

A better choice!

FREE

ISSUE 2 2023

Quality **FRESHNESS** Service

72

RECIPES WITH SEASONAL PRODUCE



p6
Roasted Beetroot & Mandarin Salad

Seasonal Delights

Aussie Grown: Stories from the Farm

Warming Meals for the Family



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Winter FEASTING

Manager/Co-Editor
James Patrick

Co-Editor
Chloe Agius

Design Lead
Peppa Rasmussen-
Breitinger

Contributors
Gail Woods
Inci Humberstone
Penny Reidy
Zac Egan
David Power
Ned Tesic
Karen Tilke
Sharna Limb
Luke Leeson
Lauren Kitchener
Melbourne Social Co

Printers
Q-Print Group

Printing Leads
Damien Hunt
Liz Sheppard

Partners
Fresh Markets Australia
Central Markets
Association of Australia
Perth Markets Limited
South Australian Produce
Market
Melbourne Market
Sydney Markets Limited
Brisbane Markets Limited
Market West
South Australian Chamber
of Fruit and Vegetables
Fresh State

There's no denying the chill in the air at this time of year, and there's no better time to spend with family than enjoying a warming, nourishing winter meal. There's nothing as good as coming home on the weekend after a long day at sporting events or spending time with friends to take the time out of the busy day to prepare wholesome meals celebrating the season's very best produce.

Winter produce is unique, and allows us to really treasure the special things, from deliciously crunchy Apples, or enjoying a juicy mandarin or orange. Kiwifruit is another favourite for a nutrient boost and reminds us of warmer days to come. Root vegetables are the hero of the season and we can't get enough of delicious soups, curries and spicy delights to really keep warm this winter.

This issue is yet another celebration of the wonderful produce from your local fruit and veg shop. Supporting local farmers and producers, your local fruit and veg shop makes the most of unique relationships to bring you the very best quality products with a smile. We hope this issue brings you daily inspiration this Winter and gives you another reason to shop at your local fruit and veg shop.

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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GET IN TOUCH: info@abetterchoice.com.au

WINTER IS HERE



*Let's make time for
comfort food*

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SEASONAL

Winter has officially arrived, and the change of season brings fresh new seasonal produce for you to incorporate into your diet.

FRUIT

Winter sees fruits such as **apples, bananas, rhubarb, grapefruit, kiwifruit, lemons, limes, imperial mandarins, Navel oranges,** and **pears** in season. These fruits are perfect toppings for your morning porridge or to add into delicious desserts! All these winter fruits are high in Vitamin C, Vitamin K and Vitamin E to help fight those nasty winter colds and keep your body functioning at its best throughout winter.



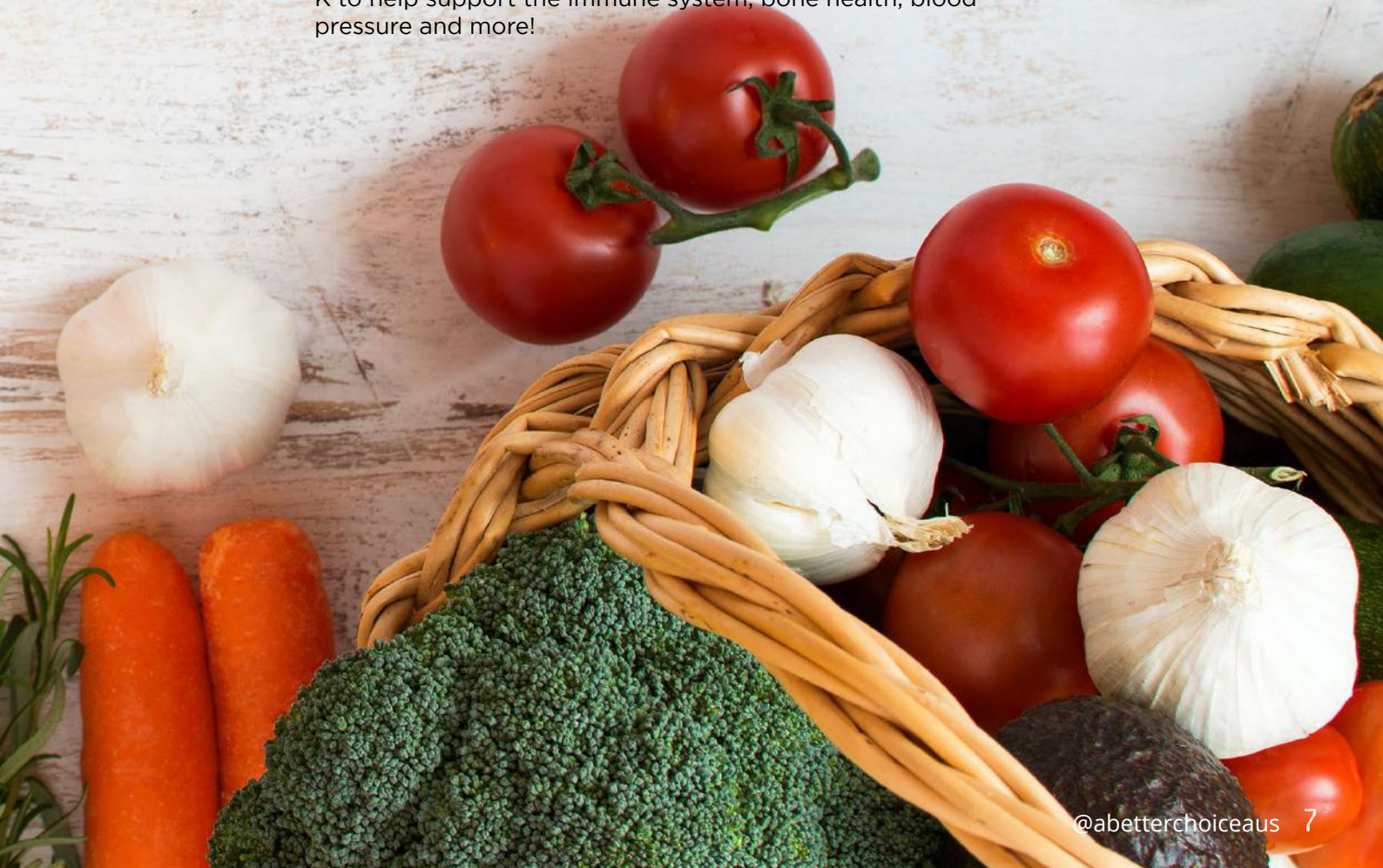
FAVOURITES

By eating fruit and vegetables that are in season you can be comforted knowing that you are consuming produce that tastes great, is fresh and is rich in vitamins and minerals needed to support your immune system and general health and

wellbeing throughout the chillier months. Luckily for you there are so many delicious types of fruit and veg to choose from this winter that are perfect to add into your favourite recipes including soups, hearty mains and warming desserts!

VEG

Vegetables such as **bok choy** and **choy sum**, **beetroot**, **broccoli**, **brussels sprouts**, **cabbage**, **carrots**, **cauliflower**, **celery**, **fennel**, **garlic**, **ginger**, **kale**, **onions**, **potato**, **pumpkin**, **spinach** and **silverbeet**. Asian greens are perfect to add into a yummy stir-fry, while vegetables such as **potato**, **pumpkins** and **broccoli** can be easily roasted to compliment a roast lamb for Sunday lunch or added into a delicious vegetable curry! This winter sees plenty of dark green leafy vegetables in season that are packed with vitamins and minerals such as Vitamin C, Vitamin A and Vitamin K to help support the immune system, bone health, blood pressure and more!





Roasted Beetroot & Mandarin Salad

SALAD

3 beetroots, cut into wedges
1 red onion, cut into quarters
1-2 mandarins, segmented
1 bunch Broccolini™
2 cups mixed salad leaves
2 sprigs of mint, chopped

100g feta, crumbled
30g pine nuts
Salt and pepper, to taste
Olive oil

DRESSING

4 Tbsp olive oil
4 Tbsp fresh mandarin juice
1 tsp Dijon mustard

1 Preheat oven to 180°C. Place beetroot on tray and sprinkle with olive oil, and season with salt and pepper.


2 Bake for 30 minutes or until tender. Remove tray from oven and add red onion to tray. Cook for a further 10 minutes.

3 While the beetroot and onion are roasting, add Broccolini™ to a pan with a drizzle of olive oil over a medium to high heat. Sauté until the Broccolini™ is bright green and some of the stems and florets are lightly charred (around five minutes). Once cooked, remove Broccolini™ from the pan and slice each stem in half.

4 Assemble your salad by adding a bed of greens, mint, mandarin segments, beetroot, red onion, Broccolini™, crumbled feta, and pine nuts.

5 To create your dressing, whisk all dressing ingredients in a small bowl and drizzle on top of the salad. Stir and enjoy!

MANDARIN SEASON



Winter is the perfect time of year to enjoy Aussie Mandarins. With their bright and refreshing flavour, Mandarins are a family favourite. Packed with vitamin C, Mandarins are a great option to keep your immune system strong over the colder months. Celebrate this season's Mandarins with our favourite winter recipes including salads, sweets and everything in-between.



MANDARIN PORK SALAD
TIME 35 MINUTES MAKES 2

1 pork tenderloin
 3 cups lettuce or mixed greens
 2 mandarins, segmented
 1/2 red onion, thinly sliced
 1/4 cup goat's cheese, crumbled
 1/4 cup walnuts, roughly chopped
 2 Tbsp coriander
 2 Tbsp balsamic vinegar
 2 Tsp olive oil
 Salt and pepper, to taste

1 Begin by grilling the pork, for approximately eight minutes on each side.
2 In a bowl, combine all other ingredients and mix well to combine.
3 Slice the freshly cooked pork and serve salad on a serving platter, or in two separate bowls.

SALTED CHOCOLATE MANDARIN TART

TIME 3 HOURS MAKES 6-8

435g sweet shortcrust pastry
2 mandarins
1 1/2 cups thickened cream
300g chopped dark chocolate
75g unsalted butter
2 Tbsp orange liqueur
1 cup caster sugar
Zest and juice of 1 mandarin
Sea salt

- 1 Grease a loose-base tart tin with butter.
- 2 On a floured surface, place your pastry and scatter mandarin zest all over. Gently roll with a rolling pin and press zest into pastry. Line your tart tin with the pastry and trim excess off the edges. Allow to chill in fridge for 30 minutes.
- 3 Preheat oven to 180°C. Line the pastry shell with baking paper and fill with pastry weights (or beans or rice). Bake in

the oven for 15 minutes, then remove the paper and weights. Bake again for another five minutes.

4 In a saucepan on the stove, heat your cream to just below boiling point. Pour the chocolate and one teaspoon salt into the cream. Let it sit for two minutes to allow the chocolate to melt, before stirring well to combine.

5 Add in the mandarin juice, and orange liqueur. Pour the chocolate mixture into your pastry shell, then let the tart chill in the fridge for 2 hours.

6 To make the candied mandarin, slice the mandarins thinly. Place sugar and one cup of water into a pan and let that simmer.

7 Add in your mandarin slices. Turn heat to low, and cook for seven minutes, or until soft.

8 Remove candied mandarins from the pan and allow them to cool. Set aside the syrup from the pan and cook this down for three more minutes, until slightly reduced.

9 When serving your tart, top with the candied mandarin, syrup, and sprinkle over some more sea salt.





MANDARIN ORANGE CHICKEN

TIME 60 MINUTES MAKES 6

3kg chicken breast
3 mandarins

MARINADE

1/2 cup soy sauce
1 Tbsp sesame oil
2 Tbsp orange juice
1/4 cup corn-starch
1/4 cup all-purpose flour
1 tsp baking powder

ORANGE SAUCE

1 Tbsp sesame oil
2 Tbsp chilli sauce
2 Tbsp fresh ginger
2 garlic cloves, minced
2 cups chicken broth
1/4 cup orange juice

2 Tbsp soy sauce
2 Tbsp sugar
1/4 cup corn-starch

1 In a large bowl, combine all the ingredients for the marinade and whisk to combine. Slice up chicken into cubes and toss in the marinade. Let the chicken marinate for 30 minutes or up to one hour.

2 Heat up oil in a large frying pan over medium heat. Add ginger and garlic into the frying pan and cook until fragrant. Add the rest of the orange sauce ingredients and mandarins to the frying pan, except the corn starch and bring to a boil then turn off the heat.

3 Mix corn-starch in a small dish and add two tablespoons of water. Slowly pour into the orange sauce while whisking. Set aside.

4 Take the chicken out of the marinade and start frying the chicken. Fry for five minutes, then remove to a paper towel.

5 Pour the orange sauce over the fried chicken. Garnish with sesame seeds and spring onion.

A Fresher Future



For over 30 years, **Sydney Markets Fresh for Kids** program has been helping NSW school students choose the healthier choice at their school canteens. The program is now adapting to meet the needs of modern children. In this new phase, Fresh for Kids is moving into the classroom to bring cooking classes to the students.

After receiving feedback from stakeholders across the state, Sydney Markets will bring a fresh program to schools! The Fresh for Kids cooking classes are designed to teach children about food; what it is, where it comes from, and the importance of the central market system by bringing the beauty of fresh, local, seasonal food to life. Using a hands-on approach to recreate recipes has been proven to engage children in a fun way while inspiring children to make better choices. Sydney Markets CEO, Brad Latham, said,

“The new program is an evolution of our much-loved Fresh for Kids program. We are building on years of success of the canteen by taking the program into the classroom, to help educate future generations on healthy habits. This is a fantastic opportunity to encourage kids to eat healthier and educate them about where their food comes from through Sydney Markets.”

The significance of the program has been highlighted by recent Australian Health and Wellbeing statistics which reveal that 1 in 4 Australian children aged 2-17 are considered obese. This research also found that only 9% of children aged 2 -17 years meet the daily vegetable recommendation. The new program will utilise produce from local growers, fresh from Sydney Markets and greengrocers local to schools within the program.

FRESH *for* KIDS

It encourages primary schools to get involved in food education in a practical, hands-on, fun, and engaging way. The classes will focus on one 'hero' fruit or vegetable per term, with consideration given to seasonality and availability of produce from local greengrocers. Sydney Markets PR and Brand Manager, Ned Tesic, said that the Sydney Markets team is excited to watch the new program unfold as a necessary evolution of the Canteen Campaign.

"The Fresh for Kids program has a long and proud history at Sydney Markets, and I am thrilled to see it transform into something that will undoubtedly be very valuable to children to set them up for lifelong healthy habits."

If you would like your school to participate, please register your interest via our Fresh for Kids website, www.freshforkids.com.au



Get Involved!

Scan the QR code to bring cooking classes to your classroom!



SWEET SNACKS

Enjoy some sweet moments this winter
with seasonal fruit!



Raw Apple Pie Bars p16

Lemon Bars p16





RAW APPLE PIE BARS

TIME 1 HOUR MAKES 12

CARAMEL

- 1 cup Medjool dates, pitted
- 1 tsp vanilla extract
- 2 Tbsp cashew butter
- 1/4 tsp salt
- 2 cups boiling water

BAR

- 1 1/2 cups raw almonds
- 1/4 tsp salt
- 1 2/3 cup medjool dates, pitted
- 2 cups of apples of your choice, sliced into thin semi-circles

1 To make the salted caramel sauce, in a large bowl, pour the boiling water over the pitted dates and allow the dates to sit for 15-20 minutes. Drain the dates, reserving the water.

2 Next, place the dates into a blender with one cup of the reserved water. Add the vanilla extract, cashew butter and salt, and blend until a sauce is formed. Tip: Add more water if needed. The sauce should be quite thick but pourable.

