The Blend is easy to adopt. wAll you need to do is substitute a portion of mince for finely diced mushrooms.

The blend technique works in any minced meat recipe, like spaghetti

bolognese, tacos, burger patties, meatloaf. It's as simple as CHOP, BLEND, COOK!

Adding the mighty mushroom to mince creates the perfect umami blend which ENHANCES the meaty flavour of dishes, and makes meals more delicious, nutritious, and sustainable.

Do better for you and the planet too, without giving up meaty dishes you know and love. Just make room for mushrooms!

Join the Blenditarian movement!

Learn more about The Blend

Visit our website for mushroom + mince blended recipes www.blenditarian.com.au



REDUCE **FAT + SALT**

Substituting some mince for mushroom reduces the fat content and the need for added salt.

BETTER FOR THE PLANET

Mushroom farmers use sustainable farming practices that are gentle on the planet.

BOOST FLAVOUR

Mushroom has a natural umami flavour, so when added to mince, they make meals taste meatier.

\$AVE MONEY

Adding mushrooms to minced meat dishes makes larger portion sizes, to save you money

FAST AND FABULOUS



Swedish Meatballs with
Mash & Roasted Greens p59

Quick and tasty recipes designed to simplify your time in the kitchen without sacrificing flavour. Let's make mealtime effortless and delicious!



Lamb Meatball
Tagine p59



Chicken & Vegetable Stir Fry

SWEDISH MEATBALLS WITH MASH & ROASTED GREENS

TIME 40 MINUTES SERVES 4

500g beef mince
1/2 cup panko breadcrumbs
1 tbsp fresh parsley, chopped + extra to serve
1/4 tsp each ground allspice and ground nutmeg
1/4 cup brown onion, finely chopped
1/2 tsp each salt and garlic powder
1 egg
1 tbsp olive oil
5 tbsp butter
3 tbsp flour
2 cups beef stock
1 cup thickened cream
1 tbsp Worcestershire sauce
1 tsp Dijon mustard
800g potatoes
30g butter
1/3 cup milk

3 large cups green vegetables (we used broccolini and brussels sprouts)
Salt and pepper, to taste

1 Preheat oven to 220C and line a tray with baking paper. Prepare your green vegetables for roasting. Toss in olive oil and arrange on the lined baking tray. Peel potatoes and chop into large chunks.

2 Roast the green veg in the oven for around 20 mins. Cook the potatoes in a large saucepan of boiling salted water for 20 mins or until the potatoes are tender but not falling apart.

3 Meanwhile, in a medium mixing bowl, combine all the meatball ingredients and mix until combined. Season with salt and pepper. Roll the meatball mixture into 20 small meatballs.

4 In a large frypan, heat the olive oil and 1 tbsp butter. Add the meatballs and cook, turning until they are brown on all sides and cooked through.

Transfer meatballs to a plate lined with paper towel and cover to keep warm.

5 Add the remaining 4 tbsp butter to the pan. Once melted, add the flour and whisk until the mixture turns brown. Next, slowly stir in the beef stock and thickened cream. Add the Worcestershire sauce and Dijon mustard and simmer until the sauce starts to thicken. Season with salt and pepper, to taste.

6 Once the potatoes are done, drain the water from the saucepan, then mash potatoes with a potato masher. Add the butter and milk to the mashed potato and beat until fluffy. Season with salt and pepper, to taste.

7 Add the meatballs back to the pan and simmer for another 1-2 mins.

8 Serve the Swedish meatballs alongside a bed of mashed potato and the roasted greens. Garnish with chopped parsley, if desired.

LAMB MEATBALL TAGINE

TIME 45 MINUTES SERVES 4

500g lamb mince
3/4 cup breadcrumbs
1 egg
1 brown onion, finely diced
2 tbsp olive oil
2 garlic cloves, crushed
1 tsp each ground cumin, coriander, turmeric
1/2 tsp ground ginger
1 cup beef stock
2 tomatoes, chopped
1/2 cup raisins
100g baby spinach
1/4 cup Greek yoghurt, to serve
2 tbsp sliced almonds, to serve
1/4 cup fresh coriander, chopped
Cooked couscous, to serve

1 Combine mince, breadcrumbs, egg, half the brown onion and salt and pepper in a bowl. Roll level tablespoons of mince mixture into balls and place on a plate.

2 Heat half the oil in a large frypan over a medium-high heat. Cook meatballs, in batches, for 4-5 mins, turning, until browned all over. Once browned, remove meatballs from the pan and allow to drain on paper towel.

3 Heat remaining olive oil in the pan over a medium heat, then add the remaining onion. Cook for 5 mins or until the onion has softened.

4 Then add the garlic, cumin, coriander, turmeric and ginger. Cook for 1 min or until fragrant. Stir in the stock, tomato and raisins.

5 Return meatballs to the pan and bring mixture to a simmer. Simmer, stirring occasionally, for 4-5 mins or until the meatballs are entirely cooked through.

6 Stir through the spinach, cooking until the spinach is just wilted.

7 To serve, divide the cooked couscous in four serving bowls. Top couscous with the tagine. Dollop some yoghurt on top and sprinkle over the fresh coriander and sliced almonds.

CHICKEN & VEGETABLE STIR FRY

TIME 10 MINUTES SERVES 4

2 tbsp peanut oil
3 chicken breasts, cut into thin strips
1 brown onion, thinly sliced
1 red capsicum, cut into thin strips
1 bunch baby broccoli, roughly chopped
150g mushrooms, thinly sliced
1 medium carrot, julienned
2cm piece fresh ginger, peeled and finely grated
2 garlic cloves, minced
2 tbsp soy sauce
1 1/2 tbsp oyster sauce
1 tbsp water
1 tbsp sesame seeds, to serve
Cooked white rice, to serve

1 Preheat oven to 200C, and lightly grease a 20x30cm baking dish.

2 Soak the cashews and sliced carrots in very hot water for 20 mins. Once done, drain the water and add both to a blender.

