

# A better choice!

**FREE**  
SUMMER 22/23 ISSUE 1

Quality **FRESHNESS** Service

**p64**

Mango Pavlova  
with Passionfruit  
and Mango Curd

# 67

**RECIPES WITH  
SEASONAL  
PRODUCE**

**AUSSIE GROWN:  
STORIES FROM  
THE FARM**

**CHEERFUL CHERRY  
DELIGHTS &  
FESTIVE FEASTING**

*Seasonal delights for every occasion*

# Summer Sensations





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# Let's CELEBRATE

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Welcome to our first edition of the 'A better choice!' Magazine! It's that time of year when everyone can come together and celebrate the year as 2022 comes to an end. For the 'A better choice!' team we wanted this magazine to be another great thing about shopping at your local fruit and veg shop and we can't wait to share some spectacular summer recipes highlighting the very best of fresh, seasonal Aussie produce available at your local fruit and veg shop. We delight in being able to access the very best seasonal produce every summer from local fruit and veg shops around the country which is perfect for all our festivities!

Our Summer issue is full of festive recipes to celebrate this happy season with your loved ones with a special emphasis on celebrating what's in season. From refreshing drinks to cool you down on a hot day like our Strawberry and Basil Cooler (p. 94) to sweets bursting with fresh fruit like our Banana Ice Cream Sandwiches (p. 71); From festive feasting staples like our Mango and Passionfruit Pavlova (p. 64) to a showstopping salad like our Plum salad with Parmesan (p. 60), there's a recipe to suit everyone and plenty for the whole family to enjoy!

This year has been full of ups and downs for the fruit and vegetable industry, but we couldn't make it through without the dedication of our hardworking growers, the workers in the supply chain working through the night and the hard-working greengrocers in their shops around the country! Thank you for supporting your local fruit and veg shop this year, and we look forward to the season ahead and the new year! We wish you a happy festive season and happy cooking

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choice!<sup>®</sup>  
Quality FRESHNESS Service

'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.

*The 'A better choice' Team*

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#abetterchoicemag



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# LETTER FROM THE EDITOR

I love this time of year. As the weather warms up, and the work year comes to a close, I am looking forward to seeing family and friends for the festive season approaching. Reflecting on when I was younger, I remember this time of year being all about what gifts we would be getting for Christmas, much like how my children think of Christmas now. But now what I look forward to most is sitting around the table with my family and friends, sharing the amazing food we have made, and watching the kids play.

Food elicits memories, from the first mango of the season that defines the taste of the Summer approaching, or the first crop of cherries signalling the festive season is around the corner, to the citrus season taking us into Autumn. The meals we make and share with family and friends create memories and long-lasting traditions. Whether it's that perfect potato salad, a delicious pavlova topped with summer fruit, or Joe's famous gravy, there's something special about these meals. For me, it's all about mum's plum pudding which is not complete without the tradition of silver coins in the middle for luck.

I remember my late grandfather telling me about the first time he bought an Avocado back to the family in the late 60s, and the joy his daughters had to try and experience

something so new. I remember as a child going to our local fruit and veg shop where the greengrocer let me choose a piece of fruit (I often chose a cucumber!). Now I feel it's important I do the same with my children, letting them choose and try all sorts of new things from our local fruit and veg shop they otherwise wouldn't try. They are always so excited to taste what they choose, giving them a connection with the food they eat.

A long-standing tradition that embodies the Aussie spirit is the visits to the local shops, the butcher, the delicatessen, and the local fruit and veg shop. Being so closely connected with our community and the food we eat, to be able to select produce that is in season, is so vital. It's knowing that the food you are eating has a story, that it came from hard-working people who are passionate about providing the very best for us.

While I sit around the table with family and friends this year celebrating, I will be grateful for the time I get to spend with them and how fortunate we are to live in such a great country with an abundance of great food and traditions. So, thank you to all the hard-working and passionate growers out there, the workers of the supply chain working day and night and the humble fruit and veg shop, this truly is a lucky country.



*James*

James Patrick, Editor

# GROOVY SMOOTHIES

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Summer is prime time for delicious smoothies to cool down! These fruity glasses of goodness are a hit with young and old, and are simple to make.



*Avocado & Banana  
Smoothie  
(page 8)*

*Cucumber, Mint  
& Pineapple  
Smoothie (page  
8)*

## IN SEASON

Crisp and fresh, Cucumber is a summer favourite! Blend it into smoothies or juices for a vitamin boost!



## TIP!!

Substitute Rockmelon for your favourite melon in this delicious recipe! For an alcohol-free version, try adding apple juice!



*Rockmelon  
Frosé (recipe  
over page)*

## Avocado & Banana Smoothie

**PREP** 5 minutes **SERVES** 2

1/2 avocado  
1 banana  
4 mint leaves  
1 kiwifruit  
1 cup milk of your choice  
2 kale leaves, chopped  
1 cup yoghurt

**1** Combine milk, yoghurt, banana, kiwi, avocado, chopped kale leaves, and mint into a blender and blend until smooth.

**2** Top with honey and mint leaves to serve.

## Cucumber, Mint & Pineapple Smoothie

**PREP** 5 minutes **SERVES** 2-3

2 cups fresh pineapple, chopped  
1 cup cucumber, sliced  
1 cup fresh baby spinach, packed  
1 small red apple, cored and chopped  
10-15 fresh mint leaves, depending on the size of the leaves  
1 cup cold water or milk  
5-6 ice cubes

**1** Put the pineapple, cucumber, spinach, apple, mint, milk/water and ice cubes into the blender.

**2** Put the blender on high and blend for around 30 seconds until mixture is smooth.

**3** Serve straight away.

## Rockmelon Frosé

**PREP** 5 minutes **SERVES** 2-3

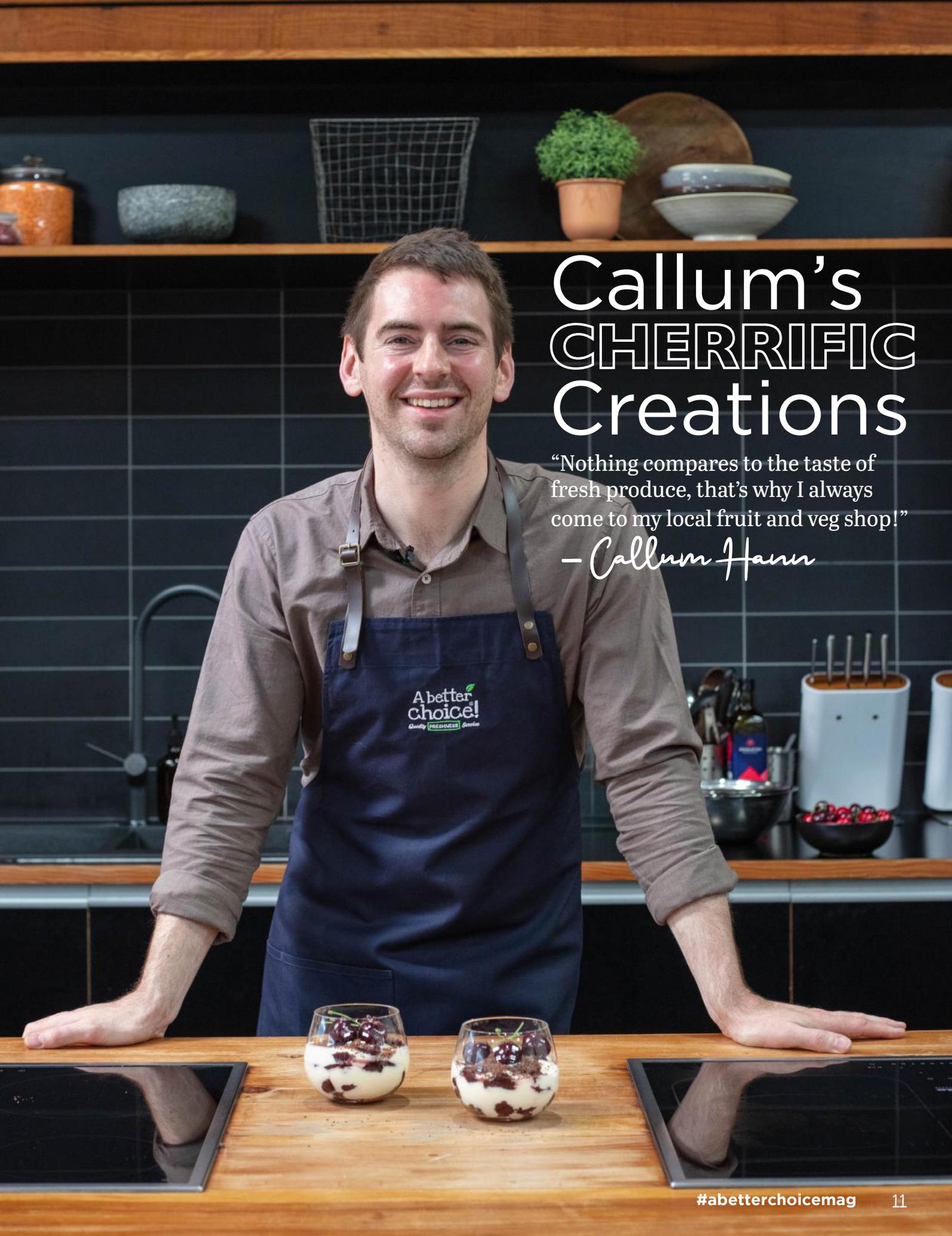
1/2 medium rockmelon, seeds and rind removed  
Juice of half a lime  
2 tbs honey, to taste  
375ml rosé wine  
Fresh mint sprigs, for garnish

**1** Firstly, cut the rockmelon into chunks, and freeze until solid.

**2** Blend the frozen rockmelon, lime juice, honey, and rosé in a powerful blender until very smooth.

**3** Pour frosé into glasses and garnish with fresh mint.



A man with short brown hair and a friendly smile stands in a kitchen. He is wearing a brown long-sleeved shirt and a dark blue apron with the logo 'A better choice! Quality FRESHNESS Guaranteed'. He is leaning on a wooden countertop with two glasses of a layered dessert (yogurt, fruit, and chocolate) in front of him. The background features a dark grey tiled wall, a wooden shelf with various kitchen items like a wire basket, a potted herb, and bowls, and a sink area with a faucet and a bowl of fruit.

# Callum's CHERRIFIC Creations

“Nothing compares to the taste of fresh produce, that’s why I always come to my local fruit and veg shop!”

— *Callum Hann*



## Callum Hann's Cherry Ripe Parfait

**PREP** 1 hour 40 minutes **SERVES** 4

1 Gold gelatine leaf  
400mL Tin coconut cream  
5 Egg yolks  
75g Caster sugar, plus 100g extra  
3 Egg whites  
250g Thickened cream  
100g Cherries, pitted  
1/4 Cup coconut shavings, toasted

**BISCUIT BASE:**  
1/2 Cup brown sugar  
75g butter, melted  
3/4 Cup almond meal  
2 Tablespoons cocoa  
Pinch of salt

**CHERRY GEL:**  
100g Cherries, pitted  
1g Agar agar

**1** Place gelatin in a small bowl and cover with cold water. Set aside to soften. Warm coconut cream in a medium saucepan over medium heat. Remove from heat. Squeeze water from gelatin leaves, add to coconut cream and whisk until dissolved. Place in the fridge to set slightly.

**2** Meanwhile, whisk the egg yolks in a medium bowl. Heat 75g sugar with a little water in a small saucepan until the mixture reaches 120°C. Gradually pour sugar mixture into the yolks while whisking continuously. Continue whisking until cool. Set aside.

**3** Place egg whites in the bowl of a stand mixer. Gently whisk until soft peaks form. At the same time, heat 100g sugar with a little water in a small saucepan until the mixture reaches 120°C. Begin whisking whites at full speed. Once stiff peaks are formed, gradually pour sugar mixture into whites while whisking continuously. Continue whisking until cool. Set aside.

**4** Whip the cream until soft peaks form. Gently fold coconut cream and egg yolk mixtures together. Then fold in whipped cream, following by egg white mixture. Divide parfait mixture between four greased, round moulds and freeze.

**5** Preheat oven to 180°C. Combine biscuit base ingredients in a medium bowl. Roll out until 5mm thick. Use a cookie cutter the same diameter as the round moulds to cut four biscuits bases. Transfer to a lined baking tray and bake for 8-10 minutes. Set aside to cool.

**6** To make the cherry gel, blitz cherries in a small food processor until smooth. Transfer to a small saucepan, add agar agar and bring to the boil. Pour into a lined, shallow tray and chill until set. Return to small food processor and blitz until smooth.

**7** To serve, use a small spoon to scoop out a teaspoon of coconut parfait from the mould. Fill with cherry gel and top with a biscuit base. Invert onto a serving plate. Serve alongside fresh cherries and shaved coconut.



## Callum Hann's Spiced Cherry Tiramisu

**PREP** 45 minutes **SERVES** 4

400g Cherries, pitted and halved  
1 Cinnamon quill  
1 Tablespoon brown sugar  
2 Tablespoons water  
2/3 Cup mascarpone  
2/3 Cup reduced-fat Greek yoghurt  
2 Teaspoons vanilla bean extract  
8 Sponge finger biscuits  
200mL Espresso coffee  
20g Dark chocolate, grated

**1** Combine cherries, cinnamon quill, brown sugar and water in a small saucepan over medium heat. Cook for 4-5 minutes or until cherries have slightly softened. Set aside to cool.

**2** Fold together mascarpone, yoghurt and vanilla in a medium bowl.

**3** To construct the tiramisu, dip the biscuits into the coffee and place in the bottom of four small glass tumblers to create a full layer. Spoon over a layer of cherries and mascarpone mixture. Repeat biscuit, cherry and mascarpone layers.

**4** Sprinkle over grated chocolate prior to serving

# SWEET TREATS!

Win your next birthday party with this impressive fruit cake and treats that will wow young and old!