3 To make the bars, place almonds, salt,

and dates into a food processor and blend for two minutes.

4 Line a baking dish with baking paper and press the mixture into the pan. Make sure it's spread out evenly through the pan.

5 Place the sliced apples into a mixing bowl and coat them well with the caramel sauce. Arrange the apple slices in two layers on top of the nut base, slightly overlapping with each piece.

6 Place the bars into the fridge to cool for at least an hour. Cut them into rectangles and serve.

LEMON BARS

TIME 40 MINUTES MAKES 10

- 250g sweet plain biscuits
- 125g butter, melted
- 3/4 cup desiccated coconut
- 1/2 can condensed milk
- Zest of 1 lemon
- 2 cups icing sugar
- 1 1/2 Tbsp butter, melted
- 1/4 cup lemon juice, freshly squeezed
- Shaved coconut, to garnish
- Lemon zest, to garnish

1 Crush the biscuits and stir in the desiccated coconut.

2 Next, add in the lemon zest and mix to combine.

3 Finally, add in the melted butter and condensed milk and stir well.

4 Press mixture into a lined slice tin and allow to set in the fridge.

5 To make the icing, combine the icing sugar, butter, and lemon juice.

6 Spread the icing over the set base, then top with shaved coconut and lemon zest, if desired.

CHOC BANANA BITES

TIME 1 HOUR MAKES 4

- 4 bananas
- 1/2 cup crushed peanuts
- 1/2 cup peanut butter
- 1/4 cup chocolate chips, melted

1 Slice the banana into 1cm thick pieces.

2 Top with peanut butter and crushed peanuts.

3 Drizzle with melted chocolate and place in the freezer to set.

'My secret for the best
fruit and veg around,
shop at your local fruit
& veg shop, it's
'A better choice!'

Julie Goodwin

A better
choice!

Quality FRESHNESS Service

NUTRIKIWI™ KIWIFRUIT & CHIA PARFAIT

4 x NutriKiwi™ kiwifruits
3 Tbsp chia seeds
1 1/4 cup milk of your choice
1 1/2 tsp maple syrup
3/4 cup greek yoghurt
1 x punnet blueberries
1 1/2 cups muesli of choice
Honey to serve

1 The night before serving, combine chia seeds, milk and maple syrup in a jar or container and place in the refrigerator overnight or at least 4 hours.

2 When ready to assemble, thinly slice the kiwifruit ready to place in the jars. Evenly divide and layer the chia mixture, muesli, yoghurt, NutriKiwi Kiwifruits and honey to fill four jars.

3 Top with Blueberries and honey to serve.



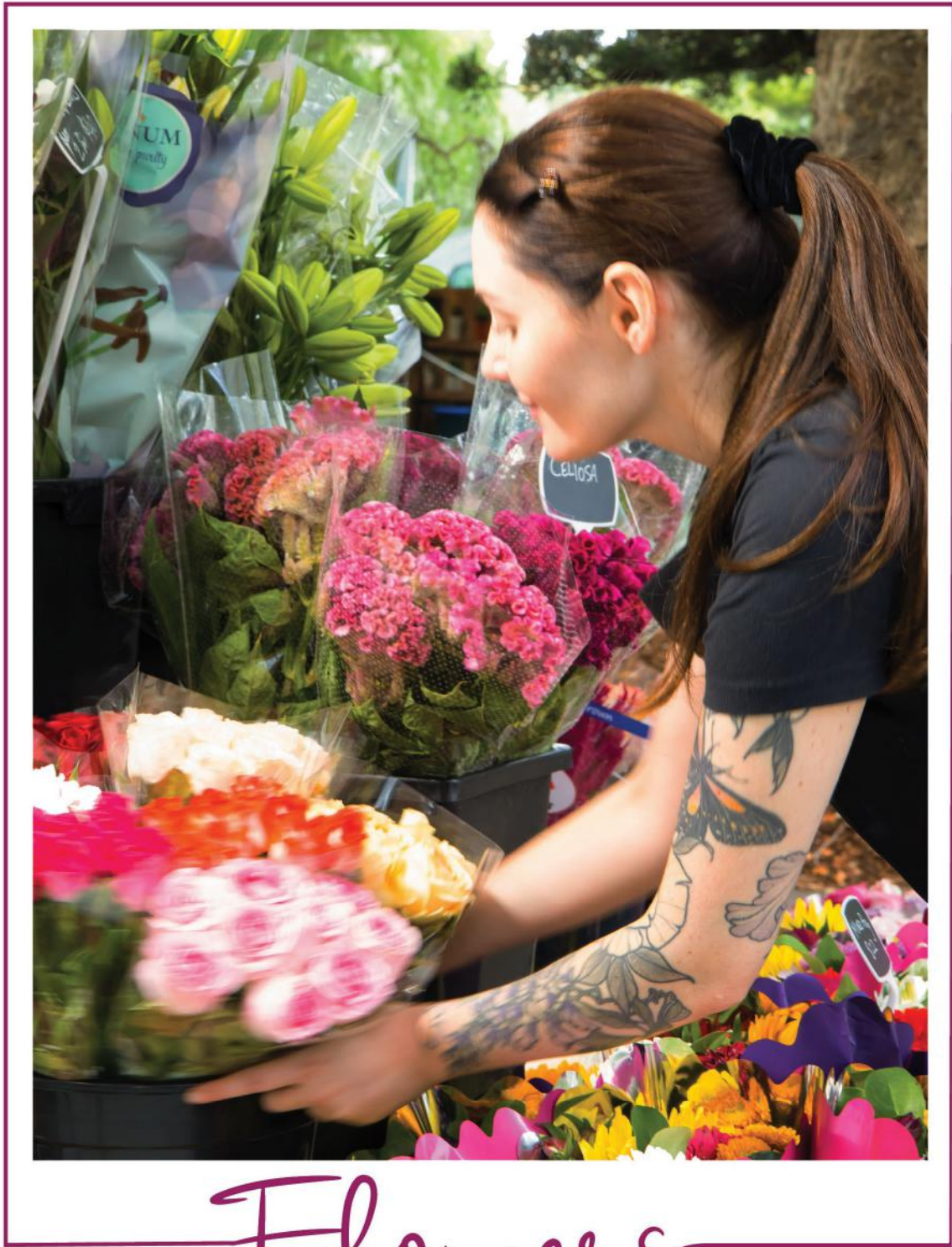
NUTRIKIWI™ KIWIFRUIT, BLUEBERRY & MINT SODA

1 x NutriKiwi™ kiwifruit
Handful of blueberries
3-4 mint leaves
150 ml soda water
Juice of 1/2 lime
(optional) 30ml white rum
Ice to serve

1 Thinly slice the kiwifruit into roughly 5-6 pieces (with extra to garnish).
2 In a glass, muddle lime juice and mint together.
3 In the same glass, combine soda water, rum (optional) and ice.
4 To decorate, place kiwifruit on the edge of the glass. Ensure there is enough ice in the glass to hold the kiwifruit in place. Top with blueberries and mint and serve immediately.



GIVE THE GIFT OF



Flowers

FROM YOUR LOCAL FLORIST



**National
Flower
Centre**



**Melbourne
Market**

Make veggies the star of the show with these veg-forward meals to keep you warm this winter!

Pumpkin Frittata p25



VEGGIE BAKES



Zucchini Lasagne p25

Pumpkin & Leek Tart p25



Pizza Cauliflower Bake



PUMPKIN FRITATTA**TIME 90 MINUTES MAKES 6**

750g butternut pumpkin, peeled and cut into 3cm pieces
 150g Broccolini™, cut into thirds
 60g butter, melted
 8 sheets filo pastry
 100g pancetta, torn into large pieces
 100g feta, broken into large pieces
 8 eggs, lightly whisked
 2 tsp olive oil
 125g halloumi, cut into 2cm pieces
 2 tsp freshly squeezed lemon juice
 1/2 cup cherry tomatoes, halved
 15g baby rocket leaves

1 Preheat oven to 180°C. Place pumpkin in a steamer basket over a saucepan of boiling water. Cover with a lid, then steam for 15 minutes or until just tender. Transfer to a plate to cool.

2 Next, add the Broccolini™ to the steamer basket, and steam for five minutes or until bright green.

3 Meanwhile, lightly grease a 26cm oven-safe fry pan with some melted butter.

4 Place the filo on a clean work surface. Cover with a dry tea towel, then a damp tea towel (this prevents the filo from drying out). Brush one filo sheet with some of the melted butter. Fold in half, crossways. Place in the pan, allowing it to overhang slightly. Repeat with the remaining filo sheets and melted butter, turning and overlapping each sheet slightly to completely line the pan.

5 Arrange the pumpkin, broccoli, pancetta, and feta evenly over the filo. Pour over the whisked egg mixture. Fold the pastry over the filling to slightly enclose, then bake for 35-40 minutes or until frittata is set and golden.

6 Heat the oil in a small fry pan over a medium-high heat. Add the halloumi and cook, turning occasionally, for two minutes or until golden. Add the lemon juice and toss to coat.

7 Combine the halloumi, rocket, and cherry tomatoes in a bowl. When serving, top the frittata with a little of the halloumi salad.

ZUCCHINI LASAGNE**TIME 50 MINUTES MAKES 4**

8 medium zucchinis, sliced
 2 Tbsp olive oil
 1 onion, finely chopped
 2 cloves garlic, crushed
 2 Tbsp oregano
 1 bunch kale, chopped
 1 bunch spinach
 1 Tbsp grated lemon rind
 2 1/4 cups ricotta
 3/4 cup mozzarella
 3/4 cup parmesan
 Salt, pepper to taste

1 Preheat the oven to 220°C. Place zucchini on a baking tray and brush

with oil. Roast for 10-15 minutes or until golden.

2 In a medium frying pan, add onion, garlic, and oregano. Cook for five minutes. Roughly chop the spinach and kale and add them to the onion mixture. Combine ricotta, lemon rind, salt and pepper in a bowl and mix.

3 In a baking dish, line with the roasted zucchini. Top with half of the ricotta mixture and half the kale mixture. Sprinkle with mozzarella and parmesan. Repeat process.

4 Bake for 10-15 minutes or until golden.

PUMPKIN & LEEK TART**TIME 70 MINUTES MAKES 6-8**

2 sheets puff pastry, thawed
 180g fetta
 500g pumpkin, diced
 50g butter
 2 Tbsp olive oil
 2 leeks
 6 eggs, whisked
 600ml cream
 1 cup spinach
 2 Tbsp dill
 Salt, Pepper to taste

1 Preheat the oven to 180°C. Drizzle the pumpkin with olive oil, toss to coat and roast in the oven for 20-25 minutes.

2 Heat butter in a large frying pan and sauté the leeks until soft. In a medium bowl, whisk together eggs and cream. Season with salt and pepper.

3 To assemble, top pastry with pumpkin and leek, pour in egg mixture and top with crumbed fetta. Gently stir with a fork to combine the ingredients.

4 Bake for 35-40 minutes or until golden in the middle.

PIZZA CAULIFLOWER BAKE**TIME 50 MINUTES MAKES 6**

300g tempeh
 1 cup vegetable stock
 2 tsp Italian seasoning
 1 1/2 tsp tamari
 1 large cauliflower, cut into florets
 4 large Roma tomatoes
 2 cups marinara sauce
 2 cups mozzarella cheese, grated

1 Preheat the oven to 190°C and line a large tray with baking paper.

2 In a small pot, place the tempeh, stock, tamari and Italian seasoning over medium-high heat. Bring to a boil, then reduce heat and allow the tempeh to simmer for 10 minutes or until the stock is absorbed. Set aside to cool slightly.

3 Place cauliflower and chopped tomatoes onto the lined tray, then sprinkle over the tempeh, crumbling as you go.

Pour over the marinara sauce and sprinkle over the cheese. Bake for 40-45 minutes or until the cauliflower is very tender.

4 Serve on a bed of rice or pasta and enjoy.

EGGPLANT PARMA**TIME 3 HOURS MAKES 8**

2 large eggplants
 1 tsp salt
 1/4 cup olive oil
 2 garlic cloves, minced
 2 cans of crushed tomato
 1/2 cup chopped basil
 2 cups breadcrumb
 1 1/4 cup shredded parmesan cheese
 1 cup all-purpose flour
 4 large eggs, beaten

1 Slice the eggplant into thick rounds. Layout the eggplant slices on a baking tray. Sprinkle both sides of the eggplant with salt. Let that sit for one hour.

2 To make the sauce, heat oil in a medium saucepan. Add in minced garlic and good until fragrant. Add the crushed tomatoes and bring to a simmer. Add salt and pepper to taste. Add in the basil and remove from heat.

3 Preheat the oven to 200°C. In separate bowls, place breadcrumbs flour and the beaten egg. Drench each eggplant in the flour, then the egg and then the breadcrumbs. Repeat. Place eggplants on a baking tray and drizzle olive oil over the top. Bake the eggplants for 15-20 minutes. Remove from oven and cool.

4 To assemble the dish, spread one cup of tomato sauce into a casserole dish. Assemble the eggplants in a single layer. In between each layer spread the tomato sauce and parmesan cheese. Repeat. Reduce the oven to 180°C and bake uncovered until the cheese is melted. Remove from oven and sit for 10 minutes.

Eating Seasonally in the **LOCKYER VALLEY**



Driving just one hour west of Brisbane, you will see the scenery gradually shift towards climbing mountain peaks, framing a lush valley populated by countless farms

Listed amongst the “Top Ten Most Fertile Areas in the World”, this rich landscape offers one of the most diverse ranges of commercial fruit and vegetables grown in Australia, making it easy to find ‘in season’ fresh produce year-round.

Growing fresh produce in its ideal seasonal window has many benefits. Not only is the produce flavourful and packed with vital nutrients and minerals, but it is also more cost-effective to grow, passing the savings all the way through the supply chain to consumers at the checkout of their local fruit and veg shop. Knowing this, it is easy to see why the Lockyer Valley is such a popular growing region. Owner and Director of the Valley’s own Qualipac Agriculture, Troy Qualischefski, is no stranger to the Valley’s charms. “My family has been farming in the Lockyer since 1906, and we pride ourselves on supplying top-quality

produce to consumers, utilising the best and most efficient farming methods and practices we can.”

The Lockyer Valley is the sweet spot for growing both summer and winter crops, meaning we can always guarantee the freshest produce is being sent to the Brisbane Markets®. Indeed, the Lockyer Valley’s ability to produce seasonal produce year-round has mounting benefits. When grown in their natural season, plants are less stressed and more robust, allowing them to develop a stronger resistance to insects and pests. This, in turn, results in higher quality produce and better soil conditions for future crops.

Further to this, seasonal produce also has additional environmental benefits. A large portion of the Lockyer Valley’s produce is sold through the nearby Brisbane Markets at

Rocklea, meaning the entire supply chain – the grower, the wholesalers at the Markets, and the local fruit and veg shops who purchase from them, and finally the customers at the end – is geographically much closer. In addition to significantly reducing emissions from transport, this also reduces the volume of food waste produced, as fruit and veg have a longer shelf life, and customers have access to fresher and higher quality produce.

Locally grown, seasonal produce is often more economical to grow as well. Wholesalers who sell the growers' produce at the Central Markets are committed to selling their produce efficiently, and so will adjust prices according to availability. Whilst this consistent sale benefits the growers, the supply and demand nature of abundant produce also results in a more competitive prices down the entire supply


chain. In short, buying in season will generally ensure customers get a good price on their fresh produce.

The Lockyer Valley has just entered its winter growing season, so be sure to stop by for a drive past endless fields of the winter vegetables, such lettuces, potatoes, broccoli, carrots, cabbages, pumpkins, beans and corn, that are typically grown here. If you can't visit, then drop into your local fruit and veg shop and buy some locally grown, in season fresh and fruit veg!