3 Meanwhile, grate your potatoes, then squeeze out the excess liquid.

4 Add the grated potatoes, chopped broccoli, salt, pepper, garlic powder, and nutritional yeast to the prepared baking dish. Toss to combine.

5 To the blender, add your garlic, nutritional yeast, salt, and milk, blending mixture until smooth. Adjust seasonings as desired.

6 Next, pour the sauce over the potatoes and broccoli, tossing to combine. Use the back of a spoon to smooth sauce over the top.

7 Bake in the oven for 35-40 mins or until the top is golden brown and slightly crispy.



Healthy Chicken
Parmigiana &
Rainbow Salad p63



Mushroom & Asparagus Quiche p63

Cauliflower Fried Rice



HEALTHY CHICKEN PARMIGIANA & RAINBOW SALAD

TIME 45 MINUTES SERVES 4

2 slices wholegrain bread (slightly stale is fine)

4 slices of ham

2 cups cherry tomatoes, halved

1/2 bunch basil, leaves picked

1 tbsp olive oil

1/4 tsp red wine vinegar

4 small skinless chicken breasts

1/2 cup light grated cheese

2 tbs balsamic vinegar

2 tbs olive oil

Salt and pepper, to taste

1 large carrot, diced

1 small red capsicum, diced

1 cup kale, chopped

2/3 cup red cabbage, chopped

1/2 cup cherry tomatoes, halved

1 Preheat a grill oven to high. Line a baking tray with baking paper.

2 Add the tomatoes, basil, oil and vinegar to a small saucepan over a medium heat. Cook for 20 mins or until the tomatoes are soft. Once done, crush tomatoes with a fork.

3 Blitz the bread slices in a nutri-bullet or food processor until they are fine breadcrumbs. Set aside.

4 Tenderise the chicken breast fillets by covering them with baking paper and hitting them with a rolling pin.

5 Brush the chicken breasts with some olive oil and press the breadcrumbs over both sides.

6 Heat some olive oil in a fry pan and cook the chicken for about 3 mins on each side or until cooked through. Then place the coated chicken breasts onto the lined baking tray and top with the tomato mixture. Add a slice of ham, then top with the grated cheese.

7 Place the tray under the grill for 3 mins or so until the cheese is bubbly and golden.

8 Meanwhile, whisk together the vinegar, oil, salt and pepper in a large bowl. Add the carrot, capsicum, kale, cabbage, and tomatoes. Toss to coat.

9 To serve, divide the salad between four serving plates and place one parmigiana onto each plate.

MUSHROOM & ASPARAGUS QUICHE

TIME 45 MINUTES SERVES 8

450g fresh asparagus, trimmed and chopped in half (or quarters)

1 medium onion, finely chopped

2/3 cup fresh mushrooms, sliced

1/4 cup butter, cubed

2 large eggs, lightly beaten

2 cups mozzarella cheese, grated

1/4 tsp each salt and pepper

1/2 tsp each dried garlic, basil, oregano, and parsley

1 Preheat oven to 190°C and grease a pie/quiche dish with spray oil or butter.

2 In a large pan, sauté the asparagus, onion, and mushrooms in the butter until the asparagus is crisp-tender.

3 In a large bowl, combine the eggs, mozzarella, salt and pepper, and dried herbs. Next, add in the asparagus mixture and stir to combine. Finally, pour the mixture into the greased dish.

4 Bake in the oven for 25-30 mins or until a knife inserted into the centre of the quiche comes out clean. Allow to stand for 10 mins before slicing and serving. Enjoy!

CAULIFLOWER FRIED RICE

TIME 15 MINUTES SERVES 4

1 medium-sized head of cauliflower

2 tbs sesame oil

1 large carrot, diced

2 garlic cloves, minced

1 cup peas

2 eggs, beaten

3 tbs soy sauce

6 spring onions, finely sliced

1 Shred cauliflower using a grater or by pulsing some roughly cut pieces in a food processor. Note: the shredded cauliflower should resemble reasonably small grains of rice.

1 Heat 1 tbsp sesame oil in a large pan over a low-medium heat. Add the chopped carrot and garlic and cook until fragrant, 3-5 mins.

2 Then add the cauliflower, peas, and remaining 1 tbs sesame oil to the pan.

3 Cook, stirring constantly, to cook the cauliflower until it is a soft texture (but not mushy).

4 Make a well in the middle of the fried rice, turn the stove heat to its lowest setting, then add the beaten eggs. Stir gently and frequently, until the eggs are cooked.

5 Stir in the soy sauce and spring onions, then you're ready to serve!

LAMB & SWEET POTATO TRAY BAKE

TIME 45 MINUTES SERVES 4

500g small, sweet potatoes, scrubbed and quartered lengthways

12 lamb cutlets

400g can brown lentils, rinsed and drained

1/2 cup maple syrup

100g baby spinach

1 Preheat oven to 180C fan forced, and line a large baking tray with baking paper.

2 Place the sweet potato onto the lined tray, then spray with olive oil. Season with salt and pepper. Bake for 20 mins or until sweet potato is just tender.

3 Next, add the lamb cutlets and lentils to the tray. Spray with more olive oil and drizzle over the maple syrup. Bake in the oven for a further 15-20 mins or until the sweet potato is golden and the lamb is cooked to your liking.

