

A better choice!

Quality **FRESHNESS** Service

FREE

ISSUE 4 2023/24

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**RECIPES WITH
SEASONAL
PRODUCE**



Cherry season is
in full swing!

Festive summer
feasting ideas

P 12

Six ingredient caramel
& macadamia ice cream
cake



Summer Celebrations

Summer sensations to kick off the season



flavour for life



A lifetime of growing flavour.

2023 marks Flavorite's 30 years of growing, packing, marketing & selling premium glasshouse-grown fresh fruit and vegetables.

The business has seen significant growth since founders Warren Nichol and Mark Millis started the business in 1993, with 1,200m2 of greenhouses built in Warragul, Gippsland Victoria, to produce the best-tasting Australian-grown tomatoes for 12 months of the year.

Our people, values and our culture have created a strong backbone of resilience and continuous improvement. Our ability to adapt and keep learning has provided a platform for growth and is something we are immensely proud of. We believe in sharing knowledge with our peers and network as we want to see the industry flourish and grow.

As we reflect as a business it's not only those internal relationships that have shaped

who we are today but also our customers, suppliers, and local communities that we have partnered with over many years to find solutions and encourage more Australians to eat healthy fresh produce.

Our journey started with the goal of putting the taste back into tomatoes, and today we grow several types of tomatoes, cucumbers, capsicums and now blueberries. The future remains bright as we expand into new categories and leverage our world-class growing capabilities to deliver products and flavours that inspire and delight our customers and consumers.

Our pursuit of new and flavoursome produce is underpinned by our sustainable farming approach which places us at the forefront of farming systems that will feed our growing population in the years to come. Looking forward, our original focus is still clear - amplify the flavour of the produce we grow and do this in the most sustainable way.



Chris Millis, COO and Mike Nichol, CEO, Flavorite Group



Mark Millis and Warren Nichol - Co-founders of Flavorite



tiny TOMS

These 4-gram tomatoes might be tiny in size but they are mighty in taste. With a sweet burst of flavour, they are perfect for little hands making them a school lunch box favourite. Tiny Toms are super convenient and ready to be sprinkled on your summer salad for a burst of flavour or added to your next platter for a pop of colour when entertaining.

Visit your local greengrocer today to catch these little guys before they roll out the door!



Scan to explore our flavoursome products and learn about our sustainable farming approach.



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As the warmth of summer fills our days, it's with great delight we welcome you to this vibrant season through the pages of our magazine. Summer arrives not only with its sunny days and balmy evenings but also with an incredible range of nature's finest offerings, ripe for celebration on our tables.

Summer is a blast of flavours, thanks to our hardworking Aussie growers, and carefully delivered to your table with the help of your local fruit and veg shops. They pour their hearts into every mango, cherry, berry, and stone fruit, ensuring our plates overflow with the freshest, tastiest produce this summer.

Festive eating takes centre stage during these warm months. Juicy watermelons, succulent mangoes, and a medley of berries invite us to relish every bite, while crisp salads burst with the flavors of sun-ripened tomatoes and crunchy cucumbers. The abundance of nature's bounty makes this time of year a wonderful journey for our taste buds.

As you flip through the pages of this edition, let us celebrate the vibrant tapestry of fruits and vegetables that adorn our tables, honouring the dedication of those who cultivate these gifts of nature. Embrace the joyous flavours of summer and savour each moment with the delicious offerings of the season.

The 'A better choice' Team

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

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

A better choice!

Quality **FRESHNESS** Service



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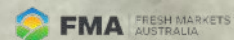
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Julie Goodwin's Wombok & Beef Salad with Crispy Noodles

TIME 30 MINUTES

SERVES 4

DRESSING

1/2 cup white sugar
1/2 cup white vinegar
1/3 cup fish sauce
1 clove garlic, chopped
1 small red chilli, sliced

SALAD

1/4 wombok (Chinese cabbage)
4 spring onions
1 carrot
1 Lebanese cucumber
1/3 bunch mint
1/3 bunch coriander
1 tablespoon peanut or vegetable oil
500g rump steak
100g packet of Chang's crunchy fried noodles

1 Heat the chef pan over high heat.

2 In a medium pot over medium-high heat, combine the sugar and vinegar. Stir until the sugar dissolves. Bring to the boil and boil for five minutes or until slightly thickened. While cooking, place the garlic and chilli in the mini food processor and blitz until finely chopped. Remove the dressing from the heat and add the fish sauce. Allow to cool for a few minutes then add the garlic and chilli. Set aside.

3 Place the oil in the pan. Season the steak with salt and cook for 2 minutes on each side (or longer, if the steak is thick or you like it more done). Remove from the pan and set aside under foil to rest.