If you don't know what is in season near you, then visit www.abetterchoice.com.au to find your local fruit and veg shop for some guidance, and do your health, your wallet and our planet a favour.

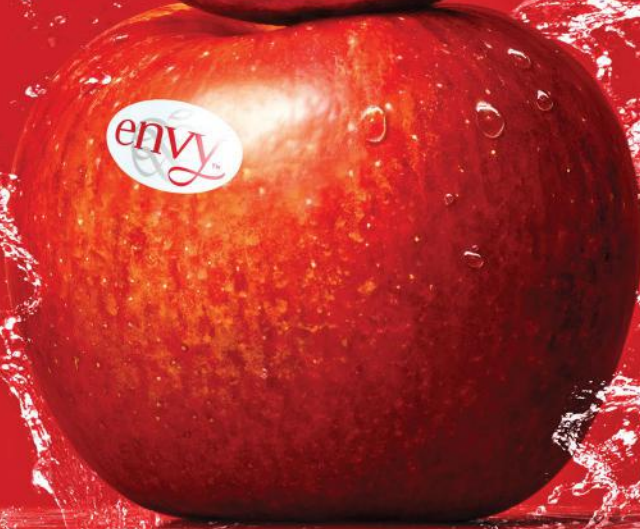
"We pride ourselves on supplying top-quality produce to consumers, utilising the best and most efficient farming methods and practices we can."





Eggplant Parma p25

envy™ 



OH. SO. ENVIOUS.

An apple with a sweet & sophisticated flavour like no other.
Australian grown & hand-picked. Available from May to September.

EXCLUSIVELY
BROUGHT
TO YOU BY:



MONTAGUE
SINCE 1948

THIRD-GENERATION FAMILY OWNED

A SEASONAL DELIGHT: The envy™ Apple

Australian grown envy™ apples are a treat for apple lovers who seek a sweet and juicy snack. The envy™ apple is a cross between a Braeburn and a Royal Gala apple and is characterised by its beautifully balanced sweetness and uplifting fresh aroma.

100% hand-picked, Australian-grown envy™ apples are available from May to February depending on the season. Some years envy™ is only available until December. envy™ apples are exclusively brought to you by Montague, a third-generation family-owned company since 1948. envy™ apples have been gaining in popularity throughout Australia, thanks to their sweetness and low acidity flesh. envy™ apples are also known for their bright, white flesh that tends to stay whiter for longer than most other apples.

The extended growing season of envy™ apples is due to the different regions in which envy™ apples are grown. To ensure that the envy™ apple is of the highest quality, it is grown in regions with rich soil, high rainfall, and summer sunshine. In Australia, envy™ apples are grown in different regions, including Stanthorpe in Queensland, Batlow in New South Wales, and Huon Valley in Tasmania. These regions are known for their ideal growing conditions, which make them the perfect match for envy™ apples.

Each of these growing regions has unique characteristics that make them stand out. For instance, Batlow in New South Wales is famous for its high-quality apples, thanks to fertile soil and abundant rainfall. The Huon Valley in Tasmania is renowned for its pristine environment, making it the perfect place to grow premium apples.

envy™ apples are grown by passionate growers who take pride in their work. One such grower is David Finger from Vernview Orchard in the Yarra Valley, Victoria. David and his orchard team work tirelessly to ensure that their apples are of the highest quality. They pay close attention to every detail of the growing process, from pruning to harvesting, to ensure that their apples are the best that nature can provide.

To ensure maximum freshness and quality, there are a few best practices for storing apples at home. While storing apples in your fruit bowl is convenient, we recommend using them within 5 days. For longer-term storage, your fridge will increase its longevity although it does depend on the type of apple. When you want to eat your apple, allow it to reach room temperature before consuming it. This will allow the true flavours to shine through. Pick up some envy™ apples at your local fruit and veg shop this season.





envy™ APPLE & PULLED PORK RICE PAPER WRAPS

TIME 40 MINUTES MAKES 8

100 gm soaked and drained vermicelli noodles
 1/2 cucumber, thinly sliced
 1 carrot, finely shredded
 1/2 red capsicum, sliced thinly
 1 spring onion, finely sliced
 1 envy™ apple
 200gms pulled pork
 1/4 cup hoisin sauce + extra for dipping
 1/2 cup roughly chopped herbs – mint,
 coriander & parsley
 8 rice paper wraps

1 Prepare the vegetables and set aside
2 Core and slice the envy™ apple into fine strips
3 Combine the pulled pork with the hoisin
 sauce and mix well

4 Dip one rice paper sheet into a bowl of warm
 water for a 10-15 seconds until soft and pliable

5 Lay the rice paper flat on a sheet of baking
 paper, arrange a few noodles in the centre, top
 with a little pulled pork and then a few of each
 vegetable, envy™ apple strips and fresh herbs
 creating a log in the center of the rice paper

6 Fold the ends of the rice paper in and roll up
 enclosing the filling. Set the finished roll aside
 on a plate and cover with a damp paper towel
 or clean cloth. Continue with the next rice
 paper sheet

7 Arrange the rice paper rolls on a serving plate
 with extra hoisin for dipping and garnish with
 fresh herbs



TOP 3 REASONS TO BUY SEASONAL PRODUCE

1

FRESHNESS

When you shop for produce that is in season, you can be sure the fruit and vegetables you're buying are fresh! Seasonal produce has a shorter journey from farm to fork, coming direct from the grower to a central market, and on the shelf at your local fruit and veg shop the very next day. When produce is fresh, you can be sure it's also better quality than out-of-season produce.

2

SUSTAINABLE CHOICES

When produce is in-season, it does not have to travel far to make it to the shelves of your local fruit and veg shop, resulting in lower carbon emissions to make it into your shopping basket. Additionally, produce items that are highly seasonal are in high volume and move from farms to wholesalers to fruit and veg shops quickly, meaning there is less need for long-term storage. Eating seasonal produce with sustainability in mind can help reduce carbon emissions while providing special moments and culinary connections with the season.

3

AFFORDABILITY - HELP YOUR WALLET

When the season is right for certain produce, it becomes widely available with a boost in production meaning there is more available. This in turn reduces prices so you can get a great deal on seasonal produce. This is great if you're shopping on a budget, meaning you can find delicious, nutritious, and seasonal produce at good value when it's in season. This is also a great indicator if you're unsure what's in season - just look for local-grown produce at a good value

EASY DINNER WINNERS

Roasted Sweet Potato & Cauliflower Tacos p34

Have dinner done in under an hour with these tasty and easy dinner winners!

ROASTED SWEET POTATO & CAULIFLOWER TACOS

TIME 40 MINUTES MAKES 4

1 small head cauliflower, cut into bite-sized pieces
1 large, sweet potato, sliced into cubes
1 Tbsp olive oil
1 tsp chilli powder
1 tsp ground cumin
1 tsp smoked paprika
1/2 tsp garlic powder
1/2 tsp dried oregano
Salt & pepper, to taste
1 lime, juiced

1 can black beans, drained & rinsed
Flesh of 1 avocado, diced
Mini tortillas, heated

Fresh coriander, chopped
Lime wedges, to serve
Chipotle sauce, to serve

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

2 Place the cauliflower and sweet potato in a large bowl. Add the olive oil, dried herbs, and lime juice, tossing to coat.

3 Transfer the veggies to the lined baking tray, and arrange in an even, single layer.

4 Roast the veggies for 25 minutes, tossing the veggies around the halfway mark. Once the 25 minutes is up, add the black beans to the tray, season with a generous pinch of salt, and then roast in the oven for a further five minutes. Remove from the oven and set aside.

5 Top each heated tortilla with a scoop of the roasted veggies and black beans, then top with some freshly chopped coriander, chipotle sauce and diced avocado.

CAULIFLOWER MAC & CHEESE

TIME 35 MINUTES MAKES 4

1 Tbsp plain flour
1/2 head of cauliflower, cut into small florets
1 Tbsp parsley, finely chopped
1 zucchini, grated
1 Tbsp olive oil
3 garlic cloves, minced
200g penne pasta
1/4 cup parmesan, grated
1 tsp paprika

Salt & pepper, to taste
2 cups low-fat milk
1/2 cup low-fat grated cheese
1/3 cup peas
1/3 cup breadcrumbs

1 Preheat oven to 170°C.

2 Bring a large saucepan of salted water to a boil, then cook pasta until al dente. Add the peas in the last two minutes of cook time. Once done, drain and set aside.

3 Heat one tablespoon of olive oil in a large saucepan over medium heat. Add flour and cook for one minute to create a paste, then gradually pour in the milk, mixing with a whisk to remove all lumps. Cook the sauce for three minutes or until the sauce has thickened.

4 Once the sauce is thick, add the

grated cheese, garlic, paprika, salt and pepper. Stir to combine.

5 Add the cooked pasta, peas and grated zucchini. Stir to combine and transfer to a large baking dish.

6 Evenly top with the cauliflower florets, breadcrumbs, parmesan, and parsley. Bake in the oven for 15-20 minutes or until the cauliflower is golden and crunchy. Serve immediately.

PEAR & BURRATA WALNUT SALAD

TIME 10 MINUTES MAKES 4

4 cups baby rocket
2 pears, thinly sliced
150g Burrata
1/3 cup olive oil
3 Tbsp white balsamic vinegar
Salt, Pepper to taste
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.

3 Drizzle some dressing over the salad and garnish with walnuts.

VEGETABLE PAELLA

TIME 1 HOUR MAKES 6

1/4 cup olive oil
1 brown onion, finely chopped
1 red capsicum, thinly sliced
225g button mushrooms, sliced
3 garlic cloves, minced
1 1/2 tsp ground paprika
1 tsp salt
1/2 tsp pepper
1 cup dry white wine
1 1/2 cups short-grain white rice
1 can chickpeas, rinsed and drained
1 can diced tomatoes
2 1/2 cups vegetable stock
1/2 cup green peas
1/4 cup fresh parsley, finely chopped
Zest and juice of 1 lemon
1/3 cup green olives, sliced

1 Heat olive oil in a large pan with a fitted lid over medium-high.

2 Add the onion, capsicum, and mushrooms, and cook for eight minutes, or until all the vegetables have softened.

3 Add the garlic, paprika, salt and pepper, and cook for 2 minutes, until fragrant.

4 Then add the wine and cook for two minutes, until the wine has mostly reduced. Stir in the rice, cooking for two minutes, until the rice begins to turn translucent.

5 Stir through the chickpeas, diced tomatoes, vegetable stock, and green peas. Bring mixture to a low boil, then reduce heat and cover, cooking for 25 minutes.

6 While the paella is cooking, in a small bowl, combine the parsley, lemon zest and juice with two tablespoons of olive oil.

7 Once the rice is cooked through, remove the lid and cook for another five minutes.

8 To serve, scatter the parsley mixture on top, then garnish with the green olives. Enjoy!





**Cauliflower
Mac & Cheese**



**Pear & Burrata
Walnut Salad**
p34

Vegetable Paella p34





**Mandarin & Chicken Rice
Paper Rolls p40**



Fish in Lemon Butter Sauce & Broccoli p40

MANDARIN & CHICKEN RICE PAPER ROLLS

TIME 25 MINUTES MAKES 4

RICE PAPER ROLLS

1 avocado, peeled and cut into strips
4 spring onions, cut into 10cm lengths
3 mandarins, peeled, deseeded
1 packet rice paper sheets
1 chilli, cut diagonally and deseeded
1/2 cup loosely packed coriander leaves
65g rice vermicelli noodles
5 chicken tenderloins
1 egg, lightly beaten
1 cup corn flour
Gluten free breadcrumbs
Oil for frying

DIPPING SAUCE

1 mandarin, peeled and deseeded
1/2 cup mandarin juice
2 tsp caster sugar
1/4 tsp fresh ginger, grated finely
1 chilli, deseeded and finely chopped
Sesame seeds, to serve

1 Slice chicken tenderloins lengthwise into three strips about 10cm long. Coat with corn flour, dip in beaten egg and coat with gluten-free breadcrumbs. Heat a little oil in a shallow frying pan and lightly fry until cooked.

2 Place the vermicelli noodles in a heatproof bowl and cover with boiling water. Set aside for five minutes to soften then drain.

3 To assemble the rice paper rolls, soak one rice paper sheet in warm water for 10 seconds. Drain on a paper towel and transfer to a clean work surface. Place chilli and coriander leaves in the centre of the rice paper roll and top with two mandarin segments. Top with chicken tenderloin, a slice of avocado, spring onion and vermicelli noodles. Fold in ends and roll up firmly to enclose the filling.

4 To prepare the sauce, place mandarin segments, juice, caster sugar and chilli in a saucepan. Bring to a boil and simmer on medium heat until the sauce thickens. Strain the sauce through a sieve and pour into a dipping sauce dish add ginger and chilli and finish with a sprinkle of sesame seeds.

5 Serve rolls with mandarin ginger dipping sauce.

FISH IN LEMON BUTTER SAUCE & BROCCOLI

TIME

25 MINUTES MAKES 2

1 Tbsp butter
1/2 cup white wine
2/3 cup thickened cream
1/4 cup capers
1 lemon, juice only
2 fish fillets
1 broccoli, cut in florets

1 Preheat the oven to 200°C.

2 Melt butter in a frying pan on medium-high heat, then pour in the wine. Simmer for two minutes. Add cream and simmer for another two minutes.

3 In a small bowl, combine lemon juice and a few tablespoons of the cream sauce. Add sauce to the frying pan and

simmer for one minute. Remove from heat and add capers.

4 Place fish fillets at the bottom of the pan and place the broccoli on top.

5 Cook for 10-15 minutes. Serve on its own, or with a side of rice.

ZUCCHINI RICOTTA PIZZA

TIME 1 HOUR

MAKES 6

2 pre-made pizza bases

1 cup cherry tomatoes, halved

1 Tbsp canola Oil

1 cup ricotta cheese

Basil, finely chopped

Mint, finely chopped

1 garlic clove, grated

2 medium zucchinis, sliced

1/2 cup feta cheese, crumbled

1 Pre-heat oven to 200°C

2 Combine the remaining salt, ricotta, basil, milk, and garlic, then spread evenly over the dough.

3 Combine zucchini with remaining oil and arrange on pizza with zucchini, tomatoes, and feta.

4 Bake in the oven for 10 minutes, or until the dough is golden.

BEEF RISSOLES WITH GARLIC VEGGIES

TIME 30 MINUTES MAKES 2

500g beef mince

3 garlic cloves

1 butternut pumpkin

1 bok choy

1 egg

1/2 cup breadcrumbs

1 Tbsp olive oil

1 Tbsp mayonnaise

1/2 tsp soy sauce

1/2 tsp salt

1 Preheat the oven to 240°C. Cut the butternut pumpkin into thin wedges. Place on a baking tray and drizzle with olive oil, season with salt and sprinkle with sesame seeds. Roast for 20-25 minutes.

2 Cut capsicum into chunks and roughly chop the bok choy. Finely chop the garlic. In a small bowl, combine mayonnaise and soy sauce. Set aside.

3 In a medium bowl, combine beef mince, breadcrumbs, egg, and salt and the garlic. Using damp hands, form heaped spoonfuls of the mixture and flatten to make thick rissoles.

4 In a large frying pan, drizzle olive oil over medium-high heat. Cook the capsicum, bok choy and remaining garlic. Cook until fragrant.