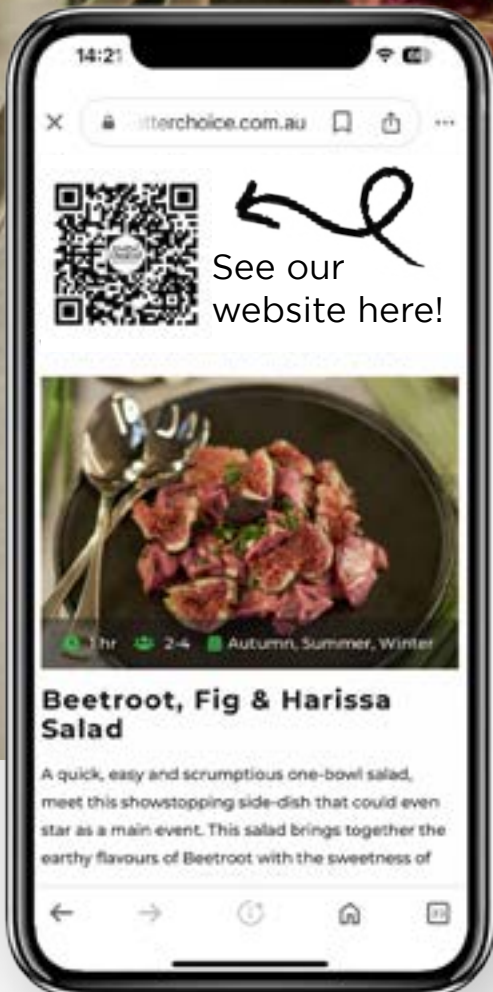
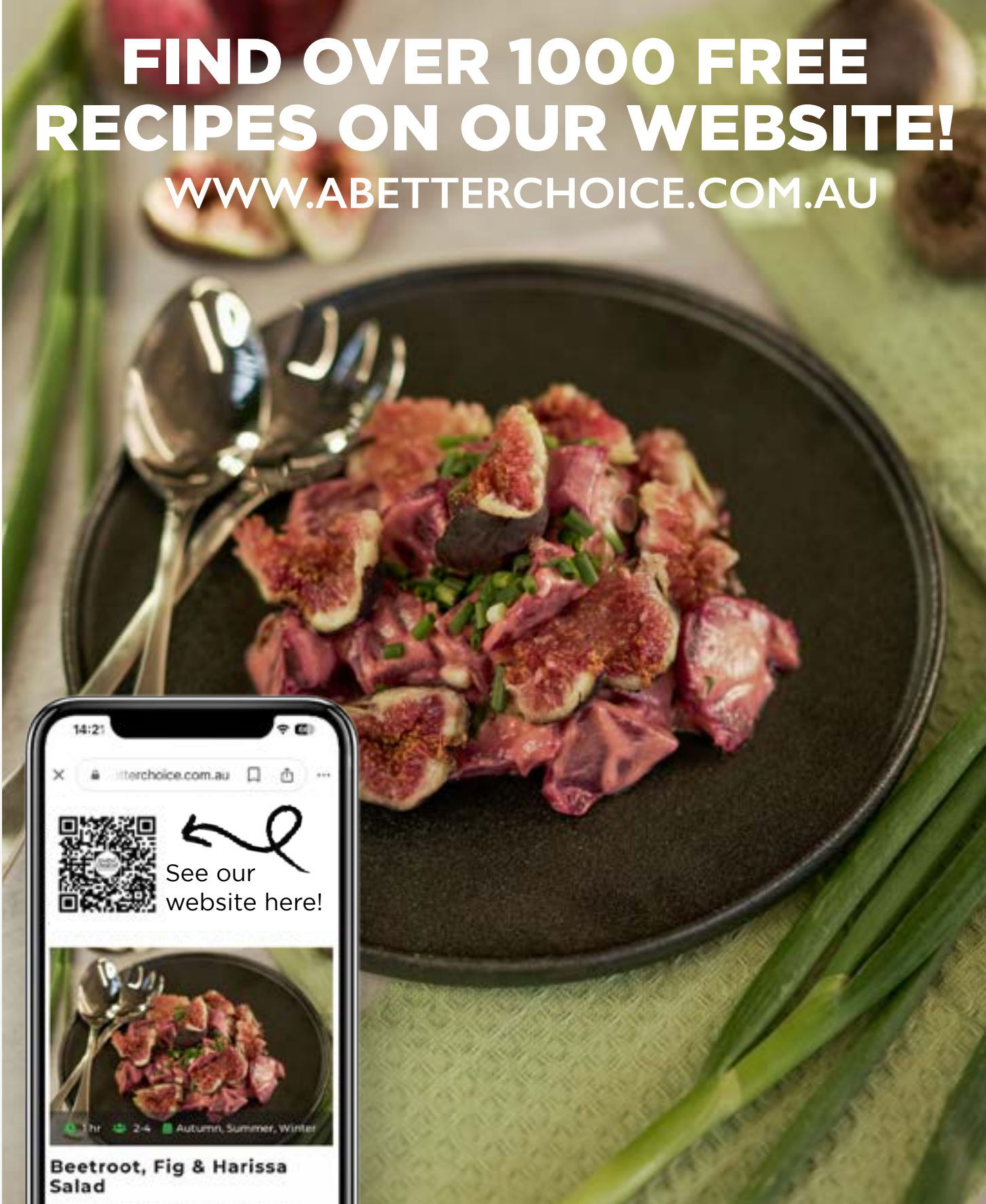
4 Remove tray from the oven, stir through the spinach, then serve.



Lamb & Sweet Potato
Tray Bake p63

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First-ever WA Cherry Queen crowned



First WA cherries of the season raise \$120,000 for the Perth Children’s Hospital Foundation at the annual Cherry Auction

Perth’s annual charity Cherry Auction sparked a bidding war amongst the state’s fruit and veggie industry titans this morning as the seasons cherries went under the hammer for a good cause. An iconic WA tradition now in its 31st year, the Cherry Auction took place at Perth Markets in Canning Vale, with all proceeds from the event donated to Perth Children’s Hospital Foundation.

The 2023 Cherry Auction raised \$120,000 with 21kg of cherries donated by cherry growers from WA’s South West. The 5kg prize box of cherries from Donnybrookerry Valley sold for \$75,000. Linh Truong of All States Farms was crowned the event’s first-ever Cherry Queen, taking the crown from 2022 Cherry King Frankie Galati, CEO of Galati Group.