4 While the meat cooks, get on with the vegetables. Slice the wombok thinly with a knife. Peel and chop the spring onion. Use the mandolin to slice the cucumber and carrot. Place all of these in the large bowl. Pick the leaves from the mint and coriander and add to the bowl.

5 Slice the rump steak and add it to the salad bowl along with the noodles. Pour over the dressing, toss through, and serve straight away.

Note: Make it ahead. This salad is lovely cold as well.

COCONUT BASIL CHERRY TRIFLE

TIME 2 HOURS SERVES 8

8 eggs, separated
240g caster sugar
2 tsp vanilla bean extract
240g Self-raising flour, sifted
50g desiccated coconut
1/2 cup of coconut liqueur (substitute with coconut water or coconut milk)
800g cherries, pit half and reserve the rest for garnish
2 Tbsp caster sugar
2 cups thickened cream
2 tsp vanilla bean paste
2 cups coconut yoghurt
2/3 cup toasted coconut
1/2 bunch basil, leaves picked

1 Preheat oven to 180C (fan-forced). Grease and line a 2 baking trays.

2 To make the sponge cake, whisk egg whites in a large bowl until soft peaks form. Gradually add sugar, continuing to whisk until stiff peaks form. Gently fold in egg yolks and vanilla, followed by flour and coconut. Transfer mixture to the prepared baking trays.

3 Bake for 15-20 minutes or until light golden and centre springs back when pressed. Allow sponge to cool on trays for 10 minutes before turning out onto a wire rack to cool completely. Once cool, cut sponge into 4 rounds using large trifle dish as a guide.

4 Meanwhile, whip cream, sugar, and vanilla to stiff peaks. Fold through coconut yoghurt and set aside.

5 To serve, layer sponge drizzled with liqueur, coconut yoghurt cream, cherries, in large trifle glass. Top with a final layer of coconut yoghurt cream, whole cherries, basil leave and toasted coconut.





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A GREAT YEAR FOR QUEENSLAND STONE FRUIT

Summer brings with it the sweet, juicy flavours of stone fruit season. Perfect for on-the-go snacks on a hot day, stone fruits are a rich source of vitamins A, C and E, as well as dietary fibre and potassium. While Victoria and New South Wales may be the larger producers of stone fruit, Queensland is not to be forgotten, with peaches, nectarines, plums, and apricots typically grown in the Granite Belt, Sunshine Coast and Sunshine Coast Hinterland regions.

Elliott Carter from Murray Bros, a fruit and vegetable wholesaler based in the Brisbane Markets®, has been raving about the plums and yellow nectarines coming out of the Granite Belt this season. “We’ve got a run of stone fruit from Pikes Creek, just west of Stanthorpe, averaging twice the sugar content of previous years and they’ll only get better as they head into Christmas,” said Elliot. “They just eat amazingly!”

Andrew Finlay from Pikes Creek Orchard said this exceptional crop is thanks to a warm growing season and that it came after a number of rainy seasons. “The warm, dry weather has lifted the sugar content really high; we’re seeing sugar content at the end of October that you would usually be absolutely delighted with by Christmas, producing a really great taste in the fruit,” said Andrew. “On the back of those past couple of wet years, all our water storage is full, so the crops have been grown almost entirely on irrigation, which has had a really positive impact on the flavour.”





Unfortunately, ideal growing conditions for stone fruit are also ideal bushfire conditions, and there have been a number of fires around Stanthorpe. “We’ve been very fortunate; the fires have been close but not on our particular farm and haven’t disrupted what we’ve been doing.”

Produce that comes through the Brisbane Markets is already incredibly fresh, with a very short timeframe between harvest, arriving at the Central Market, and being hand-selected by independent fruit and vegetable retailers for their customers. The dry growing conditions also mean this year’s plums and yellow nectarines will have a longer shelf life, so you’ll be able to fill up your fruit bowl and enjoy at your leisure.

“Really wet weather is conducive to bacterial and fungal disease, so as a grower, you’ve got to work really hard to keep that out, whereas this year has been much easier.” With such a great variety of quality, tasty, healthy Queensland grown summer stone fruit, it’s hard to go past your local A better choice! fruit and veg shop. Look out for sweet and juicy Queensland grown plums, nectarines, peaches, and apricots, and enjoy the flavours of a great growing season.



Giaan Rooney's unexpected macadamia love affair



It was never the plan. When Giaan Rooney – OAM, Olympic swimming medalist, TV presenter – and family were visiting Northern NSW during a Covid bubble to check out a property they'd long hoped would be a holiday home, what they found instead was a macadamia farm 'We fell in love', Giaan says. It was mid 2020 and the property nearby filled their requirements of being within a 2-hour radius of the Gold Coast, where Giaan had grown up and where her parents lived.