*Homemade  
Orange Jelly  
Bites (page 15)*



## **IN SEASON**

Valencia Oranges are in season throughout summer and are deliciously juicy and sweet!



**TIP!!**

Add frozen  
yoghurt to these  
on a hot day!



*Choc Dipped  
Fruit Filled Cones  
(recipe page  
over)*

## Watermelon Cake

**PREP** 30 minutes **SERVES** 15

2 large seedless watermelons  
1 small rockmelon  
1 mango  
Small handful of blueberries  
2 strawberries  
Small handful of raspberries  
2 kiwi fruit, sliced  
2 tbsp yoghurt

**1** Cut two large cross sections from each watermelon, around 6-8cm thick. Cut one piece into a 20cm round, another into a 16cm round, and a final one into a 12cm round.

**2** Place the 20cm round onto a serving platter. Spread some yoghurt over the top, then top with the 16cm round. Spread yoghurt over the top once again and top with the 12cm round.

**3** Cut your fruit into 1cm slices. Using an assortment of cookie cutters, cut the rockmelon, mango, and kiwi fruit into shapes.

**4** Using our picture as a guide, decorate the watermelon cake with the fruit shapes and berries. Enjoy!

## Homemade Orange Jelly Bites

**PREP** 20 minutes + 4 hour set time

**SERVES** 2

2 cups freshly squeezed orange juice (approx. 4 medium oranges)  
2 tbsp gelatine  
2 tbsp light coloured honey

**1** Pour freshly squeezed orange juice into a saucepan, then sprinkle the gelatine on the surface.

**2** Whisk the mixture, then allow it to sit for 2-3 mins.

Heat the mixture over a medium heat until the gelatine has completely dissolved (around 5-7 mins).

**3** Switch the heat to low, then stir through the honey until it has completely dissolved.

**4** Remove mixture from heat and pour into a greased silicone ice cube mold - whatever you have available to you!

**5** Place in the fridge and chill for at least 3-4 hours or until completely set. Enjoy!

## Choc Dipped Fruit Filled Cones

**PREP** 15 minutes **SERVES** 6

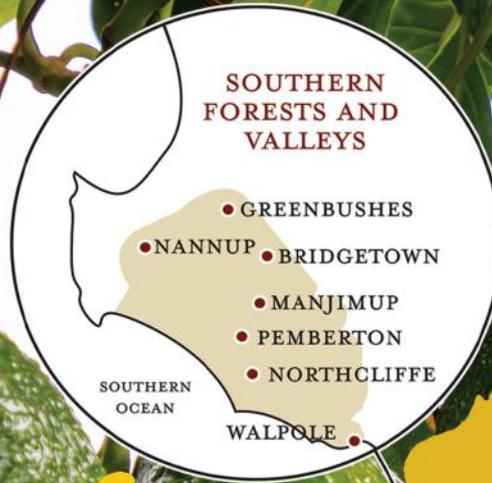
6 waffle ice cream cones  
50g dark chocolate  
Sprinkles  
Desiccated coconut  
Fresh fruit (we used strawberries, blueberries, banana, rockmelon & pomegranate)  
Mint leaves, for garnish

**1** In a microwave, melt the chocolate in a microwave safe bowl for 30 second intervals until it is fully melted.

**2** Pour the melted chocolate into a small, deep bowl.

**3** Dip each waffle cone into the melted chocolate, then dip into the sprinkles or desiccated coconut.

**4** Fill each of the choc dipped cones with freshly cut fruit of your choice. We used strawberries, blueberries, banana, rockmelon & pomegranate, then garnished with fresh mint leaves.



# From the WEST

## AVOCADOS FROM A SOUTHWEST PARADISE

Have you ever wondered why at certain times of the year your avocados taste a little richer and creamier, or why the stickers look a little different? Well, that's because during different months of the year avocados come from different growing regions around Australia.

One of those regions is tucked away in the southwest corner of Western Australia, where farmland is dotted amongst magnificent karri and jarrah forests, with rich soils, plenty of rainfall, and a Mediterranean climate making the Southern Forests one of Australia's key producers of premium produce and responsible for dishing up over a third of Australia's 120,000 tonnes of avocados each year.

Extraordinarily, the Southern Forests region produces not only premium avocados, but over 50 different types of fruits and vegetables, truffles, nuts, wine, gourmet products, beef,

sheep, pork, and dairy farms as well as extraordinary culinary experiences.

The region is home to many generational farming families who have nurtured and toiled the land for more than a century, and more recently have united under the Genuinely Southern Forests brand to create awareness for the premium produce and producers of the Southern Forests region.

Set amongst the rolling hills of Pemberton in southwest WA lies Brookside, which is owned and run by third and fourth generation orchardists, Michael and Kaye Fox together with their two sons Mat and Trent. As you enter the farm off the appropriately named Fox Road, you are greeted by apples on the left, avocados on the right and cattle in the distance. It's a quintessential Pemberton scene.

The family grow Pink Lady, Rosy Glow, Granny Smith, Kanzi and Fuji apples which are harvested from February through to April, and during the summer months they harvest Hass avocados.

Ask anyone in the WA fresh produce supply chain and you'll hear the Fox family have a reputation for growing premium produce. They place a huge value on growing good quality apples and avocados that yield decent returns and high customer satisfaction.

The Fox's are active members in the local community and are proud supporters of the Genuinely Southern Forests brand which provides consumers with a connection to the premium food producing area of the Southern Forests.

Southwest WA's avocados are unique because of the ideal climate and long growing season allowing each avocado to spend between 12 and 16 months on the tree before being harvested. The results are delicious and creamy avocados supplied to local fruit and veg shops across Australia from October to March each year.

WA's other advantage, again due to its ideal climate, means that WA avocados are exclusively available on the shelves Australia-wide during the summer months when other avocado regions aren't harvesting. So be sure to look for Genuinely Southern Forests and WA avocados this summer and enjoy your own genuine taste experience.

Visit [southernforestsfood.com](http://southernforestsfood.com) for more about the Fox's and other Southern Forests farming families, recipes, farm tours and more.

#### AVOCADO TIPS FROM AVOCADOS AUSTRALIA

- 🥑 Store your avocados at room temperature in the fruit bowl until they reach the preferred ripeness for eating.
- 🥑 To speed up the avocado ripening process you can place avocados in a brown paper bag with an apple or banana for two to three days until they are ripe.
- 🥑 Refrigerating a whole, ripe avocado will maintain the optimum ripeness for two to three days until you are ready to use it.
- 🥑 Sprinkle cut avocado with lemon juice or vinegar to stop it browning, seal with cling wrap removing any air, and store in fridge. You can also leave the seed in to prevent browning.



This article and images are provided by Southern Forests Food Council Inc. The Food Council is committed to unifying the area's world-class and diverse producers to strengthen the region's economy, attract investment and export opportunities, promote regional pride, and create sustainable jobs. It represents local producers, culinary and agri-tourism operators who live and work in what is WA's premier food bowl, aiming to ultimately establish the Southern Forests as an internationally-recognised agricultural region and culinary tourism destination.



Image top right Genuinely Southern Forests avocado farmer Mat Fox. Imagemiddle right Genuinely Southern Forests avocado farmers Trent, Michael, Kaye, and Mat Fox. Photography: Craig Kinder Food Photography for Genuinely Southern Forests

# Growing fruit, vegetables and nuts that consumers love



As the grower-owned Research and Development Corporation for Australia's horticulture sector, Hort Innovation invests millions of dollars each year into the natural breeding of new produce varieties to give consumers the best possible eating experience.

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**Hort  
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# Snacks for Hungry Little Hands

We know little hands love getting involved in cooking, so here are a few snacks bound to make the little ones in your life more than happy to help!

*The Hungry Veg Caterpillar*  
(page 21)



## The Hungry Veg Caterpillar

**PREP** 15 minutes **SERVES** 2

12 slices sandwich cut white or wholemeal bread  
3 tbsp cream cheese  
1/2 cucumber, thinly sliced  
3 slices cheese  
1 large tomato, thinly sliced  
Handful of Cherry tomatoes, peas, cucumber & cheese, for decoration

- 1 Cut 2-3 rounds from each slice of bread using a round cookie cutter.
- 2 Spread each side of bread with cream cheese. In between two bread rounds, place a slice of tomato. Do the same with the cucumber and cheese slices to form mini round sandwiches.
- 3 On a board, arrange the sandwiches to make the body of the caterpillar.
- 4 To make the face of the caterpillar, use two small peas and cheese to make the eyes. Make a mouth out of cheese.  
**Note:** Use cream cheese to stick all features onto the cherry tomato.
- 5 Use thin strips of cucumber to make the antenna, sticking them to the top of the tomato with cream cheese. If you like you can slice cucumber into quarters to form feet.

## Healthy Pizza Scrolls

**PREP** 20 minutes **SERVES** 6-8

4 sheets puff pastry, defrosted  
150g ham, thinly sliced  
1 1/2 Cups grated cheese  
3 tbsp tomato paste  
1 tsp dried mixed herbs  
Handful of mushrooms, finely chopped  
1/2 red capsicum, finely chopped  
1/2 zucchini, grated

- 1 Preheat oven to 200°C. Line a baking tray with baking paper. Set aside
- 2 Spread the puff pastry with the tomato paste, then top with the dried herbs.
- 3 Cover with the ham and veggies, before topping with cheese and roll up like scrolls.
- 4 Cut into 2cm rounds, and space out scrolls evenly on the lined baking tray.
- 5 Bake in the oven for 15 mins. Remove scrolls from the oven once browned and serve warm.

## Cheesy Veggie Loaded Muffins

**PREP** 45 minutes **SERVES** 12

2 cups vegetables, finely chopped or grated (we used zucchini, carrot and corn)  
1 1/2 cups plain flour  
3 tsp baking powder  
1 cup cheddar cheese, grated  
2 eggs, lightly beaten  
1/3 cup olive oil  
1/2 cup milk

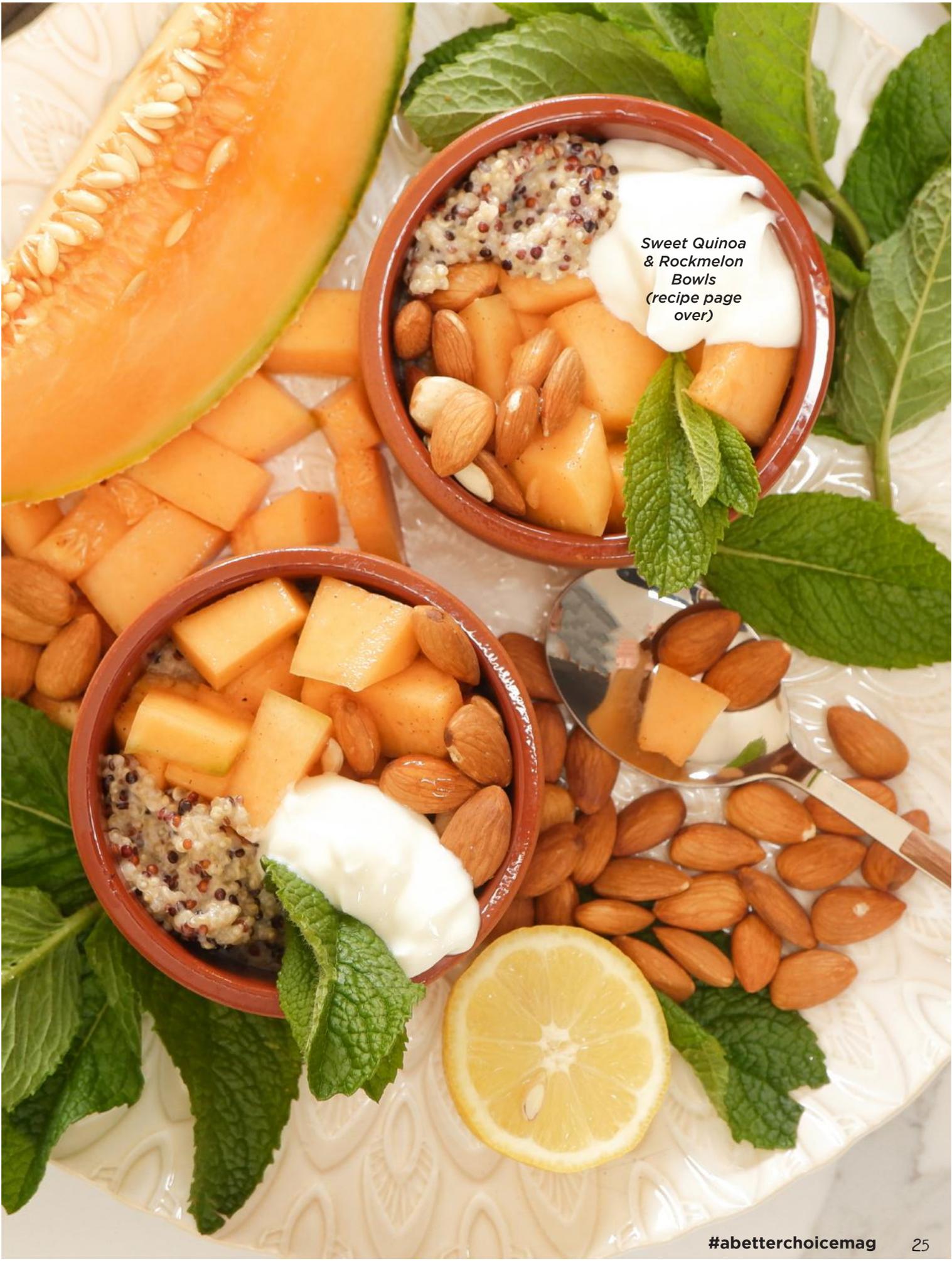
- 1 Preheat oven to 180°C. Grease a 12-hole muffin pan.
- 2 In a large bowl, combine the vegetables, of the grated cheese, flour and baking powder.
- 3 In a separate bowl, whisk together the eggs, oil and milk, then add to the flour mixture, stirring until just combined.
- 4 Spoon the mixture evenly into the muffin pan holes, then sprinkle with the remaining grated cheese.
- 5 Bake in the oven for 25 mins or until cooked through and the edges are turning golden brown.
- 6 Serve while warm - they're best this way!