The winning figure was achieved thanks to a six-way joint bid by All States Farms, Galati Group, Erceg Holdings, Karragullen Cool Storage, 4 Ways Fresh Produce and M & G Monte & Son. This year, the stunning Ceremonial Box containing the prize

cherries was made by Marri and crafted by Phil Staniford from the Donnybrook Men’s Shed.

In 2023, funds raised for PCHF at the Cherry Auction will benefit the Rare Care Centre at PCH, which coordinates research and advanced diagnostic approaches for the 63,000 WA kids with rare and undiagnosed diseases.

This year’s Cherry Auction Ambassadors, Toby (9) and Ava (10), live with a rare disease and receive support through the Rare Care Centre. Toby has Cockayne syndrome, a degenerative DNA repair disorder that causes rapid aging, while Ava has a mutation on the GNAS gene that affects her growth. Perth Children’s Hospital Foundation CEO Carrick Robinson said: “The Cherry Auction is an excellent way for the market community to unite and support WA’s sick kids. Now in its 31st year, the auction has collectively raised more than \$1.8 million, all thanks to the generosity of our local fruit and veggie industry.

“Funds raised today for PCHF will go to the Rare Care Centre, which supports diagnosis, care coordination, clinical trials and research for WA kids with rare and undiagnosed diseases, helping more kids like Toby and Ava and their families to get the support they need and deserve.”

Newly crowned Cherry Queen, Linh Truong said: “It’s a fantastic result that we got today. Last year, we came in second, so we’re thrilled to take home the crown this year, thanks to the support of the wider market community. It’s beautiful to have an event in the market for a good cause, where everyone comes down to support the kids.”

Market West Chief Executive Rod McPherson said: “It’s fantastic to see our first ever Cherry Queen crowned. Market West is honoured to bring together our members for this event year after year. The market community come to the fore at

this time of year; they’re always willing to dig deep and put their hands in their pockets for the kids, and this year was no exception. It’s a good cause close to their hearts, so well done to everyone who helped to achieve today’s result.”

Last year’s 5kg prize box of cherries sold for \$49,000, thanks to a joint bid from Galati Group and Fernbrook Fresh. The Cherry Auction is run and hosted by Market West and Perth Markets Group Limited and supported by the Cherry Growers Association.





Start your day off right with a delightful array of morning favorites and innovative twists. Let's dive into delicious dishes that will fuel your day ahead!

The most IMPORTANT MEAL



Grilled Mushroom
Breakfast p71



Pan-fried Bananas with
Coconut Yogurt

GREEN PANCAKES

TIME 20 MINUTES SERVES 4

250g plain flour
350ml warm water
1 tsp sea salt
1/2 tsp black pepper
1 1/2 tbsp coconut oil
50g baby spinach
Handful of fresh parsley
Extra-virgin olive oil, for drizzling

To serve: fried eggs, roasted asparagus, roasted tomatoes, sliced spring onion and chilli flakes

- 1 Blend the flour, spinach, parsley, water and salt and pepper to form the pancake mixture.
- 2 In a medium fry pan over a high heat, melt 1 tsp of coconut oil. Add 3 tbsp of the pancake mixture to the pan, swirling to cover the base. Cook for 1-2 mins, then flip the pancake over and cook on the other side for a further 30 secs.
- 3 Tip the pancake onto a plate, then repeat step 2 until you have used up all the pancake mixture.
- 4 Top each pancake with a fried egg, roasted asparagus, roasted tomatoes and sliced spring onion and chilli flakes. Enjoy!

GRILLED MUSHROOM BREAKFAST

TIME 20 MINUTES SERVES 2

4 Swiss Brown/Portobello Mushrooms
1 Clove of Garlic, sliced
60g Salted Butter
50g Parsley, roughly chopped
50g Basil, roughly chopped
20g Dill, roughly chopped
120g Sour Cream
2 Eggs
Flake Salt

- 1 Preheat the oven to 180°C.
- 2 Mix the sour cream and chopped herbs together.
- 3 Fill each mushroom with sliced garlic, a pat of salted butter, and a pinch of flake salt.
- 4 In a pan over medium heat, add olive oil and place the mushrooms with the stalks facing up. Cook them slowly until the butter starts to melt.
- 5 Transfer the pan to the preheated oven.
- 6 While the mushrooms are in the oven, poach the eggs to your desired doneness.
- 7 Remove the mushrooms from the oven and serve them with the herb-infused sour cream, poached eggs, and a drizzle of olive oil.
- 8 Garnish with a sprinkle of fresh herbs.

PAN-FRIED BANANAS WITH COCONUT YOGHURT

TIME 10 MINUTES SERVES 4

4 ripe but firm bananas, sliced
2 tbsp coconut oil
2 tsp raw honey
1/4 tsp ground cinnamon
1/4 tsp vanilla extract
pinch of salt
1/4 Flaked almonds

Coconut yoghurt to serve (or other yoghurt of your choice)

- 1 Over medium heat, melt coconut oil and honey in a medium frypan. Add cinnamon, salt and vanilla extract, and stir to combine.
- 2 Place sliced bananas in the frypan and cook for 2-4 minutes on each side. Be sure to watch bananas as they caramelize to ensure they don't brown too much.
- 3 Remove the pan from the heat and remove the bananas from the pan.
- 4 Allow the bananas to cool slightly.
- 5 Meanwhile, add almond flakes to a small cold pan and put on medium-low heat to toast, watch them carefully and stir continuously until they begin to colour lightly. Remove from pan and allow to cool.
- 6 Layer bananas in a bowl with yoghurt and sprinkle with toasted almond flakes.