Over the ensuing summer they became truly smitten, and when the larger farm next door came up for sale they decided to buy that as well. 'It all fell into place', Gian says. 'Sometimes the universe makes the decisions! We haven't regretted it for one second.'

Husband Sam is a 5th generation farmer and ex-mustering chopper pilot. "There was always going to be a farming component in Sam's world", she continues, 'and I loved it from the get-go.'

It's easy to see why. Perched up high, their 1890's wooden house with wrap-around verandah and soaring ceilings is surrounded by gently rolling hills and the neat rows of around 3 ½ thousand macadamia trees. Each season they produce about 20 tonnes of nuts, and while Giaan continues her various roles as TV presenter, function MC and brand ambassador, she is very much hands-on as far as the farm is concerned.

During harvest, from March to August, she can be found a couple of days a week in the shed sorting nuts, often on her own. 'It's actually a bit meditative!' she says.

What she loves best about farming is 'the space, first and foremost. I work in the cities and when I come home it's a complete switch-off. The light, especially in the afternoons, is restorative, it's magical...'

'It takes just a handful of macadamias to transform even the simplest of recipes into something memorable.'

The greatest challenges have been the 2022 floods, nut prices, the current inflation and now, perversely, the lack of rain. 'And yet what we are doing now is precisely 'what we both want!' Plus, Giaan eats macadamias every day, relishing their versatility. 'They're one of the most nutritious nuts you can get, and I love to include them in my everyday meals as a topping for salads or a tasty crust on our meat. It takes just a handful of macadamias to transform even the simplest of recipes into something memorable.' Giaan believes everyone should give them a go this festive season when entertaining family and friends, 'they really are such an easy way to make it special this summer'.

Giaan's savoury seasoned macadamias

If you don't have time to slow roast macadamias, then this fast-toasting method is for you!

These savoury macadamias can be enjoyed on their own as a pre-dinner snack, on a cheese board or served in a salad to add an extra wow factor. The herbs and spices can be adjusted to suit your own taste.

Prep time: 3 minutes

Cook time: 3 minutes

Ingredients

1 tbsp macadamia oil
2 tbsp fresh herbs, chopped (could include thyme, basil, rosemary, sage, oregano)
½ tsp cayenne pepper
1 tsp salt flakes
½ tsp cracked pepper
½ tsp garlic powder
1 cup macadamias

Method

In a small frying pan, heat the macadamia oil. Add all the herbs and spices, stir together over the heat. Add the macadamias, stir again until well coated. Continue to toast the nuts until they turn the desired colour. Serve immediately.



Make it special with macadamias

Need a showstopping dessert that's super simple to prepare? Look no further than this unashamedly indulgent six-ingredient ice cream cake. Featuring layers of creamy vanilla ice cream swirled with luscious caramel with a crunchy macadamia & biscuit base.



Six ingredient caramel & macadamia ice cream cake

Prep time 30 mins + overnight freezing. Cook time 15 mins

Ingredients

- 100g (12) Biscoff brand biscuits (see tip)
- 2½ cups (350g) macadamias, roasted and unsalted
- ½ cup flaked coconut
- 2 litres vanilla ice cream
- 380g jar Bonne Maman brand caramel sauce (see tip)
- ¼ tsp sea salt flakes

Method

Preheat the oven to 170°C fan forced. Undo the clasp of a 22cm (base measurement) springform pan and release the base from the side. Turn the base upside down and cover with a large sheet of baking paper so it overhangs (this makes it easy to slide onto your plate). Return the side of the pan to the base and use the clasp to lock the base in place. Don't trim the paper.

Place the biscuits in a food processor. Process until finely chopped. Add 1½ cups of the macadamias. Pulse until the nuts are coarsely chopped (you still want chunks). Spread the mixture into a shallow roasting pan and stir in the coconut. Bake for 15 minutes, stirring every 5 minutes until the coconut is lightly toasted. Set aside to cool.

Spoon half the cooled macadamia biscuit mixture (175g) over the base of the springform pan. Remove the ice cream from the freezer to soften slightly. Using half the ice cream, dollop large spoonfuls over the crumb, taking care not to disturb the crumb base too much.

Using half the caramel, dollop spoonfuls over the ice cream. Top with large spoonfuls of the remaining ice cream. Smooth the surface. Scatter over the remaining biscuit mixture, pressing on with your fingertips. Cover with plastic wrap then tightly with foil. Place onto a tray and freeze overnight.

To serve, remove the ice cream cake to a serving platter. Warm the remaining caramel in the microwave for 10-20 seconds on high, then drizzle over the ice cream cake. Sprinkle with sea salt flakes. Top with the remaining cup of un-chopped macadamias. Cut into wedges & serve.