5 In a separate frying pan, drizzle olive oil over medium-high heat. Cook the rissoles until browned.

6 Plate the ingredients together and serve.





Zucchini Ricotta Pizza

TIP

Pumpkin is a great way to add colour and flavour to your winter meals. Meal prep for the week ahead at the same time as creating this recipe and roast a whole pumpkin ready for soups and salads ready ahead of time!



Beef Rissoles with Garlic Veggies p40

ZESPRI™ SUNGOLD™ KIWIFRUIT CHICKEN TACOS

TACOS

1 Zespri SunGold Kiwifruit, peeled, roughly chopped
 Juice of 1/2 lime
 1 tsp smoked paprika
 2 tsp dried oregano
 Salt, to season
 2 small chicken breast fillets, sliced into 1cm thick pieces
 2 tsp extra virgin olive oil
 8 mini flour tortillas, warmed
 cup whole egg mayonnaise or aioli
 3 cups shredded iceberg lettuce
 Lime wedges, to serve

ZESPRI SALSA

2 Zespri SunGold Kiwifruit, peeled, finely diced
 6 cherry tomatoes, finely diced
 Juice of 1/2 lime
 1 green shallot, thinly sliced
 1 tbsp coriander leaves, finely chopped

1 Place kiwifruit into a large bowl and mash with a fork. Stir in lime juice, paprika, oregano and a pinch of salt. Add chicken, toss to coat, cover with plastic wrap and then set aside for 20 minutes to marinate.

2 Remove chicken, discard marinade. Heat oil in a large non-stick frying pan over med-high heat, add chicken and cook for about 10 minutes, turning occasionally or until golden brown and cooked through. Set aside on a plate covered with foil for five minutes.

3 Meanwhile, to make the Zespri salsa, place all ingredients into a small bowl and stir to combine. Set aside.

4 Slice chicken into thin strips. Spread a little mayonnaise on each tortilla, then fill with lettuce, sliced chicken and top with salsa. Serve immediately with lime wedges on the side to squeeze over as desired.



ZESPRI TIP

If the kids aren't fans of coriander, simply leave it out of the salsa and serve it on the side for the adults to sprinkle on as desired.

A True Aussie Gem:
**Vellas Fresh
Produce**





Located just south of Sydney near Camden situates Vellas Fresh Produce, a major producer of leafy vegetables such as Cos and Gem Lettuce, Chinese Cabbage, Cauliflower and Red and Green Cabbage. Matthew Vella is a third-generation farmer, who runs the business alongside his brother John Vella.

Vellas Fresh Produce have battled against some of the biggest challenges in recent times. For twenty years of Matthew's career, Vella Farms was situated on a drought-affected farm, having moved just six years ago to their new farm near Camden.

In 2020 Vellas Fresh Produce struggled through staff shortages during the COVID Pandemic, and were faced with major challenges during the floods of 2022 with three weather events destroying their crops. There was some doubt aimed at Vellas Fresh Produce about continuing to plant on the farm, but after moving from a farm that was drought-affected, Matthew says, "We moved to a farm that floods because we had always suffered on the other end of the scale where it was always dry, so you have to cop a few floods - it's the price of having water security".

A regular day in the life on Vellas Fresh Produce for Matt sees him arrive at the farm at 5:00am, managing teams to harvest and plant their great quality produce. Matt runs the day-to-day operations, including running spray and fertiliser applications and coordinating the day's harvest to get produce to the Sydney Markets and into the hands of Aussie consumers.

Slowly but surely, Vellas Fresh Produce is bouncing back with a great range of Winter crops available this season including cauliflower, cos lettuce, Chinese cabbage and green and red cabbage. With a dedicated focus on quality, the family at Vellas Fresh Produce continues through the struggles they face with changing climate conditions to produce a wide range of delicious seasonal vegetables to feed Australian families this winter.



**BROCCOLI SLAW****TIME 20 MINUTES MAKES 6**

2 broccoli
 1 bunch spring onion, thinly sliced
 1/2 cup fresh parsley leaves, finely chopped
 1 cup raisins
 1 cup sunflower seeds
 1 cup mayonnaise
 2 Tbsp apple cider vinegar, taste
 2 Tbsp Dijon mustard
 Salt, pepper to taste

1 Cut the broccoli florets into small pieces. Using a peeler, peel away the thick tough outer layer of the stems, and grate or slice into matchsticks. Place the broccoli in a large serving bowl.

2 Add the spring onion, parsley, raisins and sunflower seeds to the broccoli and toss to combine.

3 In a small bowl, combine the mayonnaise, vinegar, mustard, and salt and pepper. Taste and season as desired. Pour the dressing over the slaw and mix well.

SCRUMPTIOUS SOUPS

Warm up this winter with these scrumptious soups!



Mixed Mushroom Soup with
Halloumi p51

Golden Soup p51



Sweet Potato, Kale & Peanut Soup



MIXED MUSHROOM SOUP WITH HALLOUMI

TIME 1 HOUR MAKES 4

- 1 Tbsp olive oil
- 200g Swiss brown mushrooms, halved or whole
- 800g baby potatoes, peeled and chopped, steamed and drained
- 500g sliced mushrooms
- 3 cups vegetable stock
- 1/4 cup Worcestershire sauce
- 180g halloumi, cut into 2cm pieces
- 2/3 cup thickened cream
- 2 Tbsp rosemary leaves

1 Heat the olive oil in a large saucepan over medium-high heat. Add the Swiss brown mushrooms and cook for two minutes or until tender. Transfer mushrooms to a bowl and cover to keep warm.

2 Add the potatoes and sliced mushrooms to the pan. Cook for two minutes or until the mushrooms are tender. Next, add the stock and Worcestershire sauce and bring to a boil. Reduce the heat to medium, cover and cook for five minutes. Remove pan from heat and allow the mixture to cool slightly before using a stick blender to blend until smooth.

3 Heat a non-stick fry pan over a high heat. Add the halloumi and cook for two minutes on each side or until golden brown.

4 To serve, divide the soup between four bowls. Drizzle over the cream and top with the Swiss brown mushrooms, halloumi and fresh rosemary.

GOLDEN SOUP

TIME 40 MINUTES MAKES 6

- 2 Tbsp butter
- 2 cups brushed potatoes, peeled and cut into cubes
- 5 cups butternut pumpkin, peeled and cut into cubes
- 1 tsp salt
- 1/2 tsp pepper
- 2 medium leeks, sliced
- 4 cups chicken stock
- 1 cup cream, to taste + extra to garnish
- 2 Tbsp chopped chives, to garnish
- 1 baguette, sliced, to serve

1 Melt butter in a large pot over medium-high heat. Add the chopped pumpkin, potatoes, salt, and pepper, sautéing for three minutes. Then add the leeks and sauté for another minute.

2 Stir in the chicken stock and bring the pot to a boil. Once boiling, reduce the heat, and allow the mixture to simmer for 20 minutes or until the potato is very tender, being sure to stir the mixture occasionally.

3 Once the potatoes are tender, place half of the mixture in a blender and blend until smooth. Pour the soup into a large bowl, then blend the remaining mixture. Stir in the cream, to taste.

4 To serve, divide the soup between serving bowls, top with the freshly chopped chives and additional cream, and serve alongside crusty baguette

CREAMY CHICKEN & BROCCOLI SOUP

TIME 40 MINUTES MAKES 6

- 1 large onion, finely chopped
- 2 large carrots, peeled and finely chopped
- 2 celery sticks, finely chopped
- 5 cups broccoli, stems removed and finely chopped
- 4 garlic cloves, minced
- 1 bay leaf
- 1 tsp chilli flakes (optional)
- 6 cups chicken stock
- 2 cups milk
- 2 Tbsp cornflour
- 2 cups shredded chicken
- Salt and pepper, to taste
- Lemon juice, to taste

1 In a large pot, sauté the onion, celery, and carrot in oil until soft and beginning to brown (approximately 10 minutes).

2 Add the garlic, bay leaf, and chilli flakes (if using), then sauté for another minute or so before adding in the chicken stock, milk and cornflour. Note: Mix the cornflour with two tablespoons of water before adding.

3 Bring contents to a simmer, then add the broccoli florets and chicken.

4 Allow to cook for 15 minutes, then season with salt, pepper, and lemon juice (if using).

5 Serve while warm and enjoy with some crusty bread or on its own.

SWEET POTATO, KALE & PEANUT SOUP

TIME 40 MINUTES MAKES 6

- 2 cups kale, chopped
- 3 sweet potatoes, cubed
- 1/2 onion, diced
- 400ml light coconut milk
- 400ml freshly roasted tomatoes
- 1/2 cup peanuts, chopped
- 1/4 cup smooth peanut butter
- 1 tsp turmeric
- 2 cloves garlic, minced
- 1 jalapeno, minced
- Salt and pepper, to taste
- 2 cups water

1 In a large pot on the stove, heat oil, then add in the garlic, onion, turmeric and jalapeno. Sauté until the onion is translucent and fragrant.

2 Add in the sweet potatoes and cook until brown and fragrant.

3 Next add your tomatoes, coconut milk, water, and fresh peanuts. Let this simmer until the sweet potatoes are tender.

4 Add in peanut butter and fresh kale. Wilt the kale and stir in well to combine. Simmer until the soup is thick and creamy.

5 To serve, dish up the soup into individual bowls and top with more peanuts and fresh coriander if desired. You could also serve it with some bread too!





**Creamy Chicken &
Broccoli Soup p51**

SNACK TIME!



Fruit & Veggie Cars p55



FRUIT & VEGGIE CARS**TIME 15 MINUTES MAKES 4**

1 banana
 Punnet of strawberries
 Punnet of blueberries
 2 oranges
 2 cucumbers
 1 carrot
 1 apple
 Bunch of grapes
 Toothpicks

1 To make the strawberry & banana car, pierce two toothpicks through each end of an 8cm slice of banana. Use sliced strawberries for the wheels.

2 To make the orange & blueberry car, pierce two toothpicks through an orange slice, then add one blueberry for each wheel.

3 To make the cucumber & carrot car, pierce two toothpicks through each end of an 8cm slice of cucumber. Use four carrot rounds for the wheels.

4 To make the apple & grape car, pierce two toothpicks through an apple quarter for the body. Cut half a grape for each wheel.

OKONOMIYAKI FOR KIDS**TIME 30 MINUTES MAKES 4**

100g plain flour
 3/4 tsp baking flour
 150ml water
 1/2 chopped cabbage
 1 carrot grated
 2-3 spring onions
 4 rashers bacon
 2 eggs
 3 tsp ketchup
 1 tsp sweet soy sauce
 1 tsp Worcestershire sauce

1 In a pan, cook the rashers of bacon on a medium heat

2 Grate the carrot and cabbage and chop the spring onion as well as the cooked bacon.

3 In a large bowl, add flour and baking powder. Mix well. Continue adding eggs and water until mixture is a smooth paste

4 Add the carrot, cabbage, spring onion and bacon to the pancake batter. Mix well

5 Heat a saucepan over medium heat with a small amount of olive oil. In a round shape, add pancake mixture to the pan - cook 3-4 pancakes at a time. Allow to cook until brown flipping halfway through

6 While each pancake is cooking, make the okonomiyaki sauce, whisking the worcestichire sauce, soy sauce and tomato sauce together.

7 To serve, brush each pancake with the okonomiyaki sauce and then decorate with mayonnaise, sesame seeds or roasted seaweed as you prefer.



REVAMP LUNCH!

Fill the kids' lunchboxes with delicious snacks they'll love



ENGLISH MUFFINS PIZZAS WITH HIDDEN VEGGIES

TIME 30 MINUTES MAKES 8

3 tomatoes
1 carrots
1 onion
1 zucchini
1 capsicum
2 Tbsp Olive Oil
1 tsp dried basil
1 tsp dried rosemary
1 tsp garlic powder
1/2 cup vegetable stock
1 English Muffin
1/2 cup shredded mozzarella
4 slices ham

1 Pre-heat oven to 180°C. For the veg-loaded pizza sauce, dice all vegetables and place in a baking tray. Drizzle olive oil over vegetables and season with salt, pepper, dried basil, rosemary and garlic powder. Roast for 20-30 minutes or until soft and cooked through.

2 Remove vegetables from the oven. Allow to cool slightly. Add the vegetables to a blender or use a stick blender to combine. If the mixture is too thick, add vegetable stock to create a sauce.

3 Once combined, the sauce can be stored in jars or a sealed container for three days.

4 When ready to assemble the mini pizzas, preheat the oven to 180°C. Halve the English muffins and place them on a lined baking tray.

5 Dice the ham into small pieces. Spoon the sauce on the muffins, add the ham and top with cheese then place in the oven for 5-10 minutes until the cheese is melted.

6 Remove from oven and allow to cool. Can be refrigerated for two days, otherwise keep cool in a lunchbox.



PACK IN THE VEG!

Cut up some cucumber and carrots into thin slices and add to your kids lunchboxes with some yummy hummus! As a source of protein and veg, they are sure to love

CARROT CAKE BLISS BALLS

TIME 30 MINUTES

MAKES 20

- 6 pitted medjool dates
- 3 carrots, quartered
- 1/2 cup walnuts
- 1/2 cup shredded coconut
- 1/2 cup rolled oats
- 2 tbsp honey or maple syrup
- 1 Tbsp vanilla extract
- 2 tsp cinnamon
- 1/2 tsp ginger

- 1** Blend all of the ingredients in a food processor
- 2** Using wet hands, roll mixture into 12 even balls, coating the balls with extra shredded coconut if desired.
- 3** Leave in the fridge to set for 1-2 hours.

APPLE AND CHICKEN 'TACO' SANDIES

TIME 5 MINUTES

MAKES 2

- 2 slices Multigrain bread
- 1 Apple
- 2 slices cheddar cheese
- 2 slices chicken sandwich meat
- Butter

- 1** With a large cookie cutter or small round bowl, cut your bread slices into circles. (You can keep the scraps in the freezer and save them to make breadcrumbs)
- 2** Thinly slice an apple, butter your bread and on one half of the circle place the apple, cheese and meat.
- 3** Then fold over and press firmly to maintain the shape.
- 4** Try this with your favourite sandwich fillings! Others we love are egg and lettuce or banana and peanut butter!



Grower Profile COLLINS BROS ORCHARD

Collins Bros Orchard is a multi-generational family business that is dedicated to producing premium apples. Murray's family is passionate about the Western Australian apple industry and feels privileged to be in the best-growing region in the country and call Collins Siding, Pemberton, home.

This idyllic location reflects a narrative of producing apples to a standard of excellence in their crops. It is that level of professionalism that sees each piece of fruit carefully nurtured, so when it leaves the pack shed, it takes with it the family's reputation. The reward is seeing the public actively seek out their products for quality.

Murray is a forward thinker, that has seen the orchard prosper in recent years. He is responsible for the business's orchard and

business development but is heavily supported by his brother Tom who oversees the packing shed and has led their recent diversification into avocados, and younger brother Dean who runs the day-to-day orchard management. It takes the effort of all three brothers for the orchard's success.

The brothers spend a lot of time researching new apple varieties and growing techniques to make sure the business remains innovative and relevant in the constantly evolving agricultural landscape. One such move in recent years has been the increased planting of club-style varieties as they offer stable pricing and risk reduction in years of over-supply.

They now grow a selection of both commodity and branded apples including the newest brightest star originating from the

Department of Primary Industries and Regional Development's Manjimup WA Apple Breeding Program – the Bravo® apple.

Murray's favourite apples are the WA apples bred specially for the State's growing conditions. He says, "The best part of growing is seeing how sound management of your business and orchard can achieve better fruit quality and crop yields".