CAPSICUM PESTO EGGS

TIME 20 MINUTES SERVES 2

3 Capsicums
3 Cloves of Garlic
1 Handful of Basil
1 Chilli
4 Eggs (2pp)
Olive Oil
Salt, Pepper and preferred seasonings
Fresh Sourdough, Toasted

- 1 Char capsicums until black (approximately 30 minutes) on the stove/grill. You can also do this on a barbecue.
- 2 Once charred, cover capsicums with plastic wrap on a plate and leave for 30 minutes. Peel skin and remove seeds.
- 3 Add the capsicum into a food processor with the garlic, basil, chilli (to taste) and a splash of olive oil. Season and blitz for 20 seconds.
- 4 Add whole cashews and grated parmesan to taste, blitz again for another 20 seconds.
- 5 Add pesto to a hot pan, lower heat and crack eggs in.
- 6 Toast your bread and add your smashed avocado (season with lemon juice and salt/pepper)
- 7 Put pesto eggs onto the bread and garnish with fresh parsley and lemon juice.

BREAKFAST OMELETTE MUFFINS

TIME 60 MINUTES SERVES 6

3 slices bacon, chopped
1 large broccoli, finely chopped
8 large eggs
1 cup shredded Cheddar cheese
1/2 cup milk
1/2 tsp salt
1/2 tsp pepper

- 1 Preheat the oven to 160C. Coat a muffin tray with cooking spray.
- 2 In a large pan cook bacon over medium heat for 4-5 minutes or until crisp. Add in broccoli and cook for about 5 minutes. Remove from heat and let cool for 5 minutes.
- 3 Whisk eggs, cheese, milk, salt, and pepper in a large bowl. Stir in the bacon and broccoli mixture. Divide the egg mixture among the muffin tray.
- 4 Back for 25-50 minutes. Let stand for 5 minutes before removing it from the muffin tray.



Capsicum Pesto Eggs p71



Fresh for Kids Cooking Classes Arrive in Sydney Schools



FRESH *for* KIDS

WHY FRESH FOR KIDS?

The Sydney Markets Fresh for Kids campaign, in collaboration with Jamie Oliver's Learn Your Fruit and Veg Program, is bringing cooking into Sydney schools. I can't wait to share the joy of cooking fresh, delicious produce with you and collaborate to discuss where food education meets cooking.

There have been months of preparation involved, and since the launch of our program, Fresh for Kids has been on national TV. Being able to teach this and see it come to life across the classroom has been a joy to witness.

I am personally excited to be working on this program and so far, Fresh for Kids have run 24 lessons across 13 schools, reaching 700 students. It has been great to be in the classroom with eager kids to teach them about the joy of cooking.

My culinary journey is made possible through a fantastic collaboration with Sydney Markets and Jamie's Ministry of Food. As a qualified nutritionist, I have been able to help inspire kids in the classroom and together, we're on a mission to inspire healthy eating and empower the next generation with lifelong habits. The Learn Your Fruit and Veg program is not just about preparing tasty meals; it's a practical, hands-on experience that connects children with the world of fresh, seasonal ingredients.

WHAT TO EXPECT

In a world full of processed snacks and fast food, it's crucial to instil a passion for fresh, nutritious produce from an early age. Which is why I have enjoyed teaching these cooking classes. The sessions are a gateway to understanding the significance of the Central Market system and is a journey to discovering how the fruits and vegetables they use are grown by farmers and sourced from Sydney Markets.

Each class is a hands-on experience, combining food education with practical skills. From chopping to stirring, the kids will master the art of creating quality dishes using seasonal ingredients available.

As the cooking facilitator, I'll discuss the importance of eating a rainbow of fruits and veggies, understanding where our food comes from, and the skills to make healthier food choices. It's about the process, the learning, and the joy of sharing a meal.



REGISTRATIONS NOW OPEN

If you'd like your school to get involved, registrations are now open

Visit freshforkids.com.au
or contact us directly on
(02) 9325 6294



Jump into the bean scene 5 Fun Reasons to eat more Beans!



GREEN BEAN, FIG & FETA SALAD

TIME 15 MINUTES SERVES 4

400g green beans, trimmed
4 fresh figs, quartered
1/2 bunch mint, leaves picked
120g feta
2 tbsp sunflower seeds
1 shallot, finely chopped
1/4 cup champagne (or olive oil)
1/4 cup apple cider vinegar

1 To make the dressing, combine the shallot, champagne, and apple cider vinegar in a bowl. Set aside.

2 Blanch the beans in a large pot of boiling, salted water for 3 mins or until bright green and tender. Drain the beans, then place in a bowl of iced water to stop the cooking. Once cool, drain again and pat dry.

3 To serve, place the beans on a platter, top with the fresh figs, mint leaves, and feta. Drizzle over the dressing and scatter over the sunflower seeds.



**LOOK FOR FRESH AUSSIE
GROWN BEANS AT YOUR LOCAL
FRUIT AND VEG SHOP TODAY!**

Dive into the fun world of beans! These little gems add a pop of excitement to your meals and are a powerhouse of nutrients. From the adventurous foodie to the health buff, beans are the perfect addition to everyone's plate. Let's explore why beans are the mealtime MVPs.

1. Nutrient-Packed

Beans are like natural multivitamins, loaded with vitamins, minerals, fibre, and protein, yet low in calories.

2. Heart-Friendly

Beans do wonders for your heart with their fibre and antioxidants. They help lower cholesterol and blood pressure, fighting off heart disease. Each serving is a step towards a healthier heart.

3. Weight Management Made Easy

For those watching their weight, beans are the ideal ally. They're filling, thanks to their fibre and protein, helping you eat less without feeling deprived. Plus, they're low in fat and keep you energized.

4. Digestive Health Booster

Beans are great for your gut, aiding digestion and keeping things moving smoothly. They also support a healthy gut microbiome, making them a go-to for gut happiness.

5. Versatile and Tasty

Beans fit into any dish, from chilis to salads and soups, adding flavour and texture. They're an affordable, versatile food choice, making healthy eating fun and simple.



Beans aren't just nutritious; they're an exciting way to spice up your meals. They offer health benefits from heart to digestion and make weight management fun. So, why not bring more beans into your life and enjoy their delicious versatility? Let the bean adventure begin!