TIP: You can find both Bonne Maman caramel and Biscoff biscuits at the supermarket. You can use Granita or digestive biscuits if preferred.



Serves 8
Skill Level:
Easy





Stone fruit from **V.F. SICILIANO & SONS**

The Siciliano family commenced farming in Woorinen North in 1954, growing grapes and tomatoes, rockmelons, and ultimately, stone fruit.


Starting from these humble beginnings, combining with hard work and a vision for growth, the family business has become an Australian leader in the growing and marketing of Australian stone fruit.

V.F. Siciliano & Sons grows nectarines, peaches, plums and apricots. Additionally the business produces Afourer mandarins and Crimson grapes before and after the stonefruit season.

The growing region north of Swan Hill provides a unique combination of high winter chill, and high amounts of sunshine in the autumn months which ultimately contribute to juicy and great tasting stone fruit. Through their in-house packing process, hand picking fruit from orchards, and computerised sorting, it ensures that only the best quality of fruit reaches the consumer.

Ask for V.F. Siciliano & Sons fruit to ensure you are getting the best Australian stone fruit this summer!





**Ask for V.F. Siciliano & Sons
stone fruit at your
local fruit & veg shop
this season.**



**Great source of antioxidants
and vitamins**



**High in dietary fibre aiding
digestion**



**Packed with potassium for
healthy muscles and nerves**

When to Buy

Depending on the variety of fruit—from apricot to plum—Stone fruit is harvested at various times between early November and late February.

Look for firm flesh that gives slightly when squeezed, a fruity scent, and smooth, wrinkle-free skin. As the stone fruit ripens, keep it at room temperature; however, once it's ripe, put it in the fridge to extend its shelf life.



VF Siciliano & Sons

fresh friends for the lunchbox

Make lunchtime an adventure with the perfect blend of freshness and fun! Perfection Fresh is thrilled to partner with Sesame Street to bring you the most delightful and nutritious school lunchbox experience



perfection.com.au





Berries are a delicious colourful snack for kids lunchboxes... And super healthy!

Lunchbox Perfection Berry Taco Pikelets

Prep: 15 mins Cook: 4 mins Makes: 8 pikelets

Ingredients

- 8 (200g packet) ready made pikelets
- 200g fresh ricotta
- 1 tbs honey
- 125g Perfection Blueberries or Raspberries
- 250g Perfection Strawberries, hulled, thickly sliced


Instructions

1. Lightly toast 4 pikelets, they should feel crisp on the surface. Remove to a board. Roll over the surface with a rolling pin while warm to flatten slightly, then fold them in half. Turn a muffin pan upside down and place the pikelets in the space between the holes to cool to ensure they hold their taco shape.
2. Whip the ricotta & honey with a hand mixer until creamy. Spoon into the pikelet tacos. Fill with berries and serve.



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Qukes® make
a refreshing
crunchy lunchbox
snack

Qukes®

Baby Cucumbers

Lunchbox Chicken Banh Mi Sandwiches

Prep: 15 mins Cook: 5 mins Serves: 4

Ingredients

- 4 small Vietnamese rolls
- ½ cup (150g) Sriracha or plain mayonnaise
- 1 cup sliced cooked chicken
- 4 Qukes® baby cucumbers, thinly sliced lengthways
- 1 carrot, shredded
- 2 green shallots, cut into matchsticks
- 1 long fresh red chilli, thinly sliced
- Fresh coriander or mint (optional)

Instructions

1. Preheat the oven to 200° fan forced. Place the bread rolls on a baking tray and bake for 5 minutes or until lightly crisp.
2. Cut the rolls, taking care not to cut right through. Spread the mayonnaise over both sides of the rolls. Fill the rolls with the chicken, Qukes®, carrot, shallots, chilli & herbs. Place into a lunchbox with fresh lunchbox extras.



*Fruits &
Veggies are like
the superheroes
of your lunchbox,
making you feel super
awesome all day
long*



Lunchbox Extras

- Qukes® baby cucumbers
- Petite Tomatoes™
- Minicaps® baby capsicums
- Perfection Berries
- Crisp Delight™ watermelon
- Cheese cubes & crackers
- Hard-boiled eggs (peeled)

Petite Tomatoes™ are deliciously sweet, the perfect tasty lunchbox addition



PETITE TOMATOES™



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Little Gem®
bananas are
lunchbox ready,
their snackable size
makes them a quick,
easy, wholesome
snack



Little Gem® Banana Blueberry Malt Muffins

Prep: 10 mins Cook: 25 mins Serves: 12

Ingredients

- 125g Perfection Blueberries
- 6 Little Gem® bananas
- 1 $\frac{3}{4}$ cup (265g) self-raising flour
- $\frac{1}{4}$ cup (38g) malt powder
- 1 cup (70g) crushed Weetbix
- $\frac{3}{4}$ cup (170g) brown sugar, firmly packed
- 125g butter, melted
- 2 eggs, lightly beaten
- 2 tbs icing sugar for dusting