Now with orcharding firmly in the bloodline, the family wouldn't do anything else. The founding owner (Murray's great-great-grandfather) Paddy must be proud of the dynasty he started in 1906. One thing that is for sure, is that Collins Bros Orchards will remain growing beautiful apples, leaving a living legacy for the next generations.



Warming Winter SALADS

Roast Carrot, Beetroot
& Lentil Salad p64



Fool-proof winter
winners!

Winter Italian Chopped Salad p64



Pecan Pear & Rocket Salad p64





Rhubarb and Lamb Salad p64

ROAST CARROT, BEETROOT & LENTIL SALAD

TIME 50 MINUTES MAKES 8

- 4 small beetroots, ends trimmed and washed
- 2 bunches of baby carrots, tops trimmed and washed
- 1/4 cup olive oil
- 400g can lentils, rinsed and drained
- 100-150g rocket, washed
- 50g goat's cheese
- 1 Tbsp pumpkin seeds

- 1 Preheat oven to 180°C and line a tray with baking paper.
- 2 Wrap the beetroots in foil and place them onto a tray. Place the carrots onto the same tray, then drizzle with one tablespoon of olive oil. Season with salt and pepper.
- 3 Bake in the oven for 30 minutes, or until tender. Allow to cool slightly.
- 4 While the veggies are roasting, heat one tablespoon of oil in a large fry pan over high heat. Cook the lentils for 10 minutes, stirring, until they're crispy, then set aside.
- 5 Peel the beetroot and cut it into thick wedges. Arrange the rocket on a serving platter, then top with the carrots and beetroot. Crumble over the goat's cheese, and drizzle over the remaining oil. To finish, top with the crisp lentils and pumpkin seeds.

RHUBARB & LAMB SALAD

TIME 50 MINUTES MAKES 4

- 450g lamb steaks
- 450g rhubarb stalks, chopped
- 2 Tbsp honey
- 2 avocados, diced
- 2 mandarins
- 3 cups baby spinach
- 1 Tbsp lime juice
- 1/2 Tbsp olive oil
- Feta, crumbled

- 1 Remove the lamb from the fridge and allow to bloom for 15 mins. Meanwhile, pre-heat the oven to 200°C fan-forced.
- 2 Toss the rhubarb with a little olive oil and drizzle with the honey. Roast for 15 mins, tossing once halfway through cooking.
- 3 Season the lamb with salt and pepper. Coat with olive oil. Heat a fry pan to medium-high and cook the lamb on each side for 4 mins, or until seared but still blushing. Remove lamb from the pan and allow to rest for 10 mins before slicing.
- 4 Toss the baby spinach, rhubarb, avocado, and mandarin together with the lime juice and olive oil. Top with the sliced lamb and crumbled feta.
- 5 Season with more salt and pepper, then serve.

HALLOUMI SALAD

TIME 20 MINUTES MAKES 4

- 1 bunch Broccolini™
- 2 cloves garlic
- 1 zucchini
- Mint
- 180g halloumi
- 20g pine nuts
- 1 lime
- 100g baby spinach
- Olive oil
- Salt, Pepper to taste

- 1 Trim the Broccolini™, then crush the garlic, peel the zucchini into ribbons with a peeler, and pick the mint leaves, discarding the stems.
- 2 Drain the halloumi and pat dry with a paper towel, then cut into eight slices.
- 3 In a small fry pan over medium heat, toast the pine nuts for three or four minutes or until evenly golden. Remove from the frying pan and set aside to cool.
- 4 Zest half the lime, then juice the other half. Combine lime zest, lime juice, and one teaspoon olive oil in a small bowl and season with salt and pepper, to taste.
- 5 Heat a grill pan over high heat, add one tablespoon of olive oil and cook Broccolini™ and garlic until just tender and slightly charred.
- 6 Drizzle the halloumi with one teaspoon of olive oil and season with pepper. Cook on each side until golden brown.

WINTER ITALIAN CHOPPED SALAD

TIME 30 MINUTES MAKES 6

- 3 Tbsp fresh orange juice
- 3 Tbsp red wine vinegar
- 1 large garlic clove, finely grated
- 1 tsp Dijon mustard
- 1/4 cup Extra-virgin olive oil, plus more for drizzling
- Salt to taste
- 1 cup mini pepperoni rounds, cut in halves
- 1/2 head of iceberg lettuce, chopped roughly
- 1/2 head of radicchio, chopped roughly
- 4 stalks celery, thinly sliced
- 2 navel oranges, peeled and cut into small pieces

- 1 To make the dressing, whisk orange juice, vinegar, garlic, mustard, 1/4 cup oil, and salt to taste in a bowl.
- 2 Combine all of the chopped ingredients together in a large bowl.
- 3 Coat with the dressing and serve immediately



CANDIED PECANS, ROCKET, GOATS CHEESE & PEAR SALAD

MAPLE CANDIED PECANS

- 1 cup pecan halves
- 1 Tbsp olive oil
- 1 Tbsp maple syrup
- Pinch of cinnamon and allspice
- Flaky salt and freshly ground black pepper

SALAD

- 3-4 handfuls rocket
 - 1-2 ripe pears, halved, cored and thinly sliced
 - 75g soft goats cheese
 - 2 Tbsp lemon juice
 - 1 Tbsp whole grain mustard
 - 1 Tbsp olive oil
- 1 To make the maple pecans: heat a medium frypan over low heat. Add the pecans, olive oil and maple syrup. Stir to coat.
 - 2 Gently cook, stirring regularly, for 5-10 minutes until caramelised. Stir in the spices and season with salt and pepper. Set aside to cool.
 - 3 For the dressing: whisk together the lemon juice, mustard and olive oil. Season with salt and pepper.
 - 4 In a large bowl, toss the rocket with the dressing.
 - 5 Top with goats cheese, sliced pear and candied pecans. Serve straight away.



Halloumi Salad

INTRODUCING LUBA PAVIA

A Plant-Based Recipe Creator to Help With Your Winter Plate



As the season of winter arrives, we introduce you to Luba Pavia, a plant-based recipe creator based in Adelaide, South Australia. This year marks her 10-year anniversary as a vegetarian and she has amassed a following of over 430,000 followers on her Cook Vegetarian Instagram page. Luba is passionate about inspiring people to nourish their bodies with vegetarian meals and creating tasty, easy recipes that ooze appetite appeal.

As winter arrives, Luba looks to the season's bounty for inspiration. Her favourite winter fruits and vegetables include kiwi fruit, mandarins, beetroot, and cabbage. Here's a little about why these four ingredients are good for your health:

KIWI FRUIT is an excellent source of vitamin C, vitamin K, folate, and potassium, making it great for boosting the immune system and improving digestion. Try using kiwi's as a topping for yogurt or porridge.

MANDARINS are a great source of vitamins A, B, and vitamin C which make them an excellent choice for a snack that helps to prevent infections and support skin health. Luba's favourite way to use Mandarins in day-to-day meals is to add it to salads to add a juicy burst of flavour.

BEETROOT is a great source of fibre, potassium, and folate. Roasting beetroot in the oven and adding it to a salad with some feta cheese and a balsamic vinaigrette is an easy lunch option.

CABBAGE is a highly nutritious vegetable with high levels of vitamin C, fibre and vitamin K to support digestion and reduce inflammation. Adding cabbage to your diet is a great way to improve digestion and there are so many wonderful ways to use it to support a plant-based diet - from salads to cabbage rolls and soups, cabbage is a winter-winner.

Embrace the winter season by nourishing your body with healthy and delicious plant-based meals that make the best of in-season fruits and vegetables!

Follow Luba on
Instagram! Scan the
QR Code





Luba's Crunchy Chickpea & Roasted Cauliflower Salad with Yoghurt Mint Dressing

SALAD

1/2 cauliflower head, cut into florets
3/4 cup canned chickpeas, drained
2 Tbsp avocado oil
1 tsp ground turmeric
1 tsp ground cumin
A pinch of chili
Salt, pepper to taste
3 cups chopped baby lettuce
3/4 cup cooked quinoa
1 large cucumber, diced
1 small bunch of coriander, finely chopped

DRESSING

3/4 cup plain Greek yoghurt
1/2 cup fresh mint leaves, finely chopped
1 clove garlic, minced (optional)
1 Tbsp fresh lemon juice
1 Tbsp avocado oil
Salt, pepper to taste

- 1 Preheat the oven to 180°C and line a baking tray with parchment paper.
- 2 Arrange cauliflower florets and chickpeas on the prepared baking tray. Drizzle with oil and sprinkle with spices. Toss well and pop in the oven for 30 minutes or until the cauliflower is golden brown and cooked through.
- 3 In a salad bowl, combine baby lettuce, quinoa, cucumber, coriander and roasted chickpeas with cauliflower.
- 4 Make the dressing. Add all the ingredients into a small blender and pulse until creamy and smooth. You can also simply mix all the dressing ingredients in a jar.
- 5 Pour the dressing over the salad, give it a good toss, serve and enjoy right away

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PIE NIGHT

What could be better than a delicious home-made pie for dinner? Load them up with seasonal veggies for a healthy weeknight meal!

Cheesy Mushroom Pie p73



Gardener's Pie p73

Recipe & Image by Tom Walton



Beef Pot Pie



CHICKEN & LEEK PIE**TIME 45 MINUTES MAKES 8**

700g chicken thighs, cut into strips
 550g leeks, cut into rounds
 4 sprigs of thyme (leaves only)
 1 1/2 sheets puff pastry
 1 Tbsp olive oil
 30g butter
 2 Tbsp flour
 1/2 cup chicken stock
 1/2 cup cream
 1 egg

1 Preheat oven to 180°C.

2 Heat butter and oil in a large pan, before adding in the chicken. Cook, stirring, for around seven minutes until the chicken has browned. Add in the leek and stir again for another five minutes. Add flour and stir for one more minute.

3 Next, add the stock, cream, and thyme leaves. Bring the contents of the pot to a boil, and season with salt and pepper.

4 Transfer the chicken mixture to a greased baking dish, then cover with the sheets of puff pastry. Whisk your egg, and brush onto your puff pastry.

5 Bake pie in the oven for around 30 minutes, or until golden on top.

6 Once cooked, remove the pie from the oven and let sit for five minutes before serving.

CHEESY MUSHROOM PIE**TIME 1 HOUR MAKES 4**

500 grams portobello mushrooms, sliced
 1 onion, finely chopped
 2 garlic cloves
 1 egg, whisked
 1 Tbsp olive oil
 2 sheets of puff pastry
 2 tsp sesame seeds
 Salt and ground black pepper
 1 cup grated cheese

1 Heat oil in a large frying pan. Add the onion and cook for five minutes, then add the mushrooms and garlic then cook over medium-high heat for another five minutes, stirring occasionally.

2 Add salt and pepper and cook for another five minutes or until the mushrooms are cooked through and the liquid has disappeared. Set aside and let the filling cool. Preheat oven to 180°C.

3 Lay out puff pastry. Add mushroom mixture and grated cheese to the centre of the pastry sheet. Leave a 2cm edge around the outside. Place the other puff pastry sheet on top.

4 Trim the edges and use a fork to crimp the edges. Brush the pastry with egg wash and cut steam holes in a pretty pattern. Sprinkle with sesame seeds.

5 Place on a lined baking tray and cook in the oven for 30 minutes or until golden.

GARDENER'S PIE**TIME 1 HOUR MAKES 4**

1 large eggplant, sliced into 1cm rounds
 4 Tbsp olive oil
 Sea salt, fresh ground black pepper
 1/2 head cauliflower, roughly chopped
 1 brown onion, finely diced
 2 medium cup mushrooms, finely chopped
 3 clove garlic, sliced
 1 tsp thyme
 800g blanched and chopped tomatoes
 400ml vegetable stock
 1 x 400g tin lentils, rinsed, drained
 1/3 cup pitted kalamata olive, roughly chopped
 100g marinated feta or goats feta
 1 cup grated cheddar cheese
 1/3 cup white, long grain rice
 Handful flat leaf parsley

1 Preheat the oven to 200°C.

2 Brush the eggplant slices with half the olive oil, season lightly and place onto a lined baking tray. Roast for 10 minutes until lightly golden and soft. Set aside.

3 Bring a large pot of lightly salted water to the boil. Add the cauliflower and cook until very soft, around eight minutes. Drain well and allow to steam dry in a sieve.

4 Heat the remaining olive oil in a large saucepan over medium/high heat and add the onion, mushrooms, garlic, thyme, and a big pinch of salt. Cook for three minutes until they have broken down then add the tinned tomato, stock and simmer for five minutes before adding the lentils and olive and continue to cook for two minutes.

5 Crush the cauliflower with a potato masher, mix through the feta and season to taste.

6 Preheat the oven to 210°C. Spoon a third of the ragu into a 30cm pie dish sprinkle over half the rice then a layer of eggplant, ragu, rice, eggplant, ragu and finally top with the cauliflower, grated cheddar, and a little drizzle of olive oil.

7 Lightly grease a piece of foil and place it, grease side down, to lightly wrap over the pie then bake for 40 minutes removing the foil halfway through cooking and continue to cook until golden and bubbling.

BEEF POT PIE**TIME 3 HOURS MAKES 8**

1.5 kg beef sirloin, sliced into 2cm chunks
 1 onion, finely chopped
 1 cup green beans, roughly chopped
 1 large white potato, diced
 1/2 head of broccoli, chopped into small florets
 1/2 cup peas
 1 medium carrot, peeled and finely chopped
 1 sprig fresh thyme
 4 garlic cloves, minced
 2 Tbsp flour
 400g chopped tomatoes
 2 cups beef stock
 2 tsp Dijon mustard
 1 tsp sugar
 Salt and pepper, to taste
 1 egg, beaten
 1-2 sheets of puff pastry

1 Heat a large pot or Dutch oven over a high heat and add 2 1/2 tbsp olive oil.

2 Add the beef to the pot, cooking in batches until the beef is browned. Once done, remove from the pot and set aside.

3 In the same pot, add another tbsp of olive oil, then add in the onion, potato and carrots. Cook for five minutes until the vegetables start to soften and begin to brown. Add the garlic and thyme and cook until fragrant.

4 Stir the flour through the vegetables, then return the meat to the pot and stir to combine.

5 Pour in the tomatoes, beef stock, Dijon mustard and sugar. Season with salt and pepper, stir to combine then cover with a lid.

6 Reduce the heat and allow to simmer for 90 minutes or until the beef is almost entirely soft.


7 Remove the lid, add in the broccoli, green beans, and peas, then allow to simmer for another 30 mins until the beef is very tender and the sauce has reduced.

8 Preheat the oven to 180°C. Transfer the mixture to a deep casserole/baking dish. If you feel like there's too much sauce, you can use only half of it.

9 Top the contents with a sheet or two of puff pastry (depending on the size of your baking dish), or you could use shortcrust pastry if you prefer. Crimp the edges, make a few slits into the top of the pastry to act as vents and brush with the beaten egg.

10 Bake the pie in the oven for 20-25 mins or until the pastry is golden brown and cooked through.

11 Remove the pie from the oven and allow it to rest for 10 minutes before serving. Fritters to a platter and serve with yoghurt for dip dipping.



Home of the **HUMBLE POTATO**

Potatoes were facing a national shortage earlier this year, but the good news is that Australia's largest-grown vegetable commodity is now back in good supply, just in time to be enjoyed in a hearty winter meal!

Charlie Carpinteri and Richard Hawkes are potato growers from different regions in Victoria who share a passion for growing quality produce. Charlie Carpinteri grows in the Latrobe Valley, an area well known for its superior spud-growing soil. He grows multiple potato varieties and is one of the few remaining growers still using the old-fashioned method of hand-picking potatoes. Charlie says he won't use a harvester because "you have to be gentle with potatoes".