# Tasteful Mornings

Adding fruit to your breakfast is always a good way to start the day. Try these simple recipes using seasonal produce like melons, figs, and mango to kick-start your day.



*Fig & Ricotta  
French Toast  
(page 24)*



Sweet Quinoa & Rockmelon Bowls  
(recipe page over)

## Fig & Ricotta French Toast

**PREP** 15 minutes **SERVES** 2

2-3 slices bread of your choice  
1/4 cup milk  
1 egg  
1 tsp brown sugar  
1 tbsp butter  
4 fresh figs, sliced  
1/4 cup sliced almonds  
1 cup ricotta  
1/4 tsp ground cinnamon  
Maple syrup or honey, to serve

**1** To prepare your French toast, whisk together milk, egg, brown sugar and a sprinkle of cinnamon.

**2** Coat the bread of your choice in this mixture on both sides, before placing in a hot frypan with melted butter.

**3** Cook bread on both sides until you get lovely golden brown and crispy edges.

**4** Allow your French toast to cool for a moment before topping with ricotta.

**5** Top with sliced figs, sliced almonds, cinnamon, and a drizzle of maple syrup (or honey).

## Sweet Quinoa & Rockmelon Bowls

**PREP** 15 minutes **SERVES** 2

### QUINOA

1 1/2 cups coconut milk  
1/2 cup water  
1 cup quinoa  
3 tbsp honey  
1/4 tsp cinnamon

### ROCKMELON

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

**1** Add coconut milk, water, and quinoa to a pot and heat over a high heat until boiling. Once boiling, add in the honey and cinnamon. Stir, cover, and reduce heat to low for 20 mins.

**2** While the quinoa is cooking, toss the rockmelon in a bowl with the lemon juice, honey, and spices. Refrigerate until about to serve.

**3** Once the quinoa is cooked (it will resemble porridge), transfer it to a bowl or container and refrigerate for at least an hour or overnight. **Note: You're welcome to eat it warm if you prefer!**

**4** To serve, stir the quinoa then distribute it evenly between four serving bowls.

**5** Top each with the rockmelon, a dollop of Greek yoghurt, some almonds, mint leaves, and a drizzle of honey. Enjoy!

## Mango & Pistachio Overnight Oats

**PREP** 15 minutes + overnight soak

**SERVES** 2

3 mangoes  
300g rolled oats  
275ml milk of your choice  
125ml cold water  
1 large apple, grated  
200g yoghurt  
Chopped pistachios & pomegranate seeds, to serve

**1** Cut all the flesh around the core of the mangoes, then discard the peel. Chop the mango flesh into rough chunks, then place in a blender and blend until smooth. **Note: Add a dash of water if necessary.**

**2** Next, in a large bowl, combine the rolled oats, milk, blended mango, grated apple and water.

**3** Stir in the yoghurt, then cover and allow mixture to chill overnight.

**4** To serve, divide the overnight oat mixture among bowls, then top with chopped pistachios and pomegranate seeds. Enjoy!

A top-down view of a light pink ceramic bowl filled with thick, yellow overnight oats. The oats are garnished with fresh raspberries, sliced pistachios, and several edible flowers in shades of purple and yellow. The bowl sits on a white surface, possibly parchment paper, with several whole and sliced almonds scattered around it. In the upper left corner, a portion of a glass jar with a brown lid is visible. A silver spoon with some oat residue is in the lower left corner.

*Mango &  
Pistachio  
Overnight Oats  
(recipe opposite)*

**TIP!!**

Prepare this recipe in advance for a quick and easy mid-week meal prep!



Bowen

# Home of the BIG MANGO

It's the time of year that Australians look forward to and love. Fruit and vegetable shops have stocked their shelves with tropical fruits, and the sweet smell of fresh mangoes makes it feel like summer has well and truly arrived. No matter how the Aussie favourite is enjoyed – whether they're cut up and chilled for smoothies and salads, or simply sliced open and eaten straight from the skin – there's no denying that mangoes are a must-have item on the grocery list in the lead up to the festive season.

Australia is well-known for its mango production, and North Queensland's growing region is one of the largest in the nation. More than 36,000 tonnes of the world's best mango varieties, including R2E2, Kensington Pride and Calypso, leave the region each year. So what does it take for the popular summer fruit to make its way from the tree to the trolley?

Ben Martin, Director of Marto's Mangoes in the Bowen growing region of North Queensland, is a second-generation mango farmer who has been running his successful family business for the past 16 years. Ben was awarded Australian Young Farmer of the Year in 2019 and plays an active part in the fruit and vegetable growing region, representing local growers in his roles as Vice President of the Bowen Gumlu Growers Association and Chair of the Australian Mango Industry Association.

Ben's parents purchased their first 20-acre block in 1990 and, after carefully researching different planting and growing methods, planted their trees closer together than other orchards with the prospect that the higher density would improve yield. The decision paid off and, from humble beginnings, their mango farm has grown into a large-scale operation.

## FUN FACT

The R2E2 mango, which has firm and sweet flesh, is available from October to February. It was first planted as an adaptation of the seedling of a different variety of mango, the Florida Kent. On 1 December, the local and Australian mango industry celebrated the 40th anniversary of the original R2E2 mango tree that was planted in Bowen in 1982.



With close to 30,000 R2E2 mango trees planted on the family's property and more than 120,000 trays sold each year, Marto's Mangoes supplies fresh produce markets in Brisbane, Sydney and Melbourne and exports to New Zealand, Italy, Dubai, Lebanon, Hong Kong and Malaysia.

Ben, his parents and wife Ash-Lei's dedication to preparing for and working during the mango season, including spraying for pests, maintaining the property and picking and packing, as well as their ingenuity and openness to adopting agtech on their farm, such as automated robotic technology, have been key contributors to their success.

Yet, while the fruits of their labour have certainly paid off, farming in the region hasn't always

been easy. Marto's Mangoes and many North Queensland growers have faced a number of challenges including extreme weather events as well as labour shortages and reduced demands due to the global pandemic.

The adversities, while often tough, have made the Martins and producers in North Queensland stronger and more resilient. They've dug deep, adapted and continued doing what they do best to ensure they provide the nation with the finest fresh produce.

With the Martin family's forward-thinking approach, the future looks bright – and sweet! – for the innovative mango grower and region's fresh produce industry.

This article and images were provided by the Bowen Gumlu Growers Association (BGGGA). It is a not-for-profit industry association that represents the interests of our members, horticultural growers, producers and associated agribusinesses in North Queensland. BGGGA's key activities include member services, advocacy, industry development and the delivery of projects focused on improving on-farm practices, commercial outcomes for farming businesses and the prosperity of our regional community.



*Dragonfruit  
& Banana  
Smoothie  
(recipe opposite)*

# PINK DRINKS!

Summer is prime time for delicious smoothies to cool down! These fruity glasses of goodness are a hit with young and old, and are simple to make.

## Dragon Fruit & Banana Smoothie

PREP 10 SERVES 2

### BANANA LAYER

1/3 cup Greek yoghurt  
2 bananas  
1 cup baby spinach leaves  
1 cup ice cubes  
2 tbsp almond milk  
1 tbsp honey

### DRAGON FRUIT LAYER

1 cup dragon fruit, cut into chunks  
1 banana  
1 cup ice cube  
1/4 cup almond milk

**1** To make the banana layer, place the bananas, spinach leaves, almond milk, Greek yoghurt, honey and ice cups into a blender and blitz until smooth. Place in freezer until needed.

**2** Place dragon fruit, banana, almond milk, and ice cubes into a cleaner blender and blitz until smooth to make the dragon fruit layer.

**3** Pour spinach mixture in a large glass, spoon Greek yoghurt on top of the spinach layer, then top with dragon fruit mixture.

## Tropical Slushies

PREP 5 SERVES 4

1 cup mango, frozen  
1 punnet strawberries, frozen  
1 cup pineapple, frozen  
2x 1/4 cups milk (plus more if needed)

**1** Chop up the mango, strawberries and pineapple and freeze for 4 hours

**2** Blend the frozen mango with 1/4 cup of milk until smooth and slushie consistency. Evenly divide the mixture into four cups.

**3** Rinse the blender, then blend the frozen strawberries with 1/4 cup milk until smooth. Spoon the mixture over the mango layer.

**4** Rinse the container again, then blend the frozen pineapple with the remaining 3/4 cup milk until smooth.

**5** Spoon the mixture over the strawberry layer and serve immediately!



# CHRISTMAS ENTERTAINING

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# FESTIVE FEASTING!

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Deck the table with festive cheer this Christmas! It's the most wonderful time of the year with showstopping seasonal Aussie fruit and vegetables to perfectly complement your Christmas lunch!

*Roast pork with  
Cherry Stuffing  
(page 34)*

**TIP!**

To select ripe peaches, look for fruit that is slightly soft to touch. Store them on the counter to continue ripening at home.

*Prosciutto Wrapped  
Peaches  
(page 34)*



*Prawn, Watermelon  
& Feta Skewers  
(page 34)*

## Prosciutto Wrapped Peaches

**PREP** 10 minutes **SERVES** 10-12

16 fresh basil leaves  
4 yellow peaches, sliced into segments  
8 slices prosciutto  
1 tbsp honey  
1/2 cup crushed hazelnuts, toasted

- 1 Take one basil leaf, and one long strand of prosciutto.
- 2 Encase the basil with the peach, using the prosciutto to wrap them up.  
Note: To ensure that the wraps stay together, use a toothpick where the basil and prosciutto meet.
- 3 Lay the peaches on a platter, before drizzling with honey and crushed hazelnuts.

## Smoked Salmon & Avocado Dippers

**PREP** 20 minutes **SERVES** 10-15

400g smoked salmon, finely chopped  
200ml crème fraîche  
1/3 cup chives, finely chopped  
2 tsp lemon zest  
Salt and pepper, to taste  
1 avocado, finely chopped  
1 Lebanese cucumber, finely chopped  
2 radishes, finely chopped  
1 tbsp lemon juice

- 1 In a medium bowl, combine the salmon, crème fraîche, chives, and lemon zest. Season with salt and pepper.
- 2 Divide salmon mixture between 10-15 small glasses.
- 3 To make the avocado salsa, combine the avocado, cucumber, radishes, and

lemon juice in a medium bowl. Season with salt and pepper.

- 4 Spoon the salsa over the salmon mixture, then serve with mini toasts or biscuits of your choice.

## Prawn, Watermelon & Feta Skewers

**PREP** 20 minutes **SERVES** 10-12

1 continental cucumber  
1/2 a watermelon, cut into 2cm cubes  
24 tiger prawns, peeled and deveined  
1 block of firm feta, cut into 2cm cubes  
1 bunch of mint  
1 tbs lemon juice  
2 tbs olive oil  
Skewers

- 1 Using a peeler, create ribbons with the continental cucumber. Thread the ribbon onto the base of your skewer (leaving enough room to hold).
- 2 Add a piece of watermelon, one tiger prawn, firm feta, another ribbon of cucumber and another cube of watermelon.
- 3 Garnish with fresh mint (or add them into your skewers!) and drizzle with a touch of olive oil.

## Roast Pork with Cherry Stuffing

**PREP** 1.5 Hours **SERVES** 4

2 tsbp olive oil  
1 onion, finely chopped  
2 garlic gloves  
1 tbsp lemon juice  
1 1/2 cups fresh breadcrumbs  
2 cups fresh cherries, finely chopped  
8 pitted kalamata olives, chopped  
1 tbsp chopped fresh parsley  
1 egg yolk  
900g boned loin of pork

- 1 Preheat oven to 200°C degrees.

- 2 Pre heat non-stick fry pan.

- 3 Add 1 tbsp of oil to pan, add onion, garlic and cook until softened.

- 4 Remove the pan from the heat and stir in breadcrumbs, cherries, olives, lemon juice, parsley and egg yolk. Season to taste.

- 6 Unroll the pork and cut away any excess fat.

- 7 Spread half of the mixture over the flat piece of pork and roll up, starting from the thick side.

- 8 Tie all intervals with a string.

- 9 Pour remaining oil into roasting tray and put in the pork. Roast for 1 hour and 15 minutes.

- 10 Form the remaining stuffing mixture into balls and add to the roasting tray around the meat.

- 11 Bake the balls 15-20 minutes before the end of cooking time.

- 12 Remove the pork from the oven and let it rest for 10 mins.

- 13 Carve pork into thick slices

**TIP!**

Make this recipe as a sharing bowl to save on dishes!



*Smoked Salmon & Avocado Dippers (opposite page)*

Green Bean, Fig &  
Feta Salad  
(page 38)



## IN SEASON

Figs add a delicately sweet taste and unique texture to your summer salads!





*Avocado & Mango  
Salad  
(page 38)*

## Green Bean, Fig & Feta Salad

**PREP** 15 minutes **SERVES** 6

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

- 1** To make the dressing, combine the shallot, champagne, and apple cider vinegar in a bowl. Set aside.
- 2** Blanch the beans in a large pot of boiling, salted water for 3 mins or until bright green and tender.
- 4** Drain the beans, then place in a bowl of iced water to stop the cooking. Once cool, drain again and pat dry.
- 5** To serve, place the beans on a platter, top with the fresh figs, mint leaves, and feta.
- 6** Drizzle over the dressing and scatter over the sunflower seeds. Enjoy!