Instructions

1. Preheat the oven to 180° fan forced. Line a 12-hole muffin pan with paper wraps or cases.
2. Sift the flour into a mixing bowl. Add the malt powder, Weetbix, brown sugar & blueberries. Stir to combine. Make a well in the centre. Add the bananas, butter & eggs. Stir gently to combine. Spoon evenly into paper cases, about $\frac{1}{3}$ cup per muffin.
3. Bake for 22-25 minutes, or until a skewer inserted into the centre comes out clean. Stand for 10 minutes in the pan then transfer to a wire rack. Dust the icing sugar over the warm muffins. Serve warm or at room temperature.

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Perfection

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**PERFECTION X
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 COMPETITION!**

Your local fruit and veg shops have banded together to celebrate the partnership between Perfection x Sesame Street!

Entry is simple! Have your little legend colour in the Sesame Street characters and let us see their best work on our Facebook page linked in the QR Code!

Winners will receive 1 x Sesame Street Plushie, 1 x \$100 kids voucher and 1 x \$100 voucher for your local fruit and veg shop. There will be THREE winners!



NAME _____
 DATE ____/____/____
 STORE _____

fresh friends
 for the
 lunchbox



x



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IN-SCHOOL COOKING CLASSES

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Cherry Compote
Pavlova p26

IT'S CHERRY TIME

Cherry season is finally here! Enjoy the season with these wonderful Cherry delights!

Choc-Cherry Olive Oil
Bundt Cake p26



Cherry & Ricotta Cannoli p26



Recipe & imagery provided by Adrian Mercato

CHERRY COMPOTE PAVLOVA

TIME 2 HOURS SERVES 8

PAVLOVA

6 egg whites
1 1/2 cups caster sugar
1 tbsp cornflour
3/4 tsp vanilla extract
1/2 tsp cream of tartar
2 cups coconut yoghurt (or thick
yoghurt of your choice)
1/2 tsp salt

CHERRY COMPOTE

1/4 cup brown sugar
1 tbsp lemon zest, finely grated
1/4 cup lemon juice
1/4 cup Grand Marnier or Cointreau
1 cinnamon quill
400g cherries, pitted + extra to serve

- 1 For the pavlova, position a rack on the bottom shelf of the oven, then preheat oven to 120C. Using a pencil, draw a 20cm-diameter circle onto a piece of baking paper then place baking paper onto a baking tray.
- 2 Using an electric mixer, whisk the egg whites on medium speed until soft peaks form. Next, gradually add the sugar, beating 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 1/2 tsp salt. Whisk until just combined.
- 4 Using a spoon, gently spread the meringue onto the prepared tray 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 While the meringue is cooking, combine the sugar, zest, juice, Grand Marnier (or Cointreau), and cinnamon in a small saucepan over a medium heat. Bring mixture to a simmer and cook for 8 mins or until syrupy.
- 7 Add the cherries and cook for 1 min or until coated and cherries are beginning to release their juices. Cool to room temperature.
- 8 To serve, place the pavlova on a large serving platter, spoon over the yoghurt and top with the compote and fresh pitted cherries. Enjoy!

CHOC-CHERRY OLIVE OIL BUNDT CAKE

TIME 1 HOUR SERVES 6

2 1/3 cups fresh pitted cherries + extra
whole cherries for decoration
1 1/2 cups mini milk chocolate chips
2 3/4 cups plus 2 tbsp plain flour
1 1/3 cups caster sugar
1 tsp baking powder
1 tsp salt
1/2 tsp baking soda
3 large eggs, at room temperature
1 cup olive oil
1 cup milk, dairy or plant-based
2 tsp vanilla extract
2 cups sifted icing sugar
1 tbsp unsalted butter melted
2 to 3 tbsp cherry syrup or juice
Pinch of salt
Milk as needed for consistency

- 1 Pre-heat oven to 180C with rack in the centre position, Oil a nonstick 12-cup bundt cake pan and lightly dust it with flour.
- 2 Toss the cherries in a small bowl with 2 tablespoons of flour and tap off any excess. Whisk together the remaining flour, sugar, baking powder, salt and baking soda in a large bowl until combined.
- 3 In a separate bowl, whisk the eggs and drizzle in the oil in a thin stream until emulsified. Stir in the milk and vanilla extract.
- 4 Pour the egg mixture over the flour mixture, stirring until the batter is just smooth and no flour is visible. Gently fold in the cherries and chocolate chips.
- 5 Scrape the batter into the pan and bake 50-55 minutes, the cake should be golden brown, a skewer inserted in the middle should come out dry.
- 6 Cool the cake in the pan 20 minutes, then invert onto a cooling rack to cool completely.
- 7 Once cake has completely cooled, combine icing sugar, butter, juice or syrup and salt until smooth, add milk if the mixture is too thick. Once desired consistency is reached, slowly pour over the cake allowing the glaze to run down the sides.
- 8 Top with fresh cherries and choc chips if desired.