Charlie explains that the care shown to hand-pick potatoes is reflected in the quality of the finished product and is something consumers would only find by shopping at local, independent fruit and veg shops.

Richard Hawkes is from Hawkes Farm, which grows potatoes, among other lines, and operates a Farmgate retail store in the Mornington Peninsula. Richard is a passionate advocate for supporting independent businesses.

"When you shop locally, you buy off someone who cares. You can get advice and suggestions on what's in season, what's eating well, and how to prepare different items. It's an experience that you won't get in any supermarket!". Richard says.

Both Richard and Charlie only supply to the Central Market system, ensuring their high-quality produce will end up with greengrocers who treat it with the same respect they have when growing it. With 2022 being Victoria's fifth wettest year ever recorded, local vegetable growers faced incredibly challenging growing conditions. Richard and Charlie agree that 2022 was undoubtedly one of the

FACTS ABOUT POTATOES

most difficult years they have experienced as growers, yet both have demonstrated the resilience Aussie growers are well-known for and are now through the worst of it. “Most spud varieties have now stabilised, and volumes are almost back to where they were in early 2022,” Richard explains. That is excellent news for consumers looking forward to tucking into Australia’s favourite vegetable.

There are so many ways to enjoy Australian-grown potatoes, from roasted, mashed, and fried to boiled and baked. They are versatile in many dishes, from classic potato salad to spicy curries and stews. So, make sure potatoes are in your shopping basket next time you visit your local fruit and veg shop.



Last year, Australian growers produced 1.1 million tonnes of potatoes!



Potatoes are a great source of nutrients such as vitamin C, potassium, and dietary fibre, and they are low in fat and calories.



Australia’s climate and soil conditions are ideal for growing potatoes, with most crops grown in cooler regions with sandy or loamy soil.



Chocolate Pear Cake p79

BAKED DELIGHTS

Indulge in some delightful baked sweets with seasonal fruit this winter.



Baked Apples p79

Rhubarb & Custard Flan



CHOCOLATE PEAR CAKE

TIME 1 HOUR MAKES 12

1 cup plain flour
1/3 cup cocoa powder
3/4 tsp baking soda
1/8 tsp salt
1/4 cup unsalted butter
110g dark chocolate, chopped
3/4 cup white sugar
2 eggs
1 tsp vanilla extract
1/2 cup milk
3 ripe pears, peeled, cored, and thinly sliced

- 1 Preheat the oven to 180°C.
- 2 Grease and line the base of a springform cake tin.
- 3 Combine the flour, cocoa powder, baking soda, and salt in a medium bowl, stirring to combine.
- 4 In a microwave, melt the butter and dark chocolate in a small bowl in 30 second intervals, stirring.
- 5 Transfer the melted mixture to a large bowl, then add the white sugar. Using an electric mixer, beat for a couple of minutes until the mixture is light in colour. Add in the eggs and vanilla extract, then continue beating to combine the mixture.
- 6 Alternating, add in the flour mixture then milk, in two batches.
- 7 Pour the cake batter into the cake pan and top the cake batter with the sliced pears.
- 8 Bake the cake for around 45 minutes or until a toothpick comes out almost entirely clean.
- 9 Once cooked, allow the cake to cool in the pan. Once cool, remove from the pan and slice to serve.

BAKED APPLES

TIME 1 HOUR MAKES 6

3 medium, sweet red apples
1 Tbsp brown sugar
1/4 tsp ground cinnamon
115 g unsalted butter
3/4 cup plain flour
3/4 cup rolled oats
1/2 cup brown sugar
1/4 tsp ground cinnamon
1/8 tsp salt
Vanilla ice cream, to serve

- 1 Preheat oven to 190°C. Spray a baking dish with non-stick cooking spray. Ensure that six apple halves can fit in the dish.
- 2 Halve the apples from stem to bottom, then use a spoon to scoop out the core of each half.
- 3 Arrange the apple halves in the baking dish, flesh facing

up. Scatter one tablespoon of brown sugar and 1/4 teaspoon of cinnamon over the apples.

4 To make the topping, melt the butter in a pan over a medium heat. Once melted, remove the pan from the heat, then stir in the flour, oats, salt and remaining brown sugar and cinnamon.

5 Divide the topping between the six apple halves, lightly pressing it down.

6 Cover the baking dish with aluminium foil and bake for around 25 minutes. Remove the aluminium foil, then bake another 20-30 minutes, or until the apples are soft and the topping is a beautiful golden brown.

7 To serve, place apple halves in serving bowls and top with a scoop of ice cream.

RHUBARB & CUSTARD FLAN

TIME 1 HOUR MAKES 8

375g rolled shortcrust pastry
800g rhubarb, trimmed and cut into 4-5cm pieces
340g golden caster sugar
1 vanilla pod, split
1 Tbsp cornflour

2 large eggs, beaten
1 egg white, for washing
300ml crème fraiche

1 Preheat oven to 180°C. Roll out the pastry, enough to line a deep, 23cm round tart tin. Trim the edges of the pastry sheet, then prick the base with a fork and allow to chill in the fridge for 30 minutes.

2 Meanwhile, place the rhubarb in a large ovenproof dish. Stir through 120g of caster sugar and the split vanilla pod.

3 Loosely cover with foil and bake for 20-25 minutes, or until the rhubarb is just tender. Drain any liquid and set aside to cool.

4 Cover the base of the tart with baking paper and fill with baking beans or rice. Blind bake the tart for 15 minutes, then remove the paper and beans. Bake for a further five minutes until the tart is cooked but still quite pale. Brush the tart base with the egg white to seal it.

5 Reduce the temperature of the oven to 150°C. In a bowl, combine the remaining sugar with the cornflour and gradually whisk in the eggs and crème fraiche. Carefully scrape out the vanilla seeds from the reserved pod and whisk.

6 Arrange the rhubarb on the tart base before pouring over

the custard mixture.

7 Bake in the oven for 30 minutes, or until the tart is just set in the middle. Remove from the oven and allow to cool in the tin before serving.

CALLUM HANN'S CITRUS SOUFFLE

TIME 1 HOUR MAKES 4

Juice and zest of 1 lemon
60g caster sugar, plus
1 Tbsp extra
1 Tbsp corn flour
Juice of 1 orange
2 egg whites
Extra caster sugar, for dusting
Cooking oil spray
1/2 cup crème fraiche

1 Preheat oven to 190°C.

2 Place the lemon zest, 60g sugar and corn flour in a small saucepan and whisk to combine. Add lemon juice and orange juice.


3 Bring mixture to the boil, whisking, and cook for one minute or until thickened slightly. Remove from the heat and allow the citrus syrup to cool while you prepare the eggs.

4 Whisk the egg whites until soft peaks form. Gradually add the extra one tablespoon of sugar and whisk until stiff peaks form.

5 Fold through the citrus syrup. Spray four ramekins with oil and dust lightly with sugar.

6 Spoon the soufflé mixture into the dishes until 3/4 full, place the dishes on a baking tray and bake for 10-12 minutes or until risen and golden.

7 Serve soufflés immediately topped with a dollop of crème fraiche.

A close-up photograph of a soufflé in a white, ribbed ramekin. The soufflé is puffed up and has a golden-brown top, which is being dusted with a fine layer of white powdered sugar. The sugar is captured mid-air, creating a soft, ethereal effect. The ramekin sits on a dark, textured surface, possibly a slate or stone, which is also dusted with powdered sugar. In the background, a white bowl contains several whole lemons, and a single orange slice is visible on the right side. The lighting is dramatic, highlighting the texture of the soufflé and the fine particles of sugar.

Callum Hann's Citrus
Souffle p79



Orange & Poppyseed
Cake p79



**Pecan & Dark
chocolate cookies**
p84



Apple Upside Down Cake
p84

ORANGE & POPPY SEED CAKE

TIME 1 HOUR MAKES 12

- 1 orange, roughly chopped
- 185g butter, melted
- 3 eggs
- 1 cup caster sugar
- 1 1/2 cups self-raising flour
- 2 Tbsp poppy seeds
- 1** Preheat oven to 170°C, and grease and line an 18-20cm cake pan or loaf tin.
- 2** Puree the orange (with the peel left on) in a food processor.
- 3** Add the melted butter, eggs, and sugar and combine.
- 4** Finally, add the flour and poppy seeds and combine.
- 5** Bake the cake in the oven for approximately 45 minutes or until a skewer comes out clean when inserted.
- 6** Once done, remove cake from the oven. Allow to cool for a few mins in the pan, then transfer to a wire rack.
- 7** Top with fresh orange slices and enjoy while warm.

PECAN & DARK CHOCOLATE COOKIES

- 3/4 cup pecans
- 120g unsalted butter
- 120g brown sugar
- 40g caster sugar
- 1 egg, at room temperature
- 1 tsp vanilla bean paste or vanilla essence
- 180g plain flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/4 tsp cardamom and mixed spice
- 125g dark chocolate, roughly chopped
- 1** Preheat the oven to 180°C. Roast the pecans in an oven tray for about five minutes until fragrant and just browned. Set aside to cool.
- 2** Melt the butter over low heat, then transfer it into a large bowl.
- 3** Add the brown sugar and vanilla paste and whisk to combine.
- 4** Add the egg and whisk for one to two minutes until a little bit lighter in colour and smooth and glossy. In a separate bowl, whisk together the flour, baking powder and soda and salt (and optional spices). Add to the egg mixture and fold in to just combine. Add the pecans and chocolate chunks and fold to combine.
- 5** Cover the bowl and refrigerate for about 30 minutes to an hour before baking - it allows the dough to stiffen so the cookies spread less. You can leave them in the fridge for up to three or four days, but it's recommended to let the dough warm up from fridge temperature before baking if completely cold, as they won't spread much at all otherwise.

- 6** Preheat the oven to 180°C.
- 7** Scoop even balls of dough onto lined baking trays, leaving at least 4cm between cookies. Bake for eight minutes, then open the oven door and quickly lift and tap/bang the baking tray down a few times to help the cookies spread.
- 8** Bake for a further few minutes or until cooked to your liking. Bang the tray again if desired to spread the cookies further. Leave on the trays to cool. Sprinkle with flaky sea salt. Store in an airtight container to cool. Sprinkle with flaky sea salt

APPLE UPSIDE DOWN CAKE


TIME 45 MINUTES MAKES 12

CARAMELISED APPLES

- 3 apples
- 60g unsalted butter
- 2 Tbsp brown sugar
- 1 tsp cinnamon
- Juice of 1/2 a lemon
- CAKE**
- 1/2 cup salted butter
- 2 Tbsp brown sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 cup plain flour
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1/2 cup milk

- 1** To make the apples, cut apples into thin slices, ensuring you remove the core and seeds.
- 2** In a pan on the stove, heat butter, sugar, cinnamon and lemon juice until well combined. Add in your apple slices. Stir well and cook for 5-10 mins, then allow to rest for 5-10 mins.
- 3** To make the cake, while your apples are cooking, pre-heat the oven to 180°C and line a springform tin with baking paper.
- 4** Cream together your softened butter and brown sugar until you get a light and creamy texture. Add in the vanilla, then eggs (one after the other) and beat well.
- 5** In a separate bowl, combine flour, baking powder and salt. Add half of the dry mixture, as well as half of the milk to your mixing bowl and combine. Repeat with the other half of the mixture until you've got a cake batter.
- 6** In your springform tin, pour in the caramelised apples. Next, pour over the cake batter, place in the oven, and cook for approximately 25 minutes
- 7** Remove cake from the oven and turn cake out upside-down so your apples sit on top of the cake. Slice and enjoy with some ice-cream.





Garlic Cauliflower Steaks p89

VEG OUT!

Make Veggies the star of the show with these show-stopping dishes!



Stuffed Roasted Pumpkin p89

Recipe & Image by Tom Walton



Braised Greens & Butterbean
Crostini by Tom Walton p89



One Pan Egg Veg Brunch

GARLIC CAULIFLOWER STEAKS**TIME 40 MINUTES MAKES 4**

3 Tbsp olive oil
 4 cloves garlic, minced
 1 tsp dried oregano
 1/2 tsp each of dried thyme, rosemary, and parsley

2 heads cauliflower, cut into 1/2-inch slices
 Salt, pepper to taste

1/4 cup parmesan, grated

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

2 In a small bowl, combine the olive oil, garlic, and dried herbs.

3 Place the cauliflower slices in a single layer onto the lined tray, then brush each slice with the olive oil mixture on both sides. Season with salt and pepper, to taste.

4 Place tray in the oven and bake until the cauliflower steaks are golden brown, around 20-25 mins, flipping them at the halfway mark.

5 Serve immediately while the cauliflower steaks are still warm, sprinkled with grated Parmesan.

STUFFED ROASTED PUMPKIN**TIME 1 HOUR MAKES 2**

1 medium pumpkin
 Olive oil
 Salt, Pepper to taste
 1/2 cup cooked chorizo
 1/2 cup mushroom

1 Tbsp pine nuts

1 cup bulgur

Shredded parmesan

1 Heat oven to 180°C. Cut the pumpkin in half and scoop out the seeds.

2 Place the pumpkin halves cut side down in a baking dish and cover the dish loosely with foil.

3 Roast the pumpkin until soft (30 to 50 minutes). While the pumpkin is roasting, prepare the filling.

4 Add chorizo, mushroom pine nuts and bulgur as a filling into the centre of the pumpkin.

5 Cover again with the foil. Roast until cooked (15 to 20 minutes)

6 Add cheese on top of the pumpkin filling if desired. Serve immediately.

BRAISED GREENS & BUTTERBEAN CROSTINI**TIME 50 MINUTES MAKES 4**

1/4 cup olive oil
 2 medium zucchini, thickly sliced
 1 head broccoli, roughly chopped
 1 brown onion, sliced
 1 clove garlic, roughly chopped
 Large pinch dried chili flakes
 1/2 bunch each cavolo nero and silverbeet, roughly sliced

1 x 400g tin butterbeans

8 slices sourdough

Olive oil to drizzle

1 small block parmesan, to grate

1 Place a large pot over medium-high heat and add the olive oil, onion, broccoli, zucchini, garlic, chilli

2 Cook, stirring, for two minutes then add the leafy greens and a little more salt and

cover with a lid to wilt the veggies for five minutes. Give them a stir and continue to cook, covered until they become softened about 10 more minutes.

3 Add the butterbeans to the pot with a little of the juice from the can and stir through. Adjust the seasoning to taste and keep it hot.

4 Drizzle the sourdough with a little olive oil and grill to get it crisp and golden. Serve the greens and spoon over the sourdough with parmesan shaved over to serve.

ONE PAN EGG VEG BRUNCH**TIME 30 MINUTES MAKES 2**

1/2 Tbsp olive oil

1 knob of butter

1 zucchini, cut into small chunks

1 yellow capsicum, cut into small chunks

1 red capsicum, cut into small chunks

2 spring onions, finely sliced

1 garlic clove, crushed

3 eggs

1 Heat the oil and butter in a large fry pan, then add the zucchini and capsicum and a little salt and pepper. Cook for 10 mins, stirring from time to time until everything is starting to brown.

2 Add the spring onions, garlic and thyme and cook for a further two minutes

3 Make three spaces in the pan and crack in the eggs.

4 Cover with foil or a lid and cook for around four minutes, or until the eggs are cooked (with the yolks soft for dipping into). Sprinkle with salt and pepper and serve.