## Avocado & Mango Salad

**PREP** 20 minutes **SERVES** 4

1 avocado peeled, pitted, and diced  
1 mango peeled, pitted, and diced  
1 tbsp fresh lime juice  
4-6 cups salad leaves  
1/2 tbsp honey  
1 tbsp olive oil  
1/2 cup feta, crumbled  
1/4 cup walnuts  
1/4 tsp salt  
1/2 tsp chilli powder (or adjust to your spice preference)

- 1** In a small bowl, whisk together the lime juice, olive oil, honey, salt, and chilli powder until well combined. Toast the walnuts in a dry pan

**2** over a medium heat for 2-3 mins, stirring constantly, until fragrant and slightly golden.

**3** Remove walnuts from the pan and allow to cool before roughly chopping.

**4** To serve, arrange the salad leaves on a platter before topping with the mango, avocado, and walnuts.

**5** Sprinkle over the feta and season with salt and pepper. Drizzle over the dressing, then enjoy!

## Pancetta Stuffing

**PREP** 30 minutes **SERVES** 4

2 tbs olive oil  
150g pancetta, diced  
2 medium brown onions, finely chopped  
3 garlic cloves, minced  
Large handful sage leaves, shredded  
3 tbs pine nuts, toasted  
Rind of 1 lemon, finely grated  
1/2 cup fresh parsley, chopped  
2 cups fresh breadcrumbs  
2 eggs, lightly beaten

**1** Heat olive oil in a large frypan over a medium to high heat.

**2** Add the pancetta and cook, stirring often, for 2 mins or until the pancetta is crisp and golden.

**3** Turn the heat to low, then add in the onion and garlic and stir for 5 mins or until the onion is soft and translucent.

**4** Stir through the sage, then remove the mixture from the heat and allow to cool for 15 mins.

**5** Combine the cooled onion mixture in a large bowl with the toasted pine nuts, lemon rind, parsley, breadcrumbs and eggs.

**6** Season to taste with salt and pepper, then use your hands to thoroughly mix all the ingredients together.



*Pancetta stuffing  
(recipe page  
opposite)*



### TIP!

To extract pomegranate, slice the top off, score the skin at the visible sections and tear apart to be able to easily scoop out the arils!

## Christmas Wreath Salad

**PREP** 20 minutes **SERVES** 6-8

### SALAD

1/3 cup pecans, chopped  
1 tbsp maple syrup  
8 cups baby spinach  
1 pear, cored and thinly sliced  
(see notes)  
3/4 cup pomegranate seeds  
1/3 cup dried cranberries  
1/2 cup feta cheese

### DRESSING

1/4 cup apple cider vinegar  
2-3 tbsp olive oil  
1 tsp Dijon mustard  
1 tbsp maple syrup (or honey)  
Salt and pepper, to taste

- 1** In a small bowl or jar, combine the apple cider vinegar, olive oil, Dijon mustard, maple syrup (or honey). Season with salt and pepper, to taste.
- 2** Heat a small frypan over a medium to high heat. Add the chopped pecans and maple syrup and cook for 5 mins or until the maple syrup has evaporated and the nuts are coated. Ensure you stir often so the nuts don't burn.
- 3** Place the dressing in the centre of the platter in a small bowl or ramekin. Arrange the spinach around the bowl so that it resembles a Christmas wreath.
- 4** Arrange the pear slices, pomegranate seeds, dried cranberries, and pecans on top of the spinach. Then crumble the feta cheese over the top.
- 5** To serve, divide the salad onto individual serving plates and allow your guests to drizzle over their desired amount of dressing.  
**Note:** Choose a ripe but firm pear for this salad to give you a bit of crunch.



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*Joe Giangregorio*  
The Lettuce King



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# Santa's Heading SOUTH



When Santa visits children in South Australia this year it will be Nicol Carrots that fuel's his reindeers as they undertake their deliveries.

For the second year, Nicol Carrots has donated 15,000 carrots to Santa's Wonderland—an iconic Adelaide event bringing the spirit of all things Christmas to South Australian families.

The 8,000 square metre event at the Adelaide Showgrounds runs from 2-24 December and includes an activity trail for children. Stop number 6 this year will once again provide a Nicol Carrot for collection that can be left out for Santa's reindeers on Christmas Eve.

Found in the heartland of Virginia—just North of the Adelaide CBD, Nicol Carrots is a second-generation carrot farm founded in 1963 by Barry Nicol,

now operated by his son Doug. Their 250-hectare property grows carrots all year-round taking care of all stages of the growing process — harvesting, washing, packing, hydro-vac cooling, and transporting the carrots to the SA Produce Market for delivery to local fruit and veg shops.

Growing fresh, high-quality, carrots is something Doug prides himself on, maintaining the belief that carrots must be eaten fresh in order to gain the best taste. To achieve this Nicol Carrots does its best to ensure a short turnaround time with some of their carrots found on local shelves within 24 hours of being picked!

You can find Nicol Carrots across many independent retailers both in loose and 1kg pre-pack varieties. And don't forget to leave one out for Santa and his reindeers this Christmas.

# Callum Hann's Labneh with Roasted Strawberry Puree, Honeycomb & Thyme

The Adelaide Hills in South Australia is home to a bounty of delicious Strawberries that are in season now! Callum Hann recommends buying Strawberries locally when they're in good supply. Eat them fresh this summer, or hero them in a dish like Callum's Labneh with Roasted Strawberries.

**PREP** 30 minutes **SERVES** 4

500g Greek yoghurt  
2 tablespoons honey, plus 1 tablespoon extra  
500g strawberries, hulled and halved  
125g blueberries  
1 tablespoon olive oil  
6 thyme sprigs, leaves picked  
For the honeycomb:  
1/4 cup caster sugar  
1 teaspoon butter  
1/2 teaspoon bicarb soda  
1/2 teaspoon sea salt flakes

**1** Place yoghurt inside a clean, damp chux cloth and secure tightly with a rubber band. Sit inside a sieve, positioned above a large bowl. Leave overnight in the fridge, or weigh down with a heavy can for 2-3 hours. Once a thick consistency is achieved, stir through two tablespoons honey.

**2** To make the honeycomb, line a baking tray with baking paper. Heat a medium saucepan over medium heat. Add a teaspoon of sugar and cook until it starts to melt. Add another teaspoon and repeat process, stirring occasionally until a caramel forms. Whisk in butter until melted, then carefully whisk in bicarb soda. Pour onto tray, sprinkle with salt flakes and allow to cool before snapping into pieces. Set aside to cool.

**3** Meanwhile, heat a BBQ over high heat. Combine three quarters of the strawberries with oil and remaining one tablespoon honey in a small oven proof dish. Place onto BBQ, close lid and cook for 5-7 minutes or until softened. Set aside to cool before blitzing in a small food processor until smooth.

**4** To serve, dollop labneh in the middle of four plates and create a well in the centre with the back of a spoon. Spoon strawberry puree into the well, then top with remaining fresh strawberries and blueberries. Garnish with honeycomb and thyme leaves.





*Lamington Wreath  
(page 46)*

*White Christmas  
Bark (page over)*



## Lamington Wreath

**PREP** 1 hour 30 minutes **SERVES** 6-8

125g unsalted butter  
3/4 cup caster sugar  
2 eggs  
1 1/4 cup self-raising flour  
1/3 cup milk  
Splash of vanilla extract  
500g icing sugar  
30g cocoa powder  
20g butter  
175ml boiling water  
4 cups desiccated coconut  
300ml thickened cream  
1 tsp vanilla extract  
2 punnets of fresh strawberries  
3/4 cup caster sugar

### **SPONGE**

- 1** Preheat oven to 180°C or 160°C fan forced and grease and line a baking tin (30cm X 20cm)
- 2** Add the sugar, butter (softened), and vanilla extract to a bowl. Using an electric mixer, beat until light and fluffy (roughly 2 mins).
- 3** Once light and fluffy, slowly add your eggs one at a time, waiting for the mixture to combine before adding the next egg.
- 4** Once the batter is smooth, fold in half of the flour until combined and follow with half the milk, mixing well. Once combined, repeat this process with the remaining flour and milk.
- 5** Gently pour the batter into the lined baking tin, and put it in the oven to bake for 20-25 mins or until a skewer comes out clean.
- 6** Place the sponge on a cooling rack until it is room temperature then cut into your desired size

### **ICING**

- 1** Sift icing sugar and cocoa powder together in a bowl
- 2** Melt butter then add to the icing & cocoa mixture with boiling water
- 3** Stir all ingredients together into a syrup consistency
- 4** Pour desiccated coconut onto a plate
- 5** Using two forks, dip your cooled sponge fingers into the cocoa syrup, coating each surface evenly before rolling in coconut.
- 6** Repeat with remaining sponge fingers
- 7** Allow 1-2 hours for your icing to set.

### **ASSEMBLY**

- 1** In a small pot on the stove, combine your strawberries and caster sugar with a splash of water. Simmer on medium heat until sugar dissolves and a syrup forms.
- 2** Whip your thickened cream with the vanilla extract until stiff and fluffy.
- 3** On a large plate or platter, begin to place your lamington layers, alternating one large spoon of whipped cream, with one lamington finger. Repeat in a circular shape until your wreath is formed! Fill in any gaps or pockets with any leftover whipped cream.
- 4** Drizzle your strawberry sauce on top, before finishing off your wreath with a few halved strawberries loosely scattered on top.

## White Christmas Bark

**PREP** 10 minutes + set time

**SERVES** 10-12

225g white chocolate  
1/4 cup dried cranberries  
1/4 cup shelled pistachios  
Sea salt flakes

- 1** Begin by melting your white chocolate in the microwave for 20 second intervals, checking in-between until the chocolate has melted
- 2** Then on a lined baking tray, pour your white chocolate out until it's a few millimetres thick.
- 3** While the chocolate is still hot, sprinkle your cranberries, pistachios and sea salt flakes on top.
- 4** Leave in the fridge for 6+ hours, or freeze until solid.
- 5** Break up your bark on a plate and serve.

# CHERRIES GALORE

Aussie Cherry season is here, and there's no better way to celebrate summer than with some cherry loaded recipes!



*Black Forest  
Cupcakes (page 50)*



*Zesty Cherry Salad  
with Salmon and  
Walnuts (page 50)*

*Choc Cherry  
Brownie Slice (page  
over)*



## IN SEASON

Cherry season lasts just 100 days from late November to late February. Their short season makes them a special Summer fruit perfect for your celebratory spreads!



## Black Forest Cupcakes

**PREP** 55 minutes **SERVES** 12

### CUPCAKE MIXTURE

125g butter or margarine  
1/2 cup caster/raw sugar  
1/2 cup plain yoghurt  
2 eggs  
2 cups self-raising flour  
1 teaspoon baking powder  
1/3 cup dark cocoa, sifted  
1/2 cup milk  
200g pitted cherries, halved

### ICING & DECORATION

125g butter  
1 cup icing sugar mixture  
1 teaspoon vanilla paste  
1 tablespoon milk  
12 whole cherries with stem on

**1** Preheat oven to 180°C and place 12 cupcake wrappers in a muffin tin.

**2** Place butter and sugar in a bowl and beat together until creamy. Add eggs and beat well until incorporated.

**3** Stir in yoghurt and then gently fold in flour, baking powder, cocoa, cherries and milk until combined.

**4** Spoon mixture into prepared muffin tins and bake for 40 minutes or until cooked. Remove from the muffin tin and allow to cool.

**5** Make the icing by combining the butter, sugar and vanilla paste. Add milk as required to achieve a rich, creamy, spreadable consistency.

**6** Sift the icing sugar over each cupcake (or drizzle with chocolate topping!) and top with a cherry.

## Choc Cherry Brownie Slice

**PREP** 1 hour 20 minutes **SERVES** 12

250g unsalted butter, chopped  
450g dark chocolate, chopped  
6 eggs, lightly beaten  
1/2 cup coconut sugar  
1 1/2 cups coconut flour  
1/2 cup cocoa powder  
2 cups cherries, pitted, halved, plus extra cherries to serve  
2 cups desiccated coconut  
200ml cream

**1** Preheat the oven to 170°C. Grease and line a 20cm x 30cm slice pan with baking paper.

**2** Place the butter and 250g of dark chocolate in a heatproof bowl. Place the bowl over a pan of simmering water, stirring until the mixture is melted and smooth.

**3** Remove the bowl from the heat, then quickly add in the eggs, sugar, flour, cocoa, cherries and 1 cup of desiccated coconut. Stir until combined.

**4** Pour the batter into the lined slice pan. Bake brownie in the oven for 25-30 mins or until a skewer inserted into the centre comes out with only a few crumbs. If you like a chewier brownie, you can pull it out of the oven earlier.

**5** Allow brownie to cool in the pan for 10-15 mins, then turn out onto a wire rack to cool completely.

**6** While the brownie is baking, heat the cream in a small saucepan over a medium heat, bringing to just below boiling point.

**7** Place the remaining 200g of dark chocolate in a heatproof bowl, then pour over the hot cream, stirring until mixture is melted and smooth. Set mixture aside to cool for 20-40 mins until the ganache is at room temperature.

**8** To serve, spread the ganache over the brownie, top with extra cherries and sprinkle over some more desiccated coconut.

## Zesty Cherry Salad with Salmon and Walnuts

**PREP** 10 minutes **SERVES** 4

2 cups fresh cherries, pitted and sliced  
1 medium cucumber, thinly sliced  
2 avocados, peeled and sliced  
200g baby spinach leaves  
300g smoked salmon, thinly sliced  
1 cup walnuts, crushed

### DRESSING

2 tablespoons olive oil  
1 fresh lime

**1** To make dressing, combine olive oil and lime juice.

**2** Arrange avocado and spinach on plates.

**3** Top with salmon.

**4** Drizzle with dressing and sprinkle with crushed walnuts and pitted cherries.

# BREAKFAST COOKUPS

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Whip up these savoury breakfasts for a tasty weekend meal the whole family will love.

*Healthy  
Breakfast  
Quesadillas  
(recipe page  
over)*



## Healthy Breakfast Quesadillas

**PREP** 15 minutes **SERVES** 2

2 eggs  
1 zucchini  
Handful of spinach  
1 garlic  
1 jalapeno  
2 tbsp olive oil  
2 tortillas  
Salt  
Pepper

**1** Start off by adding eggs to a medium-sized bowl and scramble.

**2** Sauté the zucchini, spinach, and garlic in a pan on medium heat for 3-5 minutes. Once cooked, ove onto one side of the pan. Add in the eggs and scramble all together.