CHERRY & RICOTTA CANNOLI

TIME 10 MINUTES SERVES 6

400g Cherries
6 Cannoli shells
350g Ricotta
1/2 cup sugar
10 Pistachios
Dark Chocolate

- 1 Drain ricotta in a sieve or cheesecloth (the night before or a few hours before) to remove excess liquid
- 2 Add sugar to drained ricotta. Mix well. Add more or less sugar to taste.
- 3 Pit and chop cherries into small pieces and add to the ricotta mixture. Mix.
- 4 Pipe into the cannoli shells. Garnish with more cherries, chopped pistachio and drizzle with melted dark chocolate

CHERRY SLICE

TIME 10 + 3 HOURS SERVES 8

400g fresh cherries (pitted)
90g butter
200g chocolate ripple biscuits
2 cups desiccated coconut
1 can of sweetened condensed milk
(395ml)
200g dark chocolate

- 1 Add the biscuits into a food processor and blitz
- 2 Melt butter and add into the biscuit mix. Combine. Add to a lined baking tray and refrigerate
- 3 Combine the desiccated coconut condensed milk and 300g cherries in a food processor
- 4 When combined, fold the remaining cherries through the coconut mixture Add on top of the chocolate biscuit base. Refrigerate for at least two hours
- 5 After the slice has set, melt the chocolate and add to the top
- 6 Allow to set again in the fridge for 30 minutes. Serve with extra coconut if desired. Enjoy!

Cherry Slice



Recipe & imagery provided by Adrian Mercato

Q&A with a World-class Cherry Grower **Matt Batinich, E.B. Batinich & Co.**



Q: Tell us about the history of your Orchard.

A: Generations of Batinich kids have grown up living and breathing cherries and stone fruit, with a lot of 'hands-on' learning. A lot of the knowledge of the industry can only be acquired through experience. All this knowledge is passed down through the generations as the kids follow and learn from their parents and grandparents. The Batinich family dynasty spans back to 1892 when Barisa Batinich sailed from Yugoslavia to Australia, eventually settling on some land in 1911.

Q: What makes Young, NSW, such a great place to grow great Cherries?

A: Young is renowned internationally as one of the best growing regions of stone fruit in the world, the Hilltops Region of New South Wales has cold winters, cold evenings, and hot summers. To break dormancy during winter, stone fruit trees need chilling environments to resume normal growth. This enables them to burst into bud and produce flowers in Spring. These flowers then become our fruit. The Hilltops Region provides this perfect climate.

Q: What's the secret to selecting the best Cherry?

A: The cherry stems are the secret to selecting the freshest cherry! Nice and green means nice and fresh. A nice dark fruit with a bright green stem won't disappoint.





Q: What's a day in the life look like to you?

A: Currently a day in the life for us is all hands-on deck and into the full swing of our harvest. Every person in our team plays a huge role. We have hundreds of pickers out harvesting our cherries now. Once the fruit is picked into buckets our drivers bring them into one of our two packing facilities to get cooled and straight into the cool room overnight.

The next day the fruit is run over by one of our state-of-the-art optical graders to sort out any defects and sort into size and colour. The fruit is packed into boxes and sent off to market that day. This process takes another 30+ people per shed.

Q: Your stone fruit is some of the best in the world, what does it take to produce such great quality stone fruit?

A: I think it's dedication, complete dedication. Every Batinich dedicates their all to every aspect of the process to make sure the fruit that comes out

at the end is an excellent piece of fruit. It's not left up to chance. Anyone can put a tree in the ground, grow fruit and sell it on. But to ensure that fruit is up to your own standards, of what you aspire to give to the world, then you have to ensure every step in the process is done efficiently and with dedication and heart. Attend to the tree during winter and especially in the growing stage and ensure nutrients are correct.

Q: What have been some of your challenges?

A: Some problems of late include pricing back to the grower remaining the same while our costs continue to rise. Weather is always an issue, over the years we have learnt that as sad as it is, it's something you can't control. We lose part of our crop most years to rain events or hail. A few years ago, one entire property was wiped out and nothing was picked at all a few years back.

Content supplied by E.B Batinich & Co.

Your Summer *Fling*



Australian Cherries

Try looking at me and
not thinking 'yum'



**Pick me up today and
check out these recipes**



Spinach Christmas Tree p34

The most
WONDERFUL
TIME of year

Get around the table and
celebrate seasonal produce
with these festive delights!