BEETROOT & EGGPLANT DIP**TIME 1 HOUR 20 MINS MAKES 5**

1 large beetroot (or 2-3 small beetroot)

1 large eggplant

4 Tbsp hulled tahini

2 Tbsp olive oil, plus extra for roasting

1 garlic clove

1 tsp ground cumin

Salt, Pepper to taste

1 Preheat oven to 180°C. Trim leaves and roots off the beetroot and wash thoroughly. Wrap the beetroot in foil and place it on a baking tray. Cut the stalk off the eggplant and halve it lengthways. Rub the cut sides with olive oil and place the eggplant cut side down on a small sheet of baking paper on the same baking tray. Also place the garlic clove on the tray, drizzled with a dash of oil.

2 Bake the beetroot, eggplant and garlic until soft. The eggplant will take around 40-45 minutes. When it is done, take it out and set it aside to cool on the baking tray. The beetroot will take around 60-70 minutes, depending on size.

3 Once the beetroot is finished cooking, let it cool a little before unwrapping. Remove the skin from the beetroot and the eggplant.

4 Place all ingredients in a food processor and blend until smooth. Season with salt and pepper. Place the dip in the fridge for a few hours to chill before serving. and pepper.



MARINATED LENTILS WITH BROCCOLINI & FETA

TIME 40 MINUTES MAKES 4

2 tsp ground coriander
2 tsp fennel seeds
1 red chilli, thinly sliced
2 garlic cloves, crushed
1/2 cup olive oil + 3 Tbsp
Salt and Pepper, to taste
1 1/2 cups red lentils
2 bunches Broccolini™
1/2 lemon, thinly sliced and seeded
200g feta, crumbled

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

2 In a large frypan, add coriander, fennel seeds, chilli, garlic and 1/2 cup oil. Set over a medium heat and cook, shaking pan occasionally, until the garlic is golden brown and the chilli slices have shrivelled slightly. Season spiced oil lightly with salt and transfer to a small bowl.

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

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

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

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

Add a serve of superfood in seconds



Super meal
ideas here



BROCCOLINI[®]

The super simple superfood



Beetroot & Eggplant Dip p89





Meals for a
COSY NIGHT IN

Maple & Mustard Roasted
Brussels Sprouts p96





Pumpkin & Kale Risotto p96

YELLOW PUMPKIN CURRY

TIME 1 HOUR MAKES 4

1 1/2 Tbsp coconut oil
1 medium spring onion, chopped
1 red capsicum, diced
3 Tbsp yellow (or red) Thai curry paste
3 1/2 cups peeled and chopped pumpkin
2 small cans coconut cream
2 Tbsp maple syrup
1 cup chopped coriander
1 can chickpeas
2/3 cup roasted peanuts
1 Preheat an oven to 180°C
2 Place the chopped pumpkin on a baking tray, drizzle with oil, dust with salt and pepper and roast for 30 minutes or until tender
3 In a large fry pan, heat the coconut oil and add the curry paste, cooking through for one minute
4 Add the coconut cream and bring it to a boil, reducing it to a simmer for approximately three minutes
5 Add the chickpeas, capsicum, peanuts and maple syrup and stir.
6 Add in the roasted pumpkin and stir through
7 Finally, add the spring onion, stir through for a minute and take off the heat
8 Serve immediately with the chopped coriander. You could enjoy this curry on its own, with rice, roti bread or noodles.

MAPLE & MUSTARD ROASTED BRUSSELS SPROUTS

TIME 45 MINUTES

MAKES 4

450g brussels sprouts
110g pancetta, diced
1 Tbsp olive oil
1 Tbsp each of Dijon mustard & whole grain mustard
1 Tbsp maple syrup
1 tsp each of salt & pepper
2 Tbsp pine nuts
2-3 Tbsp parmesan, grated
1 Preheat the oven to 210°C, and line a large tray with baking paper.
2 Trim the brussels sprouts, remove the tough outer leaves, then cut each sprout in half.
3 In a large bowl, whisk together the olive oil, Dijon mustard, whole grain mustard,

maple syrup, and salt and pepper.

4 Add the brussels sprouts and pancetta to the bowl and toss to combine. Pour the contents of the bowl onto the lined baking tray in a single layer.

5 Place the tray in the oven and roast for 25 minutes. Remove the tray from the oven, sprinkle the pine nuts over the top then return the tray to the oven to roast for a further five minutes.

6 To serve, transfer the roasted brussels sprouts to a serving dish or platter. Season with salt & pepper, to taste. Then top with the grated parmesan before serving - enjoy!

PUMPKIN & KALE RISOTTO

TIME 1 HOUR MAKES 12

3 Tbsp olive oil
1 Tbsp butter
1 tsp nutmeg
1 1/2 cups arborio rice,
1 large leek, thinly sliced
4 garlic cloves, minced
1/2 a butternut pumpkin, diced
4 cups vegetable stock
1 bunch kale, roughly chopped
1/4 cup parmesan, grated
Salt, pepper to taste
Goat's cheese, to serve
1 Preheat oven to 200°C and line a tray with baking paper.
2 Place the chopped pumpkin onto the lined tray, sprinkle with nutmeg, salt and pepper and bake until the edges are golden, around 30 minutes. Once done, remove from oven and set aside.
3 Over medium heat, add the oil, butter and chopped leek to a deep pot and sauté for four minutes. Next, add the garlic and arborio rice. Cook for a few minutes, stirring often. Season with salt and pepper.
4 Add the roast pumpkin and stir until well combined, then add the vegetable stock, one cup at a time, stirring to combine between each addition. Once all the stock has been added, reduce the heat to a simmer and allow the rice to cook (around 20 minutes).
5 Be sure to stir often to avoid the risotto sticking to the bottom of the pan. With five minutes cook time remaining,

add in the chopped kale and parmesan.

6 Once done, serve topped with goat's cheese.

VEGETABLE CURRY WITH PANEER

TIME 30 MINUTES

MAKES 4

2 Tbsp olive oil
250g paneer, cut into 1cm-thick slices
1 brown onion, finely chopped
3 garlic cloves, minced
1 Tbsp fresh ginger, finely chopped
10 curry leaves
1 Tbsp curry powder
150g bean shoots
400g pumpkin, peeled and diced into 1cm cubes
1/2 cauliflower, cut into small florets
100g green beans, halved
4 medium tomatoes, diced
1/2 cup fresh coriander, plus extra to serve
Rice or naan, to serve
1 Heat 1 tablespoon oil in a large non-stick frying pan over medium-high heat. Add in the paneer and cook for two minutes on each side until lightly charred. Set aside.
2 With the heat still on medium, add in the remaining oil, plus the onion, garlic, and ginger and cook, for around five minutes, stirring regularly.
3 Add in the curry leaves and powder and cook for two minutes. Stir constantly, scraping the base of the pan with a wooden spoon.
4 Add the bean shoots, pumpkin, cauliflower, green beans, tomatoes and one and a half cups of water. Bring the mixture to the boil, reduce to a simmer, season with salt and pepper to taste, and then cover with a lid.
5 Cook, stirring occasionally, for 10 minutes or until the vegetables are tender.
6 Remove the lid, add in the chopped coriander and paneer and cook for a further one minute or until the paneer is warmed through.
7 Serve topped with coriander and a side of rice or naan bread.



Vegetable Curry



HERO FOR HEARTKIDS DAY

The South Australian Produce Market is a proud supporter of HeartKids national fundraising day – Be a Hero for Heartkids – and once again donned the superhero suits when the national fundraising day was held on Friday, June 16, 2023.

Well before most of us start our day, the fruit and vegetable wholesale market community are ending theirs. But once a year, instead of heading home, they participate in a Heroes BBQ, raising awareness of the prevalence of congenital heart disease in Australia and turning the humble snag into funds to help HeartKids deliver much-needed services and support programs.

Trucks are commonplace at the market but in June, Batman parks the batmobile, alongside Captain America's prime mover, ensuring they are ready to handle any escapades that come their way.

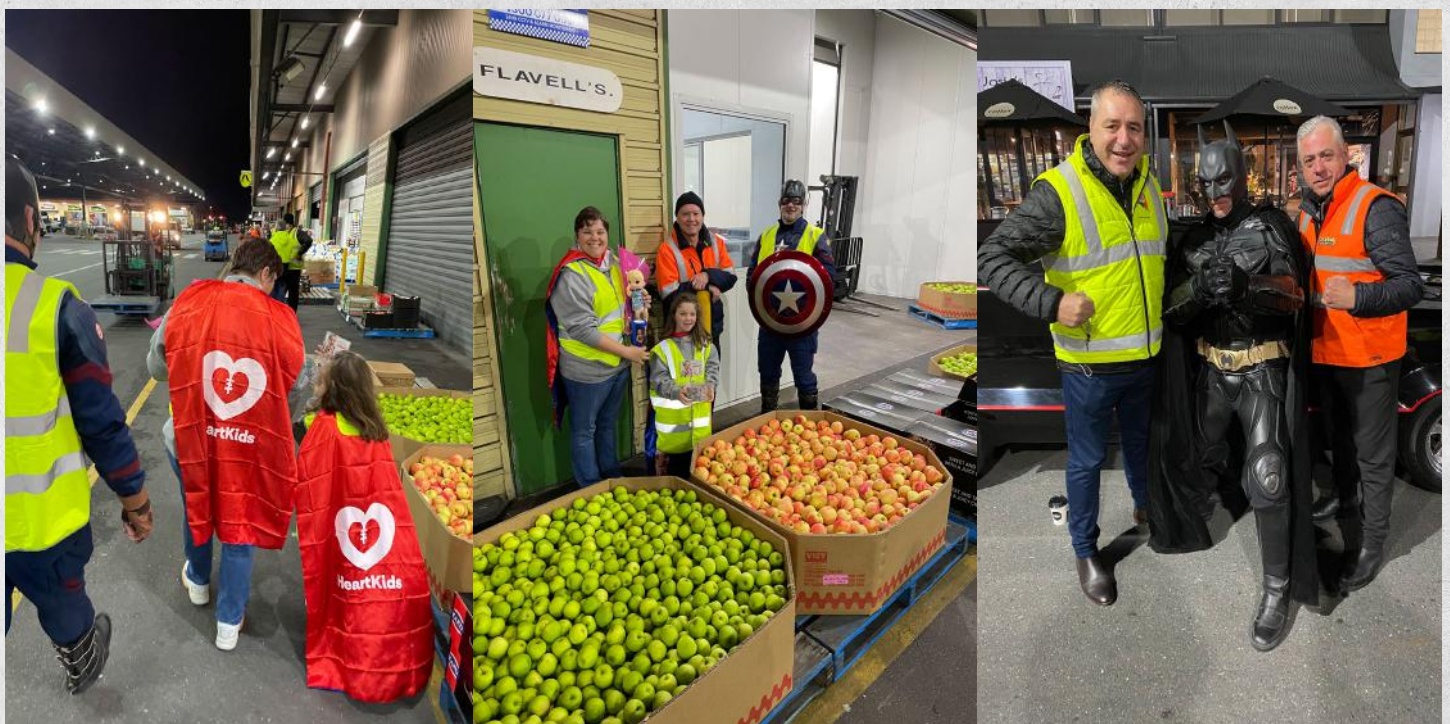
In 2022 the event raised \$8,000 for those affected by congenital or childhood-acquired heart disease, with this year's event raising another \$3,000.

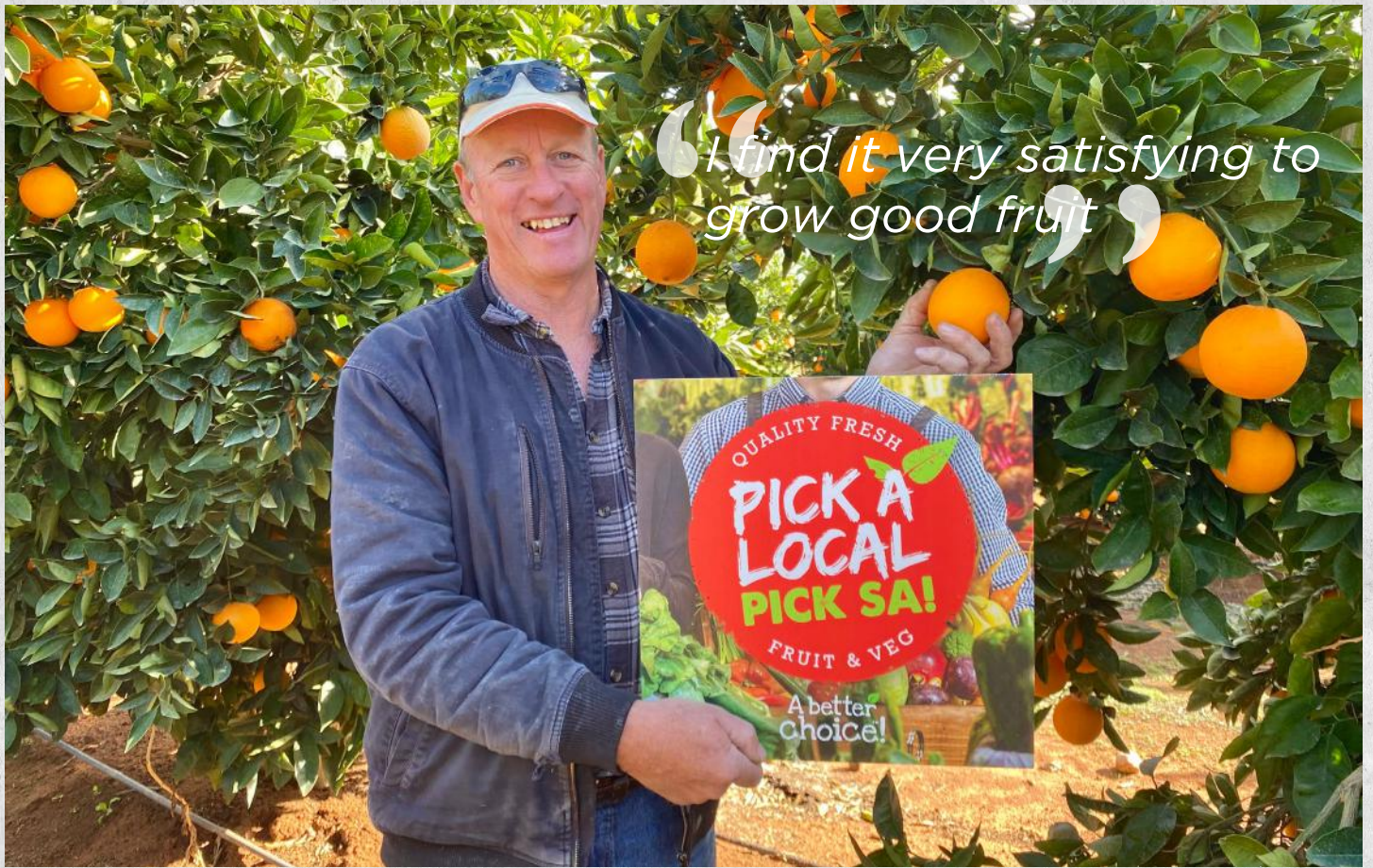
Those affected by childhood heart disease fight their own battle for survival and rely on the many services that HeartKids provides. Every day in

Australia there are eight children born with a heart defect, which means there is a family every three hours whose life will change in a heartbeat, and sadly four lives will be lost each week.

"The South Australian Produce Market is delighted to support HeartKids in their quest to recognise and support the true superheroes – the children and families that have been impacted by congenital heart disease," said Angelo Demasi, South Australian Produce Market Chief Executive Officer.

HeartKids is the only national not-for-profit organisation solely focused on supporting and advocating for people impacted by childhood heart disease (CHD), one of the largest causes of infant death in Australia.