**3** Place the scramble, cheese, salt, and pepper on one side of the tortillas and fold it in half.

**4** Place the tortilla back on the pan and cook on both sides until golden brown.

## Breakfast Pot Pies

**PREP** 15 minutes **SERVES** 2

170g sausages, diced  
3 tbsp unsalted butter  
3 potatoes, chopped  
1/2 small onion, diced  
1 garlic clove, minced  
1 red capsicum, diced  
1 tbsp chopped thyme, plus more for garnish  
1 tbsp chives, thinly sliced  
3 tbsp plain flour  
1 1/2 cups milk  
Salt and pepper, to taste  
1 sheet frozen puff pastry, thawed  
4 eggs

**1** Preheat oven to 205°C and line a tray with baking paper. Heat a large pan over a medium-high heat and brown the chopped sausages, cooking for around 4 mins. Once done, transfer the sausages to a medium bowl and set aside.

**2** Using the same pan (wiped out), melt the butter over a medium heat. Next, add the potatoes and onion, sautéing for 6-8 mins or until the potatoes and onions are tender. Season with salt and pepper, to taste.

**3** Add the garlic and capsicum and sauté for 2-3 mins. Next, stir in the herbs before sprinkling over the flour and sauté for another 2 mins. Slowly pour in the milk, continuing to stir until the sauce is smooth and thick enough to coat the back of a wooden spoon.

**4** Fold the cooked sausages into the sauce mixture and season with salt and pepper if needed. Set aside, keeping warm. Cut the thawed puff pastry sheet to make 4 even squares. Using a 6cm circle cutter (or a knife), cut a circle out of the centre of each piece of puff pastry. Place each puff pastry square onto the lined tray and bake for around 10 mins.

**5** Divide the filling amongst 4 small skillet pans. Remove the partly baked puff pastry squares from the oven and place each on top of the filled skillet pans. Crack an egg into the cut-out circle of each square and place the mini skillet pans onto the baking tray.

**6** Reduce the oven temperature to 190°C, then bake the pies in the oven for 15-20 mins until the puff pastry is golden brown and the egg whites have set but the yolks are still slightly runny.

**7** To serve, season with salt and pepper, then top with the chopped thyme and serve immediately!



*Breakfast Pot  
Pies  
(recipe opposite)*

# Victoria's BERRY BEST

After widespread wet weather throughout winter impacted strawberry pricing and availability around Australia, Victorian strawberry season has finally arrived. Whilst it hasn't been without its challenges due to rain and labour issues, local consumers can have faith in knowing that Victorian Strawberries are now eating well and in good supply and quality.

Victorian strawberry season runs from November through to June, with close to 100 strawberry farms across the State, ranging from Portland in the South West to Wodonga in the North East. However, 75% of these farms are still located within the Yarra Valley, the same region where strawberries were first grown in Victoria by migrant families in the 1950s. Today, Victorian Farmers plant over 27 million strawberry plants, producing over 100

million punnets per season. Victorian Strawberries are enjoyed all across Australia and are known to be some of the best quality berries available.

Local strawberry grower Rick D'Angelo from R & L D'Angelo in Coldstream shared his experience working through the last few turbulent years. "We have never experienced anything like this. Whilst labour was a problem last year, in 2022, the labour shortage has remained, and the rain has proven even more of a challenge", said Rick. Heavy rainfall creates additional labour-intensive work, as growers work harder to protect the fruit from damage by getting rain covers on and off berries. Once picked, additional time is needed to sort through the fruit to ensure that only the best quality strawberries are packaged.



Whilst there have been challenges this season, the good news for consumers is that the Victorian strawberries making their way to stores are beautiful and eating deliciously, and Rick agrees, “the fruit quality is still great”.

To support local growers like Rick, as well as the community as a whole, consumers can help by simply shopping locally. “It’s really important to support local greengrocers, and even butchers and bakeries for that matter, to keep the local communities alive. Plus, when shopping at

local fruit and veg shops, you’re not only supporting smaller growers, but you can be assured that fruit can be picked one day, and into your hands the next day”, says Rick.

Pick up a punnet of delicious, in-season Victorian strawberries at your local ‘A better choice!’ fruit and veg shop today.

To find out more about Victorian Strawberries, visit [www.vicstrawberry.com.au](http://www.vicstrawberry.com.au)



# LOW CARB POTATOES SUPER GREEN WARM POTATO SALAD



🕒 30 🍲 4-6 👨‍🍳 Easy

## INGREDIENTS

- 1kg Mitolo Family Farms Low Carb potatoes
- 1 bunch broccolini
- 1 bunch asparagus
- 1 cup frozen peas
- Sea salt
- Cracked black pepper

## FOR PESTO

- 2 bunches basil, leaves picked
- 2 garlic cloves
- 30g pine nuts
- 30g grated Parmesan
- ½ tsp salt
- ½ cup olive oil

## METHOD

### STEP 1

Cut the potatoes into medium sized pieces, place in a medium saucepan, cover with cold water, season with salt, bring to the boil, then simmer until tender.

### STEP 2

Meanwhile, make the pesto by placing all the ingredients except the olive oil in a food processor and pulse to form a rough paste. Drizzle in the oil with the motor running.

### STEP 3

Bring another medium saucepan filled with salted water to the boil. Cook the broccolini, asparagus and peas until just tender, you may need to do this in batches.

### STEP 4

Chop the broccolini and asparagus into small pieces and place in a large bowl with the potatoes and peas.

### STEP 5

Pour over the pesto, toss well to combine, season with salt and pepper and serve.



AVAILABLE IN LOW CARB, MASHING & CHIPPING 1.5kg BAGS

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MITOLO  
FAMILY FARMS

*Strawberry &  
Burrata Salad  
(page 60)*

Love fruit? Love salad? We've got you covered with flavour-packed salads where seasonal fruit is the star of the show!

# FRUITY TWISTS



## SELECTING TIP!

When selecting Pineapples, choose fresh looking fruit with green leaves and a firm shell. It should have a distinct, sweet smell from the bottom of the fruit.



*Pineapple & Rice  
Salad (page  
60)*

*Peach &  
Chicken Salad  
Tacos (recipe  
page over)*



## Strawberry & Burrata Salad

**PREP** 30 minutes **SERVES** 4-6  
(as a side)

### MINT PESTO

75g blanched almonds  
85g mint leaves  
30g parsley leaves  
2 garlic cloves, roughly chopped  
100ml olive oil  
Juice of 1 lemon

### SALAD

2 punnets strawberries  
1 medium sized burrata  
1 small handful mint  
1/4 cup pine nuts  
Olive oil  
Salt & pepper, to taste

**1** To make your mint pesto, toast the almonds in a small frying pan over a medium heat for 3-4 mins, stirring regularly. **Note:** They should be a couple of shades darker and have a nutty smell. Once done, tip them onto a plate to cool.

**2** Once cooled, blitz them in a food processor until finely ground.

**3** Add mint leaves to the food processor. Roughly chop the parsley leaves, then add to the food processor with the garlic.

**4** Pulse until roughly chopped. Add the olive oil and lemon juice and season to taste with salt and pepper.

**5** Blitz once again to form a smooth paste, adding a touch of cold water to help it combine if necessary.

**6** To prepare the salad, cut up your strawberries into bite-sized slices or pieces and arrange on a serving platter.

**7** Tear your burrata into pieces and scatter over the strawberries.

**8** Sprinkle over some mint leaves and the pine nuts. Drizzle with mint pesto, olive oil, and season with salt and pepper. Toss to combine, or serve as-is.

## Pineapple Rice Salad

**PREP** 15 minutes **SERVES** 4-6

2 cups cooked rice  
2 cups wombok, shredded  
1/4 large fresh pineapple, peeled, cored & thinly sliced  
2 large tomatoes, sliced into wedges  
1 spring onion, thinly sliced  
1/4 cup fresh coriander leaves, chopped  
1/4 cup fresh mint leaves, chopped + extra to serve  
2 tbsp lime juice

**1** In a large bowl, combine the cooked rice, wombok, pineapple, tomato, spring onion, coriander, and mint.

**2** In a small bowl, whisk together the lime juice, fish sauce and sugar until well combined.

**3** Add half the dressing to the rice salad and gently toss.

**4** To serve, place the rice salad on a serving platter before sprinkling with the cashews and coconut, if desired.

**5** Serve with extra mint leaves and drizzle over the remaining dressing. Enjoy!

## Peach and Chicken Salad Tacos

**PREP** 15 minutes **SERVES** 3-4

2 cups shredded chicken  
8 soft tacos  
2 fresh peaches, diced  
1 punnet cherry tomatoes, quartered  
1/2 medium red onion, diced  
1/4 cup coriander, chopped  
1 lime, juiced

2 garlic cloves, minced  
Salt and pepper, to taste  
1/2 cup corn kernels  
2 tbsp feta

1 lime, cut into wedges  
Guacamole, to serve

**1** In a mixing bowl, combine the peaches, cherry tomatoes, red onion, coriander, lime juice, garlic and salt and pepper. Gently toss to form the peach salsa.

**2** Warm the soft tacos in the microwave, then top each with some shredded chicken and the peach salsa.

**3** Add some corn kernels and feta on top. Serve alongside extra coriander, lime wedges and guacamole, if desired. Enjoy!

## Plum Salad with Parmesan

**PREP** 5 MINUTES **SERVES** 4-6  
(as a side)

2 tbsp red wine vinegar  
1 tbsp honey  
1 tsp cracked black pepper  
6 ripe plums, cut into wedges  
1/4 cup shaved Parmesan  
1 tbsp extra-virgin olive oil  
Sea salt

**1** Combine vinegar, honey and 1 tsp pepper in a medium bowl.

**2** Add plums into the dressing and toss until coated. Add 1/4 cup Parmesan and toss again to evenly distribute throughout the salad.

**3** Transfer the plum salad into a shallow bowl. Drizzle with oil and season with salt and pepper.

**4** Top with more shaved Parmesan.

*Plum Salad  
with Parmesan  
(recipe  
opposite)*





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# PAV TIME!

Pavlova is a classic Aussie dessert, and complements seasonal fruit so perfectly! Make your pavlova the star of the show this festive season with fresh mango and passionfruit this summer!

*Mango Pavlova with  
Passionfruit and  
Mango Curd (page  
over)*



## Mango Pavlova with Passionfruit and Mango Curd

**PREP** 2.5 hours **SERVES** 12

### PAVLOVA

12 egg whites  
3 cups caster sugar  
2 tbsp cornflour  
1 1/2 tsp vanilla extract  
1 tsp cream of tartar  
1/2 tsp salt

### TOPPING

2 Mangoes  
2 Passionfruit  
Mint  
Lime zest  
400ml thickened cream

### MANGO CURD

1 ripe mango, pureed  
1/2 cup sugar  
1 large lemon, juiced  
4 eggs (2 whole, 2 yolks only)  
120 g unsalted butter, cubed

### PAVLOVA

**1** Pre-heat oven to 120°C. Line three baking trays with baking paper, drawing a 20cm diameter circle on each. Note: Depending on the size of your oven, you may have to bake the pavlovas in batches. If so, it's best to divide the required amounts before combining.

**2** Using an electric mixer, whisk the egg whites on medium speed until soft peaks form. Next, gradually add the sugar, mixing after each addition, then beat for 10 mins or until the sugar has dissolved completely.

**3** Finally, add the cornflour, vanilla, cream of tartar and salt. Mix until just combined.

**4** Using a spoon, divide the mixture and gently spread the meringue onto the prepared trays to fill the drawn circle.

**Note:** It should be around 4cm high.

**5** Bake in the oven for 1 1/2 hours or until crisp. Once done, turn off the oven and allow the meringue to cool completely in the oven with the door slightly open.

**6** Once the pavlovas have completely cooled, whip the cream using an electric mixer until thick.

**7** To assemble the pavlova, prepare a plate or cake dish. Place one meringue followed by a layer of cream, then add the next layer and so on. Top with whipped cream, mango curd, sliced mango, passionfruit, mint leaves and lime zest. Cut to serve, and enjoy!

### MANGO CURD

**1** To make the mango curd: On low heat, combine pureed mango, lemon, eggs and sugar on low heat. Stir until the sugar has dissolved. Slowly adding the butter to combine until melted.

**2** Continue mixing for 3 minutes until the mixture thickens. Once cooked, pour into a sterilised jar and store in the fridge to cool.





Get baking with fresh produce  
these school holidays!

*Strawberry Muffins  
(recipe page over)*



# BAKED *delights*

## Strawberry Muffins

**PREP** 30-40 minutes **SERVES** 10-12

2 cups wholemeal flour  
1/2 cup of whole oats  
1 punnet of fresh strawberries  
hulled and halved  
2 large eggs  
1/2 cup Greek yoghurt  
(unsweetened)  
1/2 cup maple syrup  
1/3 cup coconut oil  
1/2 teaspoon cinnamon  
1 1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1 teaspoon vanilla extract

**1** Preheat oven to 180°C and spray a muffin tin with oil, or line with paper cups.

**2** In a bowl, combine your dry ingredients (sifted flour, cinnamon, baking powder, baking soda)

**3** In another bowl, mix together the wet ingredients (eggs, oil, maple syrup and yoghurt)

**4** Pour your wet mixture into your dry mixture and combine well, ensuring all flour lumps are dissolved.

**5** Gently fold in cut strawberries.

**6** Pour your muffin mixture into your muffin tray until you've got 10-12 even muffins.

**7** Bake for 20 mins or until a skewer comes out clean.

**8** Remove from oven, and allow to cool on a cooling rack or tray.

**9** Sprinkle oats on top of the muffins for presentation.

## Sweet Lemon Tiramisu

**PREP** 30-40 minutes **SERVES** 9

250g mascarpone cheese  
250g cream cheese  
1 cup milk  
1 tsp lemon extract  
2/3 cup lemon juice  
3 tbsps sugar  
2 tsp grated lemon zest  
24 sponge ladyfingers

**1** In a large bowl, using an electric mixer beat mascarpone cheese, cream cheese, milk, and lemon extract.

**2** Whisk lemon juice and sugar in a medium-sized bowl until sugar is all dissolved.

**3** Dip 8 ladyfingers into the lemon juice. Place in a single layer in an 8-inch square dish.

**4** Spread the mascarpone mixture over top. Repeat layers twice.

**5** Sprinkle with lemon zest and refrigerate for at least 2 hours before serving.

## Peach & Thyme Shortcakes

**PREP** 30 minutes **SERVES** 6

2 cups plain flour  
1 tbsps granulated sugar  
2 tsp baking powder  
1/2 tsp salt  
8 tbsps unsalted butter, grated  
3/4 cup buttermilk + more for brushing  
3 ripe but firm peaches, sliced  
4 sprigs fresh thyme  
Double cream, to serve

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

**2** In a mixing bowl, combine the flour, sugar, baking powder, and salt. Add the grated butter and toss through. Next, add 3/4 cup of buttermilk and stir until just combined, adding more buttermilk if required.