**Rainbow Carrot Beet Salad with
Yoghurt Dressing p34**

Honey Carrots & Parsnip with
Garlic Yoghurt p34



SPINACH CHRISTMAS TREE

TIME 40 MINUTES SERVES 6

2 sheets frozen puff pastry, thawed
1 egg, beaten
1 bunch fresh spinach, stems removed,
torn into small pieces
150g sour cream
1 cup mayonnaise
Salt
Pepper

1 Preheat the oven to 180C. To make the spinach dip: In a medium bowl, mix together spinach, sour cream and mayonnaise. Season to taste.

2 Unfold one sheet of puff pastry and place onto a baking sheet on a tray.

3 Spread the spinach dip on top of the puff pastry sheet being careful not to go too close to the edge.

4 Place the second sheet of puff pastry on top of the first sheet of puff pastry that has the spinach dip. Press gently to seal the two sheets together.

5 Using a piece of baking paper, cut out a Christmas tree shape to use as a template. Place the Christmas tree template on top of the puff pastry and using a sharp knife, cut out the Christmas tree shape. Keep the extra pieces.

6 To make the branches, start on one side and make horizontal slices into the sides of the Christmas tree triangle, being careful to stop before you reach the centre. Repeat the same process on the other side of the Christmas tree triangle leaving a 2 cm section down the middle of the tree that is not sliced.

7 Starting at the bottom, twist the branches away from you. Press the edge of the branch firmly into the parchment paper to keep the branch from untwisting. Continue twisting the rest of the branches on both sides.

8 With the excess puff pastry, cut out a star and press to the top of the tree. Cutout a tree trunk and press to the bottom.

9 Brush the entire pastry with the beaten egg.

10 Bake for 15 mins in the oven until puffy and golden brown

RAINBOW CARROT BEET SALAD WITH YOGHURT DRESSING

TIME 20 MINUTES SERVES 2

6 kale leaves
2 beetroot, peeled
1 carrot, peeled
1/4 red cabbage
1/2 cup dried cranberries
3/4 cup Greek yoghurt
2 tbsp lemon juice
1 clove garlic, chopped
1 tsp dijon mustard
1 tbsp olive oil
Salt
Pepper

1 Remove the inner ribs from the kale and cut into fine lengths. Finely shred the beetroots, carrot and cabbage using a mandolin with a julienne attachment. Season lightly with salt and pepper.

2 Combine the yoghurt, lemon juice, garlic, mustard, olive oil, salt and pepper in a blender until smooth.

3 Toss the salad before serving and drizzle the dressing over the top.

4 Sprinkle with dried cranberries.

HONEY CARROTS & PARSNIP WITH GARLIC YOGHURT

TIME 30 MINUTES SERVES 4

4 carrots peeled, sliced lengthways
4 parsnips peeled, sliced lengthways
2 tbsp olive oil
1/4 tsp onion powder
1/4 tsp garlic powder
1/4 tsp cumin
1/4 tsp paprika
Salt
Pepper

150g Greek yoghurt
1 clove garlic, minced
Pumpkin Seeds

Honey
1 bunch of parsley

1 Preheat the oven to 230C.

2 Spread the carrots and parsnip out onto a large baking sheet. Drizzle with olive oil.

3 Combine the spices, salt, and pepper in a small dish and sprinkle over the carrots. Gently toss the carrots in the oil and seasoning.

4 Roast for 20 minutes until tender and the edges are slightly charred.

5 Whisk together the yoghurt, 1/3 tbsp of olive oil, garlic, salt, and pepper.

6 Spoon the yoghurt sauce over the carrots. And finish with a drizzle of honey and a sprinkle of parsley and pumpkin seeds.

ROASTED CAULIFLOWER WITH YOGHURT & POMEGRANATE

TIME 50 MINUTES SERVES 4

1 large cauliflower
1 onion peeled, sliced
1 bunch mint, roughly chopped
1/4 cup pomegranate arils
30gm pine nuts, toasted
300gm Greek-style yoghurt
1 garlic clove, minced
2 tbsp lemon juice
2 tbsp tomato paste
1 tbsp red chilli flakes
1 tbsp coriander seeds
1 tsp caraway seeds
1 1/2 tsp sumac
145ml olive oil
Salt
Pepper

1 Heat the oven to 220C.

2 In a large bowl, mix cauliflower florets with 3 tbsp of oil and a pinch of salt, then spread out on a large oven tray. Bake for 25 minutes, leaving a bit of crunch. Transfer to a large bowl and leave to cool.

3 Heat a pan on medium and add 2 tbsp of oil. Add the onion and a pinch of salt and cook. Saute until soft and lightly brown. Pour this into the cauliflower bowl.