"I find it very satisfying to grow good fruit"

FROM FIREWOOD TO FRESH FRUIT

How a Riverland Citrus Grower fell into the Industry

A need to diversify their income was the driving force behind the Doecke family's move into the citrus industry in South Australia's Riverland more than three decades ago. Previously, Mark Doecke, his wife Louise and young sons Luke and Sam were in the firewood supply business. Needing a source of income over the summer months, in 1992, they decided to branch out into the citrus and stone fruit industry and established a block at Sunlands, a horticultural area near Waikerie. Over the next 20 years, their citrus operation expanded to up to 100 acres but has downsized slightly in recent times to now comprise 70 acres with another six managed on behalf of their son, Luke.

Ironically, all those Valencia plantings (and the apricots) on the original block were pushed out to make way for more winter varieties. "We've evolved to try to grow what the market wants," Mark said. "Back in the day, the industry used to grow valencias and navels and that was it but now there are all sorts of different varieties. "We try to have a bit of a mix

and that has served us well over time." Varieties grown now include Kirkwood, Dekopons, Tango mandarins, a few varieties of late navels and seedless valencias. For the Doeckes, the season kicks into gear in June and finishes with Valencias in late October. Mark says fruit transport options have dramatically changed over his three decades in the industry and he now delivers fruit to processors in Mildura, Loxton and Waikerie. Some fruit is sold domestically but most are exported to Southeast Asia, the United States and India.

While there are many difficulties faced by citrus growers, Mark says the future is promising. "The demand for Australian citrus is good, that's the key," he said. "Citrus, although with all its challenges, you can still get an average to good return for good fruit. "I find it very satisfying to grow good fruit, it's not always about the money but the challenge of growing a decent, good-tasting piece of fruit is very rewarding."

THE POWER OF GREAT TASTE



Sweet and tangy with a juicy crunch



AUSTRALIAN GROWN





Banana & Raisin Pancakes p105

PICTURE PERFECT BREKKIES

Start your day off right with a
delicious breakfast!



Baked Oats Two Ways p105



Breakfast Tacos p105

Rhubarb Banana Bread



BANANA RAISIN PANCAKES

TIME 30 MINUTES MAKES 12

- 1 cup rolled oats
- 1/2 cup plain flour
- 1/2 cup raisins
- 2 ripe bananas, divided
- 1/2 cup milk
- 1 1/2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1/2 tsp vanilla extract
- 3 Tbsp extra virgin olive oil, plus more for pan

Yoghurt and honey for serving

- 1** Blend one cup of oats in a food processor until finely ground but with some texture remaining.
- 2** Peel one banana and tear it into large pieces. Add to ground oats along with flour, milk, baking powder, cinnamon, salt, vanilla, and three tablespoons of oil. Process, stopping to scrape down sides as needed, until well combined. Remove the bowl from the base and stir in the raisins. Let sit for 15 minutes.
- 3** Meanwhile, thinly slice the remaining banana and set aside.
- 4** Heat one teaspoon of oil in a frying pan, swirling to coat the bottom of the pan. Working in batches of two or three, depending on the size of your pan, scoop in about 1/4 cup batter per pancake and flatten slightly with a spatula. Arrange a few reserved banana slices on top, then reduce heat to medium, and cook until set and golden-brown underneath. Flip the pancakes over and cook on the other side until golden brown. Transfer to a large plate.
- 5** Repeat with remaining batter, adding more oil to pan between batches as needed.
- 6** Serve pancakes topped with yoghurt and honey.

BAKED OATS TWO WAYS

TIME 30 MINUTES MAKES 2

CARROT CAKE OATS

- 40g rolled oats
- 1/2 small ripe banana, mashed
- 1 small carrot, grated
- 3/4 tsp baking powder
- 1 Tbsp maple syrup
- 120ml milk
- 1 tbsps sultanas
- 1 tsp ground cinnamon
- 1/4 tsp mixed spice
- 1/2 tsp vanilla extract

RASPBERRY & BANANA OATS

- 40g rolled oats
- 1/2 small ripe mashed banana
- 120ml milk
- 3/4 tsp baking powder
- 1 Tbsp maple syrup
- 1/2 tsp vanilla extract
- 1 tsp ground cinnamon

- Handful raspberries
- 1** Preheat oven to 180°C fan-forced, and grease a small ovenproof dish with a small knob of butter

- 2** Mix all ingredients together in a bowl then transfer into the ovenproof dish.
- 3** Bake in the oven for 25 minutes or until the baked oats are golden at the edges.
- 4** Once cooked, remove from the oven, and let stand for 10 minutes to cool. Top with a dollop of yoghurt if desired, and perhaps a drizzle of maple syrup too.

BREAKFAST TACOS

TIME 15 MINUTES MAKES 2

- 4 large eggs
- 2 Tbsp unsalted butter
- 4 mini tortillas
- 1 avocado, thinly sliced
- 1 spring onion, thinly sliced
- 1/4 cup cherry tomatoes, sliced
- 1/4 cup fresh coriander, chopped
- 1/4 cup feta, crumbled
- Chives, finely chopped (optional)
- 1** Heat a large non-stick pan over a low-medium heat and add one tablespoon of the butter.
- 2** Lightly beat the eggs until just combined and then pour in the pan. Stir and toss until the eggs cook. Right before the eggs are firming up, add the remaining tablespoon of butter and toss until it's incorporated into the scrambled eggs.
- 3** To assemble the tacos, add the sliced avocado on the bottom.
- 4** Then top with the eggs, tomatoes, spring onion, coriander, feta and a touch of chives.

RHUBARB BANANA BREAD

TIME 1 HOUR MAKES 12

- 1 1/2 cups plain wholemeal flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 2 large eggs
- 1 tsp vanilla extract
- 3 bananas, mashed
- 1/3 cup honey
- 1 cup rhubarb, finely chopped
- 1** Preheat oven to 180°C and grease a loaf pan with cooking spray or butter. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon. Set aside.
- 1** Using a hand-held mixer or food processor, beat together the eggs, vanilla extract, mashed banana and honey until combined.
- 2** Add the flour mixture to the wet ingredients and stir to combine the ingredients. Then gently fold in the chopped rhubarb.
- 3** Pour the cake batter into the greased loaf pan. Bake in the oven for 50 minutes, or until the loaf is golden brown and a toothpick comes out clean.
- 4** Allow the bread to cool in the pan for around 10 minutes. Carefully remove the bread from the pan, slice as desired and serve.

BREAKFAST CREPES WITH PAPAYA AND PASSIONFRUIT GLAZE

TIME 1 HOUR MAKES 4

- 4 passionfruit
- 1 papaya
- 1 cup (150g) plain flour, sifted
- 2 eggs
- 300ml milk
- 50g butter, melted
- 250g creme fraiche
- 100g hazelnuts, roasted, crushed
- 1 tsp vanilla extract
- 1/2 cup sugar
- 1** In a large bowl mix flour with a pinch of salt. Add the eggs and vanilla extract, then gently whisk in the milk until smooth with a thin consistency.
- 2** To make passionfruit glaze, add the pulp of 4 passionfruit and 1/2 cup of sugar to a small pot. Place on a stove at medium heat and combine, stirring slowly. Bring the mixture to a gentle simmer and continue to cook until the mixture thickens to syrup.
- 3** Cut one papaya into long slices and set aside
- 4** Grease a frying pan with butter over medium heat. Pour just enough batter into the pan to cover the bottom, then swirl it to coat it completely. Cook for one minute, then turn over and cook for an additional 30 seconds, or until golden. Repeat until mixture is finished (should yield 12 crepes).
- 5** Plate up by adding a small amount of creme fraiche and passionfruit glaze into the middle of the folded crepes and arrange papaya on top of the folded crepes as shown.
- 6** Drizzle more passionfruit glaze atop all of the crepes and scatter hazelnuts around the plate and serve!

FRUIT PORRIDGE BOWLS

TIME 30 MINUTES MAKES 2

- 100g raspberries
- 100g Strawberries
- 50g Blueberries
- 1 blood orange, 1/2 sliced and 1/2 juiced
- 150g porridge oats
- 100ml milk
- 1 Tbsp chia Seeds
- 1** Combine half the raspberries, strawberries, and blueberries in a medium frying pan with the orange juice. Simmer until the berries have softened.
- 2** Stir the oats, milk, and 450ml water in a pot over low heat until creamy.
- 3** Top oats with berries, orange slices, and chia seeds. Serve immediately

Breakfast Crepes with Papaya & Passionfruit Glaze p105



Fruit Porridge Bowls p105





Sesame Tofu Rice Bowl p112

SPICE IT UP

Bring the heat with these fiery chilli recipes to warm you up this Winter

Spicy Fennel & Pork Sausage Ragu p112



Recipe & Image by Adrian Mercato



Pork & Vegetable San Choy Bau

SESAME TOFU RICE BOWL

800g firm tofu, drained
 4 Tbsp cornflour
 2 Tbsp sesame oil
 1/4 cup soy sauce
 4 Tbsp water
 4 tsp honey
 2 tsp minced garlic
 1 tsp rice wine vinegar
 4 tsp cornflour
 2 cups steamed brown rice
 2 bunches Broccolini™, blanched
 Red chillies, to serve
 1 lime, cut into four segments, to serve
 Fresh coriander leaves, chopped, to serve
 Sesame seeds, to serve.

1 Place the tofu onto a plate lined with paper towel. Place another paper towel on top and gently press down to squeeze out excess liquid. Replace the paper towels, then leave for 30 mins.

2 After 30 mins, slice the tofu into cubes and place in a large bowl. Sprinkle the cornflour on top and gently toss to ensure all the tofu is evenly covered.

3 In a large pan, heat the sesame oil over medium-high heat. Once the oil has heated, add the tofu to the pan and allow it to brown on all sides.

4 Meanwhile, whisk together the soy sauce, water, honey, minced garlic, rice wine vinegar and cornflour to make the sauce.

5 Once the tofu is brown on all sides and crispy, add the sauce to the pan. Allow it to thicken slightly, ensuring the tofu is evenly coated in the sauce. Then remove from the pan from the heat.

6 To assemble the bowls, put 1/2 cup cooked brown rice in each bowl. Then top with the tofu and Broccolini™. Garnish with red chilli, coriander, sesame seeds and lime.

PORK & VEGETABLE SAN CHOY BAU

3 Tbsp olive oil
 3 Tbsp soy sauce
 3 Tbsp oyster sauce
 1 Tbsp ginger, minced
 3 Tbsp sesame oil
 2 cloves garlic, minced
 450g pork mince
 2 spring onions, finely chopped
 1 cup mushrooms, finely chopped
 1 large carrot, grated
 1 large zucchini, grated

1 celery stalk, finely chopped
 16 small lettuce leaves, trimmed

Crushed peanuts, to serve
 Chilli and coriander, finely chopped, to serve

1 Whisk together the olive oil, soy sauce, oyster sauce and minced ginger in a bowl.

2 Heat the sesame oil in a wok or pan until it's very hot. Add in the garlic and pork mince. Stir-fry the pork, ensuring you break it up to avoid clumps, until it is mostly browned.

3 Add in the spring onions and half of the sauce mixture. Continue breaking up the pork until the pieces resemble the size of corn kernels.

4 Add in the mushrooms, carrot, zucchini, celery, the remaining sauce mixture, and stir-fry for 5 mins.

5 To serve, add dollops of the pork mixture into trimmed lettuce leaf cups. Then top with crushed peanuts, and coriander and chilli, if desired.

SPICY FENNEL & PORK SAUSAGE RAGU

2/3 large onion
 Fennel (in equal ratio to onion)
 2 cloves of Garlic
 500ml passata
 250g fennel and pork sausages (approx 4 large)
 300g riatoni pasta
 2 Tbsp olive oil
 Salt & pepper
 Chilli flakes to taste

1 Finely dice onion, fennel and garlic. Add to a cold pan with olive oil

2 Bring up to heat slowly, add chilli flakes and stir often for five minutes or so, ensuring it doesn't burn

3 Cut the sausage meat out of the casing by slicing one end and squeezing, adding to the hot pan.

4 Once the sausage is almost fully browned, add the passata and season with salt and pepper. Bring up to a boil, then return the heat to low

5 While the sauce is simmering for at least 30 minutes (the longer the more flavour it gets) cook your pasta.

6 Add a few tablespoons of the pasta water to the sauce, mix, then add the pasta

7 Serve with parmesan cheese



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

The serving sizes on our recipes are guided by a nutritional standard following these values:
Per Serve
Energy: 8700kJ
Protein: 50g
Fat: 70g
Sat Fat: 24g
Carb: 310g
Sugars: 90g
Dietary fibre: 30g
Sodium: 2000mg



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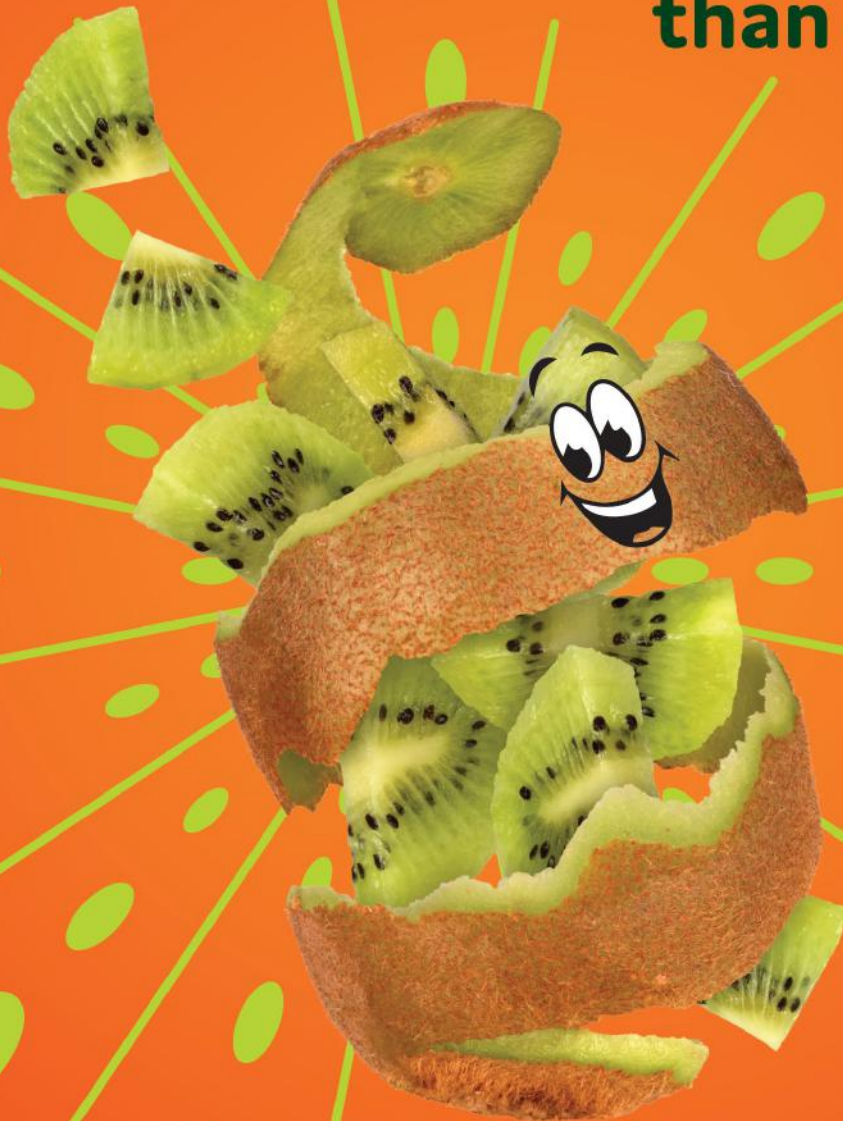
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