**3** Drop 6 large spoonfuls of batter onto the prepared tray.

**4** Brush each with buttermilk. Bake in the oven until golden brown, around 15-18 mins. Once done, remove tray from oven and allow shortcakes to cool slightly.

**5** To assemble, slice each shortcake in half. Arrange sliced peaches on the shortcake, then add a dollop of cream and a small sprig of fresh thyme. Finish by adding the top of the shortcake then enjoy!



*Sweet Lemon  
Tiramisu (recipe  
opposite)*

*Peach & Thyme  
Shortcakes  
(page 66)*



## Strawberry & Mango Popsicles

**PREP** 10 minutes + freeze time

**SERVES** 8

1 cup fresh strawberries,  
stems removed and hulled  
2 cups ripe mangoes, peeled  
and cubed  
1 cup orange juice

**1** In a blender, combine the strawberries with 3/4 cup orange juice. Blend until smooth, then pour the mixture into 8 popsicle moulds.

**2** Quickly rinse the blender. Next, add the cubed mango and remaining 1/4 cup orange juice to the blender. Blend until smooth, then pour the mango mixture on top of the strawberry mix, filling the moulds almost to the top. Insert popsicle sticks.

**3** Place the popsicle moulds into the freezer and freeze until firm, around 4 hours.

**Note:** To remove the popsicles from the mould, run under hot water for 10 secs and then gently pull the popsicles out of the moulds.



## Frozen Yoghurt Bites

**PREP** 2 hours + freeze time

**SERVES** 20-24 bites

1 cup berries, chopped into small pieces (choose from strawberries, blueberries and raspberries)

1 cup full-fat Greek yoghurt

1 cup granola

2 tbsp honey

**1** Line a mini muffin tray with mini muffin liners, or place them onto a plate.

**2** In a bowl, mix together the granola and honey to form a sticky mix.

**3** In the bottom of each muffin liner, pack in some of your granola mix to form a base. In a separate bowl, mix together your berries and Greek yoghurt.

**4** Top each granola base with some of this yoghurt mix.

**5** Freeze until solid (around 2 hours).



## Banana Ice Cream Sandwiches

**PREP** 30 minutes **SERVES** 4

### COOKIES

1/2 cup brown sugar  
1/2 cup caster sugar  
1/2 cup unsalted butter, melted  
1/2 cup peanut butter  
1 egg, lightly beaten  
1 1/2 cups self-raising flour  
1 tsp vanilla essence

### ICE CREAM

3 bananas, peeled, chopped and frozen in advance  
2 tbsp double cream  
1 tsp vanilla essence

**1** Heat oven to 160°C fan forced, and line two large trays with baking paper.

**2** Combine the brown sugar and caster sugar, then add in the melted butter and egg. Mix well to combine.

**3** Gradually add in the sifted flour and remaining ingredients, mixing thoroughly. Mix well to combine, to resemble cookie dough.

**4** Place chunks of cookie dough (about the size of a cherry tomato) onto the lined tray, flattening gently with a fork.

**5** Bake in the oven for 12-15 mins or until golden brown. Remove the cookies from the oven and leave to cool on the trays for 5 mins.

**6** Meanwhile, put the bananas, double cream and vanilla in a food processor and blend until this resembles ice cream.

**7** Scoop the ice cream into balls using an ice cream scoop, and sandwich between two cookies. Drizzle with peanut butter if desired. Serve immediately.





# Postcards from a QUEENSLAND FOODIE PARADISE

Adding North Queensland to your gourmet travel bucket list will see you enjoy many of the fresh delights this growing region has to offer, and some may surprise you!

The region boasts many of the state's most beautiful tourist attractions including the Great Barrier Reef, Whitsunday Islands, rainforests in the Wet Tropics, Lake Eungella and Magnetic Island to name a few.

However, it's not all about tropical beaches and glistening water, North Queensland is also one of Queensland's most bountiful, fresh food producing areas. This region supplies fresh produce to the wholesale central markets around Australia with some of the best quality summer and winter fruit and vegetable varieties so they can be made available to you at fruit and veg shops across the country.

Situated in the picturesque tourist region of the Whitsunday Islands, North Queensland's Bowen, Gumlu and Burdekin areas produce a staggering 283,623 tonnes of fresh fruit and vegetables each year across 12,575 hectares of farmland.

The summer growing season produces large crops of tropical mangoes, rockmelons, honeydew melons and watermelons for us all to enjoy over the festive season and warmer months. Mangoes are an Australian favorite, with the public consuming over 90% of all Aussie mango production.

It is also the largest winter growing area in Queensland, supplying tomatoes, capsicums, beans, sweetcorn, pumpkin, eggplant, zucchini, cucumber, squash and chilli. You may be surprised to know, approximately eighty percent of Australia's tomatoes and capsicums are grown in the region.



Known as the fruit bowl of North Queensland, Bowen is home to The Big Mango and has had a long history of growing mangoes dating back to the 1880's. Local growers are proud of their mango production and developed two well-known and well-loved mango varieties, R2E2, with a sweet, fresh flavour and Kensington Pride (also known as the Bowen Special), a sweet and tangy variety.

Located between Home Hill and Bowen, Gumlu is home to the Big Pumpkin and Big Watermelon and has approximately 8,700 hectares of land in production. Due to the predictable, stable weather and over 300 days of sunshine a year, the Burdekin Shire is a major melon and mango producer, and contributes to growing an assortment of other fruit and vegetables.

Both permanent and seasonal workers help support the local agricultural industry with

a workforce of 3,200 employed from the Whitsunday community for vegetable production. Both permanent and seasonal workers help support the local agricultural industry with a workforce of 3,200 employed from the Whitsunday community for vegetable production.

That is one in five workers employed directly or indirectly through the supply chain and making it possible for the growers to continually produce high quality, delicious tasting produce for Australian and international consumers.

If you're not able to satisfy your fresh food travel bucket list desires right now, it is still possible to get a taste of a North Queensland by shopping at your local fruit and veg shop and sampling some of the very best fruit and vegetables the region has to offer.

**WIN**

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**MAKE ROOM FOR MUSHROOMS THIS SUMMER**



*Summer*  
**MUSHROOMS + MINCE**  
**THE BLEND**

**MADE WITH 25%  
MUSHROOMS!**

**LEARN TO BLEND WITH ADRIAN RICHARDSON & GO IN THE DRAW!**

**B**

**TO ENTER**

Scan the QR code or visit our website & download Richo's Summer Mushrooms + Mince Blended Recipe e-book for a chance to win one of four Weber Family Qs.

**BLENDITARIAN.COM.AU**



Competition period 1 December 2022 to 26 January 2023. Australian residents only. Full competition rules and conditions are available on our website. The Blend and Blenditarian are initiatives of the Australian Mushroom Growers Association, the national peak industry body for mushroom farmers.

Image and recipe supplied by the Australian Mushroom Growers Association

# ADD THE MIGHTY MUSHROOM

Swapping some mince for finely diced mushrooms makes burgers taste juicier and meatier!

*Double Beef & Mushroom Blended Texan Burger (recipe page over)*



*Mushroom Mince  
Tacos (recipe page  
over)*



## Mushroom Mince Tacos

**PREP** 45 minutes **SERVES** 4

850g mushrooms  
2 tsp olive oil  
1 brown onion, peeled and diced  
1 tbsp cumin  
1 tbsp chili powder  
2 tsp smoked paprika  
1 tsp garlic powder  
1/4 tsp ground cinnamon  
1 can of black beans, drained  
3 spring onions, finely chopped  
Salt & pepper, to taste  
Fresh parsley or coriander, to serve  
Lime wedges, to serve  
Tortillas, to serve  
1 avocado, peeled and diced, to serve

**1** To a food processor, add two thirds of the mushrooms and pulse until finely chopped. For the remaining mushrooms, quarter or halve them.

**2** Heat the olive oil in a large frypan over a medium heat. Once the oil is hot, add in the onion and cook for 4-5 mins or until they are beginning to caramelise.

**3** Add the quartered mushrooms to the pan and cook, stirring occasionally, for 8 mins, or until they begin to turn golden brown. Season generously with salt and pepper.

**4** Next, add the minced mushrooms to the pan. Cook for 10-15 mins, stirring occasionally, until all the released liquid has evaporated. Season again with salt and pepper.

**5** Add in the spices, stirring to coat the mushrooms and onion, before adding the black beans. Reduce the heat to low and simmer, uncovered, for 20 mins. If the mixture looks dry, add in a dash of water.

**6** Remove the pan from the heat, then stir in the spring onion.

**7** Serve mushroom mince on top of your favourite tortillas. We recommend topping with fresh parsley or coriander, chopped avocado and a lime wedge. Feel free to get creative with your favourite taco toppings! Enjoy!

This recipe blends 25% Mushroom +  
75% Beef Mince

## Double Beef & Mushroom Blended Texan Burger

**PREP** 45 minutes **SERVES** 2 BIG burgers

### BURGERS

500g beef mince  
170g mushroom finely diced  
2 tsp ground cumin  
1 tbsp smoked paprika  
2 jalapeno chillies, seeds removed, finely chopped  
1/2 red onion, finely chopped  
1/4 cup spring onion, chopped  
1/2 cup coriander, finely chopped  
1 tbsp dark sweet soy  
salt & pepper

### ASSEMBLY

2 burger buns  
Extra Virgin Olive Oil, to brush the BBQ  
8 slices Monterey jack cheese slices  
Iceberg lettuce, broken into pieces  
3 tbsp mayo + 3 tbsp American mustard  
(mixed to make texan sauce)

### CHILLI PICKLE SALSA

1/2 avocado  
1 lime, juiced  
1 jalapeno, diced  
1 bunch coriander, finely chopped  
2 gherkins, diced  
Salt and pepper, to taste

**1** Dice mushrooms, similar size to the mince. Blend the mushrooms through the mince with a pinch of salt and pepper. Mix through cumin, smoked paprika, jalapeno, spring onion, coriander, dark sweet soy. Divide into 4 and shape into patties.

**2** BBQ for 5-6 minutes on each side or until cooked through. Top each patty with 2 slices of cheese. Allow to melt for a few minutes.

**3** Combine all of the ingredients for the salsa and set aside. Combine the ingredients for the sauce and spread on both buns.

**4** Add the salsa, two patties with a piece of lettuce in between. Add another spoonful of sauce before toping with the bun.

# MUSHROOMS + MINCE THE BLEND

# HOW TO BLEND

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

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

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

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

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

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

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

## Mushroom + Mince Ratio



**25% + 75%**

### BURGERS & MEATBALLS

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



**50% + 50%**

### TACOS & BOLOGNESE

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



**70% + 30%**

### CHILLI CON CARNE & RAGU

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



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

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

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

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

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

**Join the Blenditarian movement!**

Learn more about The Blend

**Visit our website for mushroom + mince blended recipes [www.blenditarian.com.au](http://www.blenditarian.com.au)**



**REDUCE** **FAT + SALT**

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

**BETTER FOR THE PLANET**

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

**BOOST FLAVOUR**

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

**\$AVE MONEY**

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



SA MUSHROOMS  
*delicately hand picked*

# Made by Mandy's Mushroom Tart with Chorizo and Sage



Serves 6-8 | Nut Free

## Ingredients

- 1 x 375g sheet frozen puff pastry, thawed
- 1 tablespoon extra virgin olive oil
- 1 chorizo sausage, casing removed, torn
- 375 cup mushrooms, sliced
- 2 garlic cloves, minced
- 100g mature cheddar cheese, shredded
- 6-8 sage leaves
- 1 egg, lightly beaten

## Method

1. Preheat oven to 200°C. Place pastry on a large oven tray lined with baking paper. Use a sharp knife to score a 2cm border around the edge of the pastry, then prick the centre with a fork.
2. Heat olive oil in a frypan over medium heat. Once hot, add chorizo and cook until lightly golden; about 2 minutes, then transfer to a clean plate.
3. To the same pan, add the mushrooms and garlic and saute for 4-5 minutes, or until softened and golden. Seasoned with salt and pepper, then remove from heat.
4. Top the pastry with shredded cheese, mushrooms, chorizo and sage. Lightly brush the edges with egg wash and bake for 15-18 minutes or until the cheese is melted and the pastry is golden and cooked on the base.

*Delicately hand picked*



Discover and share more great SA Mushroom recipes here

 SAMushrooms

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SA MUSHROOMS  
*delicately hand picked*

# WEEKNIGHTS MADE EASY

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Have dinner done in under an hour with these weeknight winners! Packed with fresh veggies and loaded with flavour the whole family will love.