THE POWER OF GREAT TASTE



Sweet and tangy with a juicy crunch



AUSTRALIAN GROWN





Indulge in the flavors of autumn with delicious dishes and decadent treats! From savory roasts to delightful desserts, we've got your holiday table covered.

**Apple & Sultana
Hot Cross Buns p83**

EASTER PREPARATIONS



Braised Dutch Carrots p83



Image and Recipe Supplied by Tom Walton

**Roast Celeriac with Buckwheat
& Pomegranate Salad p83**



**Roast Lamb Chops with
Creamed Spinach**

APPLE & SULTANA HOT CROSS BUNS

TIME 40 MINUTES **SERVES** 12

4 cups plain flour
14g dried yeast
1/4 cup caster sugar
1 tsp ground cinnamon
2 tsp all spice
Pinch of salt
3/4 cup sultanas
3/4 cup granny smith apple, diced
40g butter
300ml milk
2 eggs, lightly beaten
1/2 cup plain flour
5 tbsp water
1 tbs apricot jam (or honey)
2 tsp water

1 Combine flour, yeast, sugar, cinnamon, all spice, salt, apple and sultanas in a large bowl.

2 Melt butter in a small saucepan over a medium heat. Once melted, add the milk and heat until mixture is lukewarm.

3 Add milk mixture and eggs to the flour and fruit mixture.

4 Using a flat-bladed knife, cut the knife through the dough until it almost comes together. Using clean hands, finish mixing to form a soft dough.

5 Place the dough onto a floured surface and knead for 10 mins, or until the dough is smooth. Place the dough into a lightly oiled bowl and cover with plastic wrap. Set dough aside in a warm place for 1 hour to 1 1/2 hours, or until the dough doubles in size. Line a large baking tray with baking paper.

6 Punch the dough back to its original size and knead on a lightly floured surface until smooth.

7 Divide the dough into 12 even portions. Shape each portion into a ball. Place balls onto the lined tray, about 1cm apart.

8 Cover once again with plastic wrap and set aside in a warm place for 30 mins, or until the buns have doubled in size.

9 Meanwhile, preheat oven to 190°C. To make the flour paste, mix together the flour and water in a small bowl until smooth, adding more water if the paste is too thick. However, you don't want mixture too be too runny!

10 Spoon mixture into a piping bag (or a small snap-lock bag). Cut one corner of the bag, then pipe the flour paste over the tops of the buns to form crosses.

11 Bake in the oven for 25 to 30 mins, or until the buns are cooked through. Keep an eye on them so they don't burn!

12 To make the glaze, heat the apricot jam and water in the microwave for a few seconds until runny. Using a pastry brush, brush glaze over the hot cross buns.

BRAISED DUTCH CARROTS

TIME 30 MINUTES **SERVES** 6

300ml vegetable stock
1 bunch Dutch carrots
2 tbsp butter
1 tsp caster sugar
1 tsp fennel seeds

1 In a medium saucepan heat the vegetable stock. Place carrots into a deep-frying pan and then add the butter, sugar, fennel seeds and stock. Season to taste.

2 Simmer carrots uncovered over medium heat for 25-30 minutes or until carrots are cooked through and the liquid is reduced.

ROAST CELERIAC WITH BUCKWHEAT & POMEGRANATE SALAD

TIME 2 HOURS **SERVES** 4

1 celeriac
2 tbsp olive oil
Flake sea salt, black pepper
2 cup buckwheat, soaked in cold water overnight
Large handful each flat leaf parsley, mint, roughly chopped
2 shallots, finely sliced
1/2 cup toasted walnuts, crushed
1/2 cup pomegranate seeds
3 tbsp extra virgin olive oil
Juice 1-2 lemons

1 tsp sumac
1/2 cup natural yoghurt
1 tsp za'atar

1 Preheat an oven to 200C. Place the celeriac on a piece of baking paper which is on a piece of foil. Drizzle with 2 tbsp olive oil, season with salt, pepper then wrap loosely with the baking paper and foil, place onto a baking tray and roast in the oven for 1 1/2- 2 hours, until the celeriac is quite soft and giving way.

2 Allow to cool slightly then tear into 8-10 large pieces. Toss them back with any oil from roasting and lightly season with a little salt and pepper.

3 Meanwhile, blanch the buckwheat in boiling water for 3-4 minutes, drain and rinse under cold running water and drain well again.

4 Combine the buckwheat with the herbs, shallots, walnuts, and pomegranate and dress with the juice of 1-2 lemons, extra virgin olive oil, sumac and a little salt and pepper to taste. Add the celeriac and toss through.

5 Serve with the yoghurt spooned over and finish with the za'atar.

ROAST LAMB CHOPS WITH CREAMED SPINACH

TIME 45 MINUTES **SERVES** 4

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
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. Preheat oven to 200°C.

2 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.

3 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.

4 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.

5 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.

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

7 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.

Roast Cauliflower Steaks with Pear & Pepita Salad p89



Image and Recipe Supplied by Tom Walton



Coconut Easter Egg
Cocktail p89

Whole Roasted Apples p89



Recipe and Image Provided by Tom Walton

Image and Recipe Supplied by Tom Walton



Easter Egg Marshmallow Slice p89

**Chocolate Ganache Tart
with Strawberries**

Recipe and Image Provided by Melbourne Food Nerd



ROAST CAULIFLOWER STEAKS WITH PEAR & PEPITA SALAD

TIME 1 HOUR SERVES 4

2 medium cauliflowers
1/3 cup olive oil
Salt, fresh ground black pepper
2 brown onions, unpeeled, cut in half lengthways
2 ripe pears – Beurre bosc or William variety
1/3 cup toasted pepita seeds
Handful each mint and dill, roughly chopped
1 lemon

Extra virgin oil to dress the salad
Greek style natural yoghurt, to serve

- 1 Preheat an oven to 220C
- 2 Cut about 3cm off the ends off each cauliflower – using for the cauliflower and pear soup in – and then cut the centre piece in half lengthways so you have two cauliflower steaks held together by the core of the cauliflower.
- 3 Place these onto a baking tray and brush both sides of the steaks with olive oil and season with salt and pepper. Brush the onions cut side with olive oil and season lightly then place onto the same or a second lined baking tray, cut side down.
- 4 Roast these for approx. 30-35 mins until the cauliflower steaks are golden, soft and the onions are soft. Keep warm
- 5 When the cauliflower is almost ready, cut the pear into thin strips and combine with the seeds, herbs, a good squeeze of lemon, a splash of olive oil and season to taste.
- 6 Carefully transfer the cauliflower steaks to a platter or individual plates and serve with the roast onions, pear salad and some natural yoghurt if desired.