4 Now, heat oil for the tomato paste. Once hot, add the paste and chilli flakes for 30 seconds. Transfer to a bowl.

5 Mix the yoghurt, garlic, a tbsp of lemon juice, salt and pepper together in a bowl.

6 Mix the coriander, caraway, sumac, mint, half the pine nuts, 1 tbsp of lemon juice and pepper into the cauliflower bowl.

7 To serve: spread the yoghurt sauce over a platter and place the cauliflower mixture on top. Spoon over the tomato paste and garnish with mint leaves, pomegranate arils and pine nuts.

Roasted Cauliflower with Yoghurt & Pomegranate





Mini Peach Tarts p39

Chicken & Berry Pasta Salad
p39



Apple Salad with Raspberry Dressing





MINI PEACH TARTS

TIME 45 MINUTES SERVES 4

1 sheet puff pastry
1 egg, beaten
2 large fresh peaches, pitted and cut into slices
2 tbsp granulated sugar
1 tbsp plain flour
1/4 tsp cinnamon
1/4 tsp vanilla extract
3/4 cup flaked almonds
1/2 cup icing sugar

1 Preheat oven to 200C. Thaw the pastry for 20 mins, then cut into 9 equal squares and place on a lined baking tray, leaving space between each pastry square.

2 Place the sliced peaches into a medium mixing bowl and sprinkle with the granulated sugar, flour, cinnamon, and 1/4 tsp vanilla extract. Gently fold together with a spatula.

3 Layer 3 or 4 peach slices in the centre of each pastry square. Brush the pastry edges generously with the beaten egg, then sprinkle with the slivered almonds.

4 Bake the pastries on the centre oven rack at for 15-20 mins or until puffed and golden at the edges.

5 Remove the peach tarts from the oven and allow to cool for 10 mins.

6 Use a sieve to sprinkle the tarts with icing sugar.

CHICKEN & BERRY PASTA SALAD

TIME 30 MINUTES SERVES 4

2 cups dry pasta
2 chicken breasts, diced and cooked
2 cups baby spinach, chopped
1 cup strawberries, hulled and quartered
1 cup blackberries
1/2 cup bocconcini
Salt and pepper, to taste
2 tbs pesto
2 tbs white wine vinegar
1 tsp honey

1 Cook the pasta according to the packet directions. Once cooked, rinse pasta under cold water and drain. Add the pasta to a large serving bowl.

2 Add the chicken, spinach, strawberries, blackberries, and bocconcini to the bowl with the pasta. Season generously with salt and pepper and toss gently.

3 In a small bowl whisk together the pesto, white wine vinegar and honey. Drizzle the dressing over the pasta salad and toss to coat. Adjust seasoning if necessary and then serve!

APPLE SALAD WITH RASPBERRY DRESSING

TIME 20 MINUTES SERVES 4

1/2 cup roasted hazelnuts
100g fresh raspberries
2 tbs red wine vinegar
2 tsp Dijon mustard
2 tsp honey
1/4 cup olive oil
Salt and pepper, to taste
3 Granny Smith apples, thinly sliced
120g rocket leaves
100g goat's cheese, crumbled

1 In a small bowl, mash half of the raspberries with a fork.

2 Next, add the vinegar, mustard, honey, and olive oil. Whisk to combine. Taste and season generously with salt and pepper.

3 To serve, arrange the rocket, apple slices, and remaining raspberries on a large platter. Sprinkle with the roasted hazelnuts and goat's cheese, then drizzle over the raspberry dressing.

DRESSED GREENS

TIME 40 MINUTES SERVES 4

200g green beans (trimmed ends)
200g snow peas (trimmed ends)
1/4 cup slivered or natural almonds
1/3 cup dried cranberries
1/3 a block of feta, crumbled
A drizzle of honey

1 In a microwave safe bowl, heat up your green beans and snow peas for a few minutes until they've softened.

2 Transfer your greens to the serving bowl, before drizzling with honey, and topping with your almonds and cranberries.

3 Crumble fresh feta over the top, and serve!

ROAST BEEF WITH GARLIC VEGGIES

TIME 2 HOURS SERVES 6

1 beef blade roast
1 tbs olive oil
12 potatoes, halved
2 red capsicums
2 red onions
SEASONING
2 tsp minced garlic
1/2 tsp salt
1/4 tsp pepper

1 Preheat the oven to 220C. Combine seasoning ingredients then press onto the beef. In a large bowl use the remaining seasoning with oil and vegetables and toss to combine.

2 Place the beef on a rack in a shallow roasting plan. Place vegetables around the beef. Roast for 35-45 minutes. Remove beef once cooked and let it stand for 20-25 minutes.