*Broccoli & Kale  
Pesto Pasta  
(recipe page  
over)*

## Broccoli & Kale Pesto Pasta

**PREP** 25 minutes **SERVES** 4

400g dried pasta  
80g rocket  
1 head of broccoli  
2 tbsp pine nuts  
70g kale, leaves only  
15g fresh basil leaves  
2 garlic cloves  
20g parmesan  
2 tbsp freshly squeezed lemon juice  
1 tsp lemon zest  
60ml olive oil  
Pine nuts, toasted, to serve  
1 lemon, sliced into four wedges  
Feta cheese, crumbled, to serve

- 1** Chop the kale leaves and chop the broccoli into small-medium florets.
- 2** Over a high heat, bring a large pot of salted water to the boil. Next, add the pasta and cook until al dente. Once the pasta is done, reserve cup of the cooking water then drain.
- 3** Meanwhile, place the pine nuts, broccoli florets, olive oil, kale leaves, basil, garlic, lemon juice, and lemon zest into a food processor and blitz until a pesto forms.
- 4** Toss the pasta in the pesto, adding some of the reserved cooking water, if desired.
- 5** Finally, toss through the rocket, then divide the pasta between 4 bowls. Garnish with toasted pine nuts, crumbled feta cheese and lemon wedges.

## Mango & Mint Rice Paper Rolls

**PREP** 20 minutes **SERVES** 6

### ROLLS

6 sheets rice paper  
1 avocado, thinly sliced  
1 cucumber, thinly sliced  
2 small carrots, thinly sliced  
1 mango, thinly sliced  
3 spring onions, sliced  
1 cup purple cabbage, thinly sliced  
1 cup fresh mint leaves  
2-3 cups lettuce, thinly sliced  
1 cup glass noodles, cooked

### DIPPING SAUCE

1/4 cup crunchy peanut butter  
2 tsp soy sauce  
1 clove of garlic, minced  
3-4 tbsp warm water

- 1** Prepare all your vegetable fillings and set them up ready for assembly.
- 2** Next, fill a shallow bowl with water. Dip one rice paper wrapper into the water until it's translucent then lay your rice paper flat on a cutting board.
- 3** Fill the middle of the rice paper with the veggies and roll fillings (veggies and noodles), then wrap it up like a little burrito, being sure to fold in the two sides to keep the veggies enclosed.
- 4** To make the dipping sauce, combine all the sauce ingredients in a small bowl until well combined.
- 5** Serve the rice paper rolls immediately with the dipping sauce. Enjoy!

**TIP!!**

To help roll your rice paper rolls, use a damp clean tea towel on your board to prevent any sticking when assembling



*Mango & Mint  
Rice Paper Rolls  
(recipe opposite)*



*Kale Salad with  
Crispy Chickpeas  
(page 86)*

*Roast Salmon &  
Asparagus (page  
over)*



## Kale Salad with Crispy Chickpeas

**PREP** 30 minutes **SERVES** 4

1 large bunch of kale, leaves torn  
1 can chickpeas (rinsed, drained, and patted dry)  
1 1/2tbsp olive oil  
1 pinch salt  
1 tbsp ground cumin  
1 tbsp garlic powder  
1 tbsp ground paprika  
1/2 tsp ground ginger  
1/2 tsp ground coriander  
1/2 tsp ground cardamom  
1 whole head of garlic  
1/3 cup tahini  
2 tbsp olive oil + extra for massaging the kale  
1/4 cup lemon juice, freshly squeezed + extra for massaging the kale  
1-2 tbsp maple syrup  
Salt & pepper, to taste

- 1** Preheat oven to 190°C and line a large tray with baking paper.
- 2** Separate the garlic cloves, leaving the skin on. Note: Only use the larger cloves, not the small ones in the centre.
- 3** Add the drained and dried chickpeas to a mixing bowl and toss with the olive oil, salt, and dried herbs.
- 4** Place the garlic cloves and coated chickpeas to the prepared tray. Drizzle the garlic with olive oil, then bake for 15-20 mins or until the garlic is fragrant and slightly browned. Carefully remove the garlic cloves and set aside.
- 5** Return the tray to the oven and bake the chickpeas for a further 10-15 mins or until they're slightly crispy and golden brown. Remove tray from the oven and set aside.

**6** Squeeze the garlic out of the skins and add them to a mixing bowl. Add the tahini, olive oil, lemon juice, and maple syrup, then whisk to combine. Taste and season with salt and pepper. Set aside.

**7** Add kale to a large mixing bowl, then massage in 1 tbsp of lemon juice and olive oil with your hands. Next, drizzle over the dressing as desired and toss to coat with tongs or salad servers.

**8** Top with chickpeas and serve!

## Roast Salmon & Asparagus

**PREP** 50 minutes **SERVES** 2

400g small Potatoes  
2 tbsp olive oil  
Bunch Asparagus spears, trimmed  
1 cup of Cherry tomatoes  
1 tbsp balsamic vinegar  
2 salmon fillets  
Handful basil leaves

- 1** Preheat the oven to 200°C. In a large bowl, combine olive oil and potatoes. Toss to combine.
- 2** Roast the potatoes for 20 minutes or until golden brown. Toss the asparagus in with the cut potatoes, then place back in the oven for 15 minutes.
- 3** Place cherry tomatoes and balsamic vinegar with the potatoes. Place the salmon amongst the vegetables.
- 4** Drizzle with remaining oil and return to the oven for 10-15 minutes or until the salmon is cooked through. Toss over basil leaves and serve.

## Halloumi Flatbreads

**PREP** 20 minutes **SERVES** 4

1/2 small red cabbage, core removed, thinly sliced  
1 small red capsicum, cut into strips  
1 small yellow capsicum, cut into strips  
4 flatbreads  
100g hummus  
80g rocket  
1 block of halloumi, cut into 8 pieces  
1 lemon, squeezed

- 1** Chop the capsicums and cabbage. Set aside.
- 2** Heat an oven on low and pop the flatbreads in to heat through.
- 3** Heat a pan on medium heat and fry the halloumi in batches until crispy and golden (around 3 mins on each side).
- 4** Spread a generous layer of hummus onto each flatbread and top with a handful of red capsicum, yellow capsicum and red cabbage.
- 5** Then top with a handful of rocket and two slices of halloumi. Squeeze lemon over each flatbread and enjoy!



*Halloumi  
Flatbreads  
(recipe opposite)*

**TIP!**

Don't overfill your flatbreads! For a mess-free meal, add less than you think you need, we promise it will still taste great!

# It's in the Bag!

## How to (properly) store fruit and veg



How we store our food is more important than ever. Every year, the Aussie household wastes between \$2000 - \$2500 worth of food, mostly attributed to rotting fruit and vegetables.

Storing your favourite fresh produce in containers may be helpful when it comes to kitchen organisation, but when it comes to keeping produce fresh and crisp for weeks and free from toxic plastic, you can't go past a natural cotton bag.

Veggie Saver's intelligent, patented technology is scientifically proven to work with your fresh fruit and veg in any part of the fridge you decide to put



### 1 Mix and match your produce with Veggie Saver - and save space!

One of the best things about Veggie Saver is that you can put any mixture of fruit and vegetables in one convenient bag (meaning you'll save lots of fridge space!). This isn't recommended for plastic containers, where storing produce separately is highly advised (meaning you'll need to have 5 separate containers for 5 different types of produce!). This is because ethylene-producing fruits will fasten the ripening of other fruit and veg next to it, especially in enclosed spaces with little to no ventilation. You won't need to worry about your ethylene-producing fruits rubbing badly on your crunchy veg with Veggie Saver!

### 2 Veggie Saver gives your produce necessary air and water

Like humans, fruit and veg are living, breathing things, and require air and water to thrive. Some plastic containers are designed to give your fruit and veg air ventilation (some even have a dedicated CO2 filter!). However, opening the container multiple times throughout the week may affect the oxygen and CO2 levels your fruit and veg receive. Additionally, plastic containers do not give your produce the necessary water to hydrate, which is important for them to retain their nutrients! This is where Veggie Saver's intelligent patented technology wins! When dampened down under the kitchen tap (and ringing out excess water), Veggie Saver's unique, multi-layer fabric combination made from non-toxic, unbleached and unseeded cotton, allows for moisture to be pulled through the outer layers to enhance hydration, while the inner layers promote breathing and reduce ethylene build-up, so fruit and veggies keep fresh, crisp, and nutrient-rich - for longer.





3

**Store pre-washed cut fruit and veg in Veggie Saver**

Prepped too many veggies for dinner and concerned about slimy edges in your next meal? Fret not! Veggie Saver keeps your cut fruit and veg cosy, similarly to if they were whole - all without the plastic! Think of all the prep time you would save if you could wash, cut and store all your veggies at once! Plastic containers on the other hand are not recommended for storing cut or pre-washed produce!



Scan here to see how Veggie Saver works



Follow us @veggiesaver.global www.veggiesaver.com

**GIVE THE GIFT OF**



*Flowers*

**THIS FESTIVE SEASON**



National  
Flower  
Centre



Melbourne  
Market

# SUMMER COOLERS

Celebrate the best of seasonal fruit this summer  
with these delightful drinks!

*Strawberry Basil  
Cooler (page 94)*

*Jalapeño  
Margarita (page  
94)*





*Summer Sangria  
(recipe page  
over)*

## Strawberry Basil Cooler

**PREP** 5 minutes **SERVES** 2-3

1 punnet of strawberries  
10 basil leaves  
2 shots vodka (optional)  
4 cups lemonade  
Ice

- 1** In two cups filled with ice, add in your shots of vodka, if using. Next, add your strawberry puree.
- 2** To make strawberry puree, add frozen strawberries to a blender until a liquid is formed.
- 3** Slice four strawberries, and divide these into the glasses, plus the 10 basil leaves.
- 4** Muddle these together before pouring in your lemonade and stirring again.
- 5** Top your glasses with an extra basil leaf, and a whole strawberry each.

## Jalapeño Margarita

**PREP** 15 minutes **SERVES** 4

3/4 cup Tequila  
1/2 jalapenos, plus extra slices for garnish  
1/4 cup Orange Liqueur  
fresh lime juice, plus lime slices for garnish  
1/4 fresh-squeezed orange juice  
Few splashes of sparkling water  
Handful of ice

- 1** Pour the tequila into a mixing glass. Add in the sliced jalapeno, 1/4 to 1/2, depending on how spicy you want your margaritas. Set aside.
- 2** Then mix the jalapeno-infused tequila, orange liqueur, fresh lime juice and 1/4 cup of fresh orange juice.

- 3** Pour mixture into glasses and garnish with lime slices and jalapenos. For a lighter margarita, fill the glasses 1/2 full and add sparkling water.

## Summer Sangria

**PREP** 5 minutes **SERVES** 2-3

750 ml moscato  
1/4 cup vodka  
1 white peach, stone removed & thinly sliced  
100g fresh raspberries  
100g fresh blueberries  
1 cup cold sparkling water, to serve  
Fresh mint leaves, to serve  
Ice cubes, to serve

- 1** In a large jug, combine moscato, vodka and fruit.
- 2** Chill, covered, for 2-3 hours to allow the flavours to infuse.
- 3** Add mint leaves, sparkling water and ice cubes, to serve.

Note: You can make this non-alcoholic by swapping out the moscato and vodka for a non-alcoholic wine and spirit, or by adding more sparkling water.

## Blueberry Moscow Mule Mocktail

**PREP** 5 minutes **SERVES** 3

3/4 cup fresh blueberries  
1 large lime, cut into wedges  
2 tsp sugar  
750ml ginger beer  
Ice, to serve

- 1** Add blueberries to a large glass with the lime wedges and sugar.
- 2** Muddle ingredients together well.
- 3** Transfer blueberry mixture to copper mugs (or glasses) and add crushed ice.
- 4** Pour over the ginger beer and stir well.

## IN SEASON

Blueberry season is here! Blueberries make a wonderful addition to your favourite summer drinks to add a refreshing burst of sweetness to every sip!



*Blueberry  
Moscow Mule  
Mocktail (recipe  
opposite)*



#abetterchoicemag

# *The Mighty* NSW BLUES



Fresh Australian blueberries can be bought from July to April each year thanks to the geographic spread of our blueberry farms and the increasingly sophisticated cultivation techniques. During the summer months, Coffs Harbour in northern New South Wales is where the majority of production occurs and is the blueberry capital of Australia.

Blueberries are one of nature's superfoods, host to a wide range of health benefits. Blueberries contain more antioxidants than most other fruits or vegetables to benefit your overall health and well-being. Antioxidants present in blueberries are attributed to aiding heart, brain, and eye health as well as digestion. Blueberries are also low in sugar and contain antioxidants which are believed to help lower excess blood sugar.

The journey of an Australian blueberry is incredible – hand-picked and treated with special care, often the blueberries you have in your hand may have been in the field yesterday!

Fresh blueberries are delicately hand-picked by people who can spot a

perfectly ripe blueberry, and depending on the variety of the bushes they can be picked every 5 to 7 days.

From the field, the fresh blueberries travel in picking crates to the air-conditioned packing shed where they are carefully inspected for fruit quality before being transferred into their packaging. Only the plumpest and largest fresh blueberries pass the quality test.

The punnets are then individually weighed to ensure they contain exactly the right amount of fresh ripe blueberries and are then packed into cardboard trays and cooled to 4°C. From here, they are loaded onto a refrigerated truck to ensure they arrive at their destination just as fresh as when they were picked. Once on the truck, Blueberries head to wholesale markets, independent fruit and veg shops or other distribution centres. All this within 24 hours of picking so you can enjoy fresh Blueberries.

Enjoy fresh Aussie Blueberries from the heart of NSW from your local fruit and veg shop this summer.

This article is supplied by OzGroup Co-op Ltd.