COCONUT EASTER EGG COCKTAIL

TIME 5 MINUTES SERVES 4

4 mini creme eggs
1 tbsp chocolate syrup
1/2 cup Baileys irish cream
1/2 of a fresh coconut
1/4 cup fresh coconut water
1/2 cup vanilla vodka
Cocoa, to serve

- Ice
- 1 Skewer a mini egg through to the middle of each stick. Prep your glasses by dipping the rim in chocolate syrup (or water, then cocoa).
 - 2 In a blender, blitz together your coconut water and coconut flesh from the fresh coconut to form a thin but creamy mixture.

- 3 Place Baileys, vodka, and coconut cream into a cocktail shaker. Add ice. Shake and combine.
- 4 Strain into glasses and repeat if you had too much liquid for your shaker. Dust your cocktails with cocoa and enjoy!

WHOLE ROASTED APPLES

TIME 1 HOUR SERVES 4

8-10 small apples
1/2 cup brown sugar
2 tsp ground cinnamon
80 g salted butter
Juice 1/2 lemon

- Cream, Yoghurt or Ice-cream, to serve
- 1 Preheat an oven to 210C
 - 2 Using a melon baller scoop, cut down through the centre of the apple to remove the core, not cutting all the way through though – leave about 1cm from the bottom
 - 3 Combine the brown sugar & cinnamon and sprinkle 3/4 of it into and over the apples. Cut the butter into the same number of pieces as apples and place it into each of the apple cavities.
 - 4 Sprinkle over the remaining sugar mixture and squeeze the lemon over. Cover with foil and roast for 45 mins, until the apples are softened and collapsing.

EASTER EGG MARSHMALLOW SLICE

TIME 30 MINUTES SERVES 10

250g malt biscuits
150g butter, melted
280g packet marshmallows
1/4 cup milk
200g milk chocolate
100g dark chocolate
190g packet raspberry lollies
140g packet Maltesers
2/3 cup shredded coconut
2 x 125g packet chocolate mini eggs

- 1 Using a food processor, process biscuits. Add butter and process until well combined. Press mixture evenly over a baking tray. Refrigerate.
- 2 Place marshmallows and milk in a saucepan over medium heat. Cook for 6-8 minutes. Pour marshmallow mixture over the biscuit base. Refrigerate for 30 mins.
- 3 Place milk and dark chocolate in a microwave-safe bowl. Microwave for 1 to 2 minutes, stirring with a metal spoon every 30 seconds.

- 4 Combine raspberry lollies, Maltesers, coconut and 3/4 of 1 packet of eggs into a bowl. Add 1/2 of the chocolate mixture. Toss to combine. Spoon mixture over marshmallow base. Drizzle the remaining chocolate over the egg mixture. Decorate with the remaining eggs. Refrigerate for at least 1 hour

CHOCOLATE GANACHE TART WITH STRAWBERRIES

TIME 20 MINUTES + 6 HOUR SETTING TIME SERVES 12

500g Strawberries
250g chocolate ripple biscuits
50g butter
600g dark chocolate
500g cream
250g sugar
80g pistachio
Water

- 1 Add biscuits to a food processor and blitz until smooth. Add melted butter. Blitz again to combine and add to your tart tin.
- 2 Press the biscuit mix down firmly along the bottom of the tin and the sides. Put the tart into the freezer until ready for filling.
- 3 Melt the chocolate slowly, while heating cream and sugar in a pot until it steams. Add the cream into the chocolate mixture, and mix together using a spatula. Pour into the tart and leave in the fridge to set for at least 6 hours.
- 4 When the tart is ready to eat, add 100g sugar with 50mL water and a generous handful of strawberries (6 or so) to a saucepan to make the strawberry sauce.
- 5 Cook on medium heat until jammy, mixing regularly. When thick, mash the strawberries and pass the mixture through a strainer if desired to get a smooth sauce.
- 6 Deshell and crush the pistachio in a snap-lock bag. Finely slice the remaining strawberries.
- 7 Decorate the top of the tart with the strawberries and pistachio. Serve a slice of the tart with strawberry sauce.

FRESHNESS Service



Discover easy and delicious recipes perfect for batch cooking, ensuring your week is filled with tasty and satisfying meals. Let's simplify cooking and make meal prep a breeze!

PREP AHEAD

MONDAY Sesame + Spiralized Veggie Noodles

TIME 30 MINUTES SERVES 4

- 120g spaghetti
 - 1 medium zucchini, spiralized
 - 2 carrots, spiralized
 - 2 cups chickpeas, drained & rinsed
 - Spring onions, to garnish
 - Sesame seeds, to garnish
 - 1/2 cup smooth peanut butter
 - 1 tsp ginger, finely grated
 - 1 garlic clove, minced
 - 2 tbsp soy sauce
 - 3 tbsp rice vinegar
 - 1 tbsp sesame oil
 - 1 tbsp maple syrup
 - 1 tsp freshly squeezed lime juice
- 1** First, cook the spaghetti, according to packet directions. Once done, drain and set aside.
- 2** Meanwhile, in a jar or small bowl, combine all the dressing ingredients. Prepare all the vegetables.
- 3** Divide the peanut sauce into four small containers, then divide the chickpeas, spiralized veggies and the spaghetti between four meal prep suitable containers.
- 4** Once ready to serve, pour over the peanut sauce and combine!



TUESDAY Thai Chicken Bowls



TIME 1 HOUR **SERVES** 6

2 tbsp olive oil
2 tbsp soy sauce
1 tbsp Sriracha sauce
3 chicken breasts
1 cup jasmine rice
1 medium red cabbage, shredded
2 medium carrots, grated or spiralized
1/2 cup coriander, chopped
2 tbsp chopped peanuts, optional
1/2 cup smooth peanut butter
2 tbsp honey
1 tbsp freshly squeezed lime juice
1 tbsp soy sauce
1 garlic clove, minced
1 tsp Sriracha sauce
1-2 tbsp hot water

1 Preheat the oven to 215C and line a tray with baking paper.

2 In a large bowl, whisk together the olive oil, soy sauce and Sriracha. Next, add the chicken breasts, tossing to combine. Cover with cling wrap and refrigerate for 30 mins or overnight to allow the marinade flavours to develop.

3 Place the coated chicken breasts onto the lined tray and bake for 20 mins or until the chicken is cooked through. Once done, remove tray from the oven and allow chicken to rest for 5 mins before slicing.

4 Meanwhile, prepare the jasmine rice according to packet directions.

5 In a medium bowl, combine all the sauce ingredients using a whisk. Note: Add one tablespoon of water at a time, adding more if necessary.

6 Serve the sliced chicken on top of a bed of rice, topping with the cabbage, carrots, coriander, and peanuts (if using). Drizzle with the satay sauce, then serve! Or keep in containers for meal prepped lunches. Note: Keep the satay sauce separate. Only pour over when ready to eat.

WEDNESDAY Chopped Mexican Salad

TIME 15 MINUTES **SERVES** 4

1/2 cup sour cream

1/2 lime, juiced

1/2 tsp Mexican seasoning

1 baby cos lettuce, trimmed

1 bunch coriander, finely chopped

1 red onion, finely chopped

1 cucumber, diced

1 tomato, diced

1 avocado, diced

125g corn kernels, rinsed, drained

125g kidney beans, rinsed, drained

Corn chips, broken into pieces

1 Place sour cream, lime juice and Mexican seasoning in a small bowl, then stir to combine. Season and set aside until ready to serve.

2 Place the salad ingredients on a large chopping board. Roughly chop into bite-sized pieces. Add corn and beans and toss to combine.

3 Place the salad into meal prep containers.

4 Serve with the dressing and broken corn chips (leave these off until you're ready to eat, otherwise they will become soggy!)



THURSDAY Chicken Fajita Bowls



TIME 35 MINUTES **SERVES** 6

3 cups cooked rice
3 large chicken breasts
3 large capsicums
1 onion
1/4 cup olive oil
1/2 cup salsa
1 tbsp chilli powder
1/2 tsp cumin
1 tsp garlic powder
1/2 tsp dried oregano
1/4 tsp pepper
1 tsp salt

Cheddar cheese, grated

Salsa, to serve

Coriander, to serve

Avocado, to serve

Lime, to serve

Corn chips, to serve

1 Preheat oven to 220°C and line a tray with baking paper.

2 In a small bowl, combine the olive oil, salsa, dried herbs and salt and pepper. Set aside.

3 Slice the chicken into bite sized pieces. Toss with half of the seasoning mixture. Slice the capsicums into strips and thinly slice the onion. Toss vegetables with the remaining seasoning mixture.

4 Place the chicken and vegetables onto the prepared tray and bake for 20-22 mins, or until cooked through, stirring halfway through.

5 In 6 containers, place 1/2 cup of rice in each. Divide the chicken, vegetables, cheese, and salsa evenly between the containers.

6 When ready to eat, serve with a lime wedge, avocado, chopped coriander, and corn chips.

FRIDAY

Roasted Vegetable Salad + Quinoa

TIME 1 HOUR 30 MINUTES

SERVES 4

3 large tomatoes, quartered
1 zucchini, sliced into rounds
1 green capsicum, roughly chopped
1 red onion, sliced
2 tbsp olive oil
1 tsp dried oregano
1 garlic clove, minced
2 garlic cloves, minced
1/4 tsp onion powder
1/2 tsp dried dill
1/2 tsp dried parsley
1/2 cup tahini
1/4 cup warm water
3 Tbsp lemon juice
Salt & pepper, to taste
1 cup quinoa
1 1/4 cups water
4 cups mixed salad leaves
3/4 cup hummus

1 Preheat oven to 200C and line a tray with baking paper. Place vegetables onto the lined tray in an even layer. Add the olive oil, oregano, minced garlic, tossing to coat the vegetables. Season generously with salt and pepper.

2 Roast the vegetables in the oven, stirring every 15 mins, until the vegetables are tender and browning on the edges. Once done, remove tray from the oven and allow the vegetables to cool.

3 While the vegetables are roasting, rinse the quinoa through a fine sieve. Place the rinsed quinoa in a small saucepan and add 1 1/4 cups of water.

4 Place a lid on top, turn the heat up to high and bring to a boil. Once boiling, turn the heat down to low and allow to simmer for 15 mins.

5 While the quinoa is simmering, prepare the dressing. In a small bowl, combine the minced garlic, onion powder, dill, parsley, tahini, water, and lemon juice. Whisk until smooth, then season to taste with salt and pepper. Place dressing in the fridge until ready to serve.

6 After letting the quinoa has simmered for 15 mins, turn the heat off and allow it to sit with the lid on for 5 mins. Once done, empty the cooked quinoa onto a tray and allow it to cool.

7 To prepare the bowls, place one cup of mixed salad leaves in each container.

8 Add 1/2 cup of the quinoa, then evenly divide the roasted vegetables between the four containers. Next, add 2 tbsp hummus to each container.

9 Finally, divide the dressing between four small dressing containers. Ready for lunches!



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