#abetterchoicemag

# SPUD LITE™

**25%  
LESS  
CARBS**  
THAN OTHER POTATOES\*



## POTATO & CHICKEN CEASAR SALAD

Prep time: 20 mins | Cooking time: 20 mins | Serves: 4 - 6

### INGREDIENTS:

750g Baby Spud Lite potatoes, quartered  
4 extra-large eggs  
2 teaspoons olive oil  
400g chicken tenderloins  
1 cup croutons  
250g smoked bacon, diced  
1 baby cos lettuce, rinsed and leaves separated  
2 spring onions, thinly sliced  
½ cup shaved parmesan

### CEASAR DRESSING

1 egg yolk  
1 teaspoon Dijon mustard  
1 clove garlic, crushed  
3 anchovies  
1 teaspoon Worcestershire sauce  
2 tablespoons lemon juice  
½ cup olive oil  
2 tablespoons grated parmesan

### METHOD:

1. For the dressing, combine yolk, mustard, garlic, anchovies, Worcestershire sauce and lemon juice together in a food processor. With the motor running, slowly add olive oil until combined. Season with salt and pepper and stir in parmesan, until combined. Set aside until required.
2. Place potatoes in a large saucepan of cold water and slowly bring to the boil. Cook for 5 minutes or until just tender. Drain and return to saucepan with 1/3 of the dressing, tossing until well coated. Set aside to cool.
3. Place eggs in a medium saucepan, covered in cold water. Slowly bring to the boil and cook for 5 minutes. Drain and refresh under cold water.
4. Heat oil in a non-stick frying pan over a medium-high heat. Season chicken tenderloins and cook for 3 minutes each side or until cooked through. Remove from pan and set aside until required.
5. Add bacon to the same pan and cook for 2-3 minutes or until cooked through. Remove from pan and set aside until required.
6. To serve salad, scatter cos lettuce leaves over a platter, followed by potatoes, chicken, bacon, croutons, spring onions and parmesan. Drizzle extra dressing over the top to finish.

Spud Lite is a potato that naturally has **25% less carbs** than your average potato\*.

[spudlite.com.au](http://spudlite.com.au)



#spudlite

**Zerella**  
FRESH

\*25% lower in carbohydrates than the average raw potato listed in the AustNut 2011-13 Food Database.

# STOP, SALAD TIME

Summer is the best time of year to create fresh delicious salads with seasonal produce. Whether they're the star of the dinner table or a complementary side-dish, there's one for every occasion!



*Roasted Veggie  
and Halloumi  
Salad (recipe  
over page)*

## Roasted Veggie & Halloumi Salad

**PREP** 40 minutes **SERVES** 2

180g halloumi  
1 lemon  
1 red onion  
1 capsicum  
1 carrot  
1 zucchini  
1 cup spinach  
1 cup lentils  
2 garlic cloves  
Coriander, to garnish  
Salt, to season  
Pepper, to season  
Olive oil

**1** Preheat the oven to 200°C. Cut the zucchini, capsicum, and carrot into 1cm slices. Peel and cut the red onion into thin slices. Crush the garlic and grate the zest of the lemon.

**2** Combine garlic, lemon zest, and 2 tbsp olive oil in a small bowl and stir to combine. Place vegetables on a baking tray and drizzle the oil mixture. Mix to combine. Season with salt and pepper and roast for 15 minutes.

**3** Place the lentils in a medium saucepan and bring to a boil over medium-high heat. Stirring occasionally for 15-20 minutes.

**4** Prepare and cut the halloumi into 2 cm cubes. In a large bowl, add in 2 tbsp of olive oil, salt, and pepper. Toss in the halloumi and mix to combine. Place the halloumi on a baking tray and bake for 10 minutes.

**5** To make the dressing, juice lemon, olive oil, salt, and pepper. Add lentils, roasted veggies, halloumi, dressing in a bowl and toss to combine. Garnish with coriander leaves to serve.

## Broccoli Tabbouleh

**PREP** 35 minutes **SERVES** 4

1/2 cup couscous  
1 large broccoli head  
1 1/2 cups fresh parsley  
1/2 cup fresh mint leaves  
1 small red onion  
1 garlic clove (minced)  
3 tbsp olive oil  
2 tbsp freshly squeezed lemon juice  
1/2 tsp salt

**1** Prepare the couscous according to packet directions. Once done, fluff the couscous with a fork, cover, and set aside.

**2** Allow couscous to cool. Cut the broccoli into small pieces and place the florets into a food processor. Pulse until the broccoli is in small pea-sized pieces.

**3** Heat a deep saucepan over a medium heat. Add a few tablespoons of water to the pan then add in the finely chopped broccoli and cover.

**4** Steam the broccoli for around 1 min, then remove the cover and continue cooking, stirring continuously. Remove pan from heat once done.

**5** Finely chop the parsley and mint leaves, or process in a food processor.

**6** Add the cooked couscous, broccoli, herbs and finely chopped red onion into a mixing bowl. Toss to combine.

**7** For the dressing, combine the olive oil, lemon juice, salt and garlic. Mix everything well, then serve!

## Rainbow Tomato Salad

**PREP** 15 minutes **SERVES** 3-4

### **SALAD:**

4 large gourmet tomatoes, quartered  
1 large punnet of mixed cherry tomatoes  
1 Red onion thinly sliced, soaked in water for 5 minutes and squeezed out excess water

1/3 cucumber  
Fresh basil leaves  
125 g cherry Bocconcini

### **DRESSING:**

1/3 cup extra virgin olive oil  
3 tbsp white wine vinegar  
1 tsp honey  
Salt & pepper

**1** In a large bowl, place all of the salad ingredients.

**2** In a jar or a small bowl, combine all dressing ingredients. Mix or shake well.

**3** Toss salad with dressing and serve.



*Broccoli  
Tabbouleh  
(page 100)*

## IN SEASON

Tomatoes are a summer stand-out and are a delicious staple to add to your favourite seasonal salads!



*Rainbow  
Tomato Salad  
(page 100)*





## Tomato and Prawn Pasta



Scan to  
get cooking

*Elevate your creations*

*with Tiny Toms*

Tiny Toms are our smallest creation yet!  
Providing a burst of flavour when you need it the most.  
Tiny Toms are available in two colours, red and yellow  
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**Best for** snacking, especially on the go, perfect addition to any lunchbox or entertaining platter for those special occasions. If you can resist eating them on the way home, you can throw them in a salad or garnish the top of your favourite pasta dish.



**Flavour profile:** Sweet and juicy.



**Best when stored** at room temperature, away from the sun.



**flavour your table**

# Cooling

*off*

Make the most of your favourite variety of Grapes and Peaches this summer in a refreshing Grape Punch and Peach Iced Tea!

*Grape Summer  
Punch (recipe  
opposite)*

## Grape Summer Punch

**PREP** 15 minutes **SERVES** 8

2 cups of green seedless grapes  
1 cup of red grapes  
1 cup of green grapes  
1L lemonade  
2 cups ginger ale or ginger beer  
2 lemons (one to juice and the other to slice)

- 1 Place the seedless grapes in a food processor or blender. Blend until smooth.
- 2 Pass through a colander or coarse sieve to obtain the juice.
- 3 Combine the grape juice with the lemonade, ginger ale and lemon juice.
- 4 Place in a large jug or punch bowl with lots of ice.
- 5 Stir in the lemon slices and the red and green grapes.
- 6 Serve well chilled.

## Homemade Peach Iced Tea

**PREP** 1 hour **SERVES** 6-8 cups

3 ripe peaches, pitted and thinly sliced + extra to serve  
1/2 cup white sugar  
7 cups water  
2 tea bags (black or green tea)

- 1 In a medium saucepan, combine the sliced peaches, sugar and 2 cups of water. Bring to the boil over a high heat. Once boiling, lower heat to medium-low and simmer for 30 mins, stirring occasionally.
- 2 Pour the peach mixture into a blender and blend until smooth. Strain mixture using a sieve, then pour mixture into a large jug. Set aside.
- 3 Bring the remaining 5 cups of water to a boil in a saucepan. Remove water from the heat, add the tea bags and brew for around 4-5 mins.
- 4 Once brewed, remove the tea bags and transfer to the jug with the peach mixture. Stir to combine and place in the fridge until cool.  
To serve, give the iced tea a stir, add ice cubes and extra peach slices. Enjoy!



### IN SEASON

Aussie stone fruit is in season throughout Summer, and makes for a wonderful addition to salads, drinks or baked dishes! Pick some up from your local fruit and veg shop this Summer!



Entertain a crowd  
this summer with a  
delicious galette or  
one of these tasty  
nibbles!

# CROWD PLEASERS

*Savoury Tomato  
Parmesan Galette  
(recipe opposite)*

## Savoury Tomato Parmesan Galette

**PREP** 1 hour 20 mins | Bake Time: 50 mins

**SERVES** 8-10

### FOR THE CRUST

2 cups plain flour  
1 tsp salt  
2/3 cup (160g) cold butter,  
cut into cubes  
6-8 tbsp ice water  
1 egg  
1 tsp milk or cream

sliced 2cm thick  
1 tsp salt  
3 cloves garlic, grated or  
finely diced  
85g grated parmesan  
cheese

### FOR TOPPING

Parmesan cheese  
Salt and pepper  
Fresh basil  
Olive oil

### FOR THE TOMATO

#### FILLING

450g fresh tomatoes (a  
mix of sizes and varieties),

**1** To a food processor, add the flour and salt and pulse to combine. Add the cold butter and pulse until all the butter is incorporated and the mixture has a sandy appearance. Add the water 1 tbsp at a time through the feed tube, pulsing between additions until the dough starts to come together.

**2** Transfer the dough onto a clean work surface and gently knead the dough until a smooth ball forms. Flatten the dough ball into a disc shape, cover with plastic wrap and place in the fridge for 1 hour.

**3** Preheat oven to 200°C. On a lightly floured work surface, roll the chilled dough into a 35cm round about 0.5cm thick. Carefully transfer the dough onto a parchment lined baking sheet. Sprinkle the parmesan cheese and garlic onto the dough leaving about 5cm around the circumference.

**4** To a medium bowl, add the sliced tomatoes and salt. Toss and let stand for 5 minutes to allow the tomatoes to release some of their juices. Then, gently remove the tomatoes and pat with a paper towel to remove some of the moisture.

**5** Arrange the tomato slices on top of the cheese, leaving about 5cm around the edge of the dough. Gently fold and pleat the edges of the dough around the tomatoes.

**6** In a small bowl, beat the egg and cream together and brush over the folded edge of the dough. Bake the galette in the pre-heated oven for 50-55 minutes, or until the crust is golden brown. Carefully remove from the oven and let cool on the baking sheet for 20 minutes.

**7** Prior to serving, add fresh chopped basil, salt, pepper, and a light drizzle of olive oil. Serve right away.

**Note:** Salting the tomatoes in advance helps to reduce their liquid which will keep the crust flaky as the galette bakes. The dough can be prepared to step 2 and stored in the fridge a day in advance to save time. Remove the dough from the fridge and continue with step 3 the next day.





*Roasted  
Capsicum  
Bruschetta with  
Halloumi  
(page 110)*



Sweet Potato  
Fritters  
(page over)

## Sweet Potato Fritters

**PREP** 10 minutes **SERVES** 4

3 large sweet potatoes peeled and grated  
2 eggs  
3/4 cup drained finely chopped kimchi  
1/2 cup all-purpose flour  
1 tsp salt  
1 tsp ground black pepper  
1 cup of vegetable oil for frying  
1/2 cup plain Greek yoghurt  
1 tbsp sweet chilli sauce

**1** Preheat oven to 200°C. Grate the sweet potatoes into a bowl. Transfer to a clean kitchen towel. Gather ends of towel and squeeze over a large bowl to wring out as much liquid as possible.

**2** Wipe out bowl and place sweet potatoes, eggs, kimchi, flour, and salt and pepper into the bowl. Mix batter with a fork to combine.

**3** Pour oil into a large frypan and heat over medium-high until bubbling. Place heaped spoonful's of batter into the frypan, without crowding the pan too much. Using a heatproof spatula, gently flatten fritters.

**4** Cook until undersides are browned and crisp, which will take about 2 minutes. Turn over and cook until browned and crisp on the other side, about 2 minutes.

**5** Transfer fried fritters to paper towel-lined plate to absorb excess oil, then place into oven on a baking tray to keep warm.

**6** Mix yoghurt and sweet chilli sauce in a small bowl, season with salt. Transfer fritters to a platter and serve with yoghurt for dipping.

## Roasted Capsicum Bruschetta with Halloumi

**PREP** 35 minutes + 1 hour cool time

**SERVES** 4

4 red capsicums  
Handful of parsley  
4 cloves garlic  
1/2 lemon

2 tbsp Olive oil  
Salt and pepper  
Bread (we love crusty sourdough)  
300g halloumi

**1** Char the capsicums using a barbecue or a grill pan

**2** Once done, cover with cling wrap on a plate to allow them to sweat

**3** After an hour or so, peel the skin and remove the seeds from the capsicums. Slice into strips

**4** Add olive oil, salt and pepper, chopped garlic and chopped parsley to the capsicum strips. Mix well

**5** Toast your bread and cook the halloumi

**6** Top the halloumi and bread with the peppers and finish off with a squeeze of lemon juice

## Egg Muffins with Bacon and Capsicum

**PREP** 10 minutes **MAKES** 12

1 cup shredded tasty cheese  
1/2 cup cooked bacon  
1/2 cup spring onion  
12 large eggs  
1/2 cup capsicum  
1 tsp salt  
1/4 tsp pepper

**1** Preheat the oven to 180°C. Prepare a 12-cup muffin tray.

**2** Divide the cheddar cheese, bacon, and spring onion and Capsicum evenly into each muffin cup.

**3** In a large bowl, whisk eggs, salt, and pepper. Pour egg mixture full into each cup and gently stir the mixture.

**4** Bake for 20 minutes or until fully set.

**5** Remove from oven and serve while warm or, store in fridge until ready to eat



*Egg Muffins  
with Bacon and  
Capsicum (page  
110)*

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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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- ✔ **A better choice** to support your local community
- ✔ **A better choice** for you and your family

**FIND YOUR LOCAL  
FRUIT AND VEG SHOP  
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australia



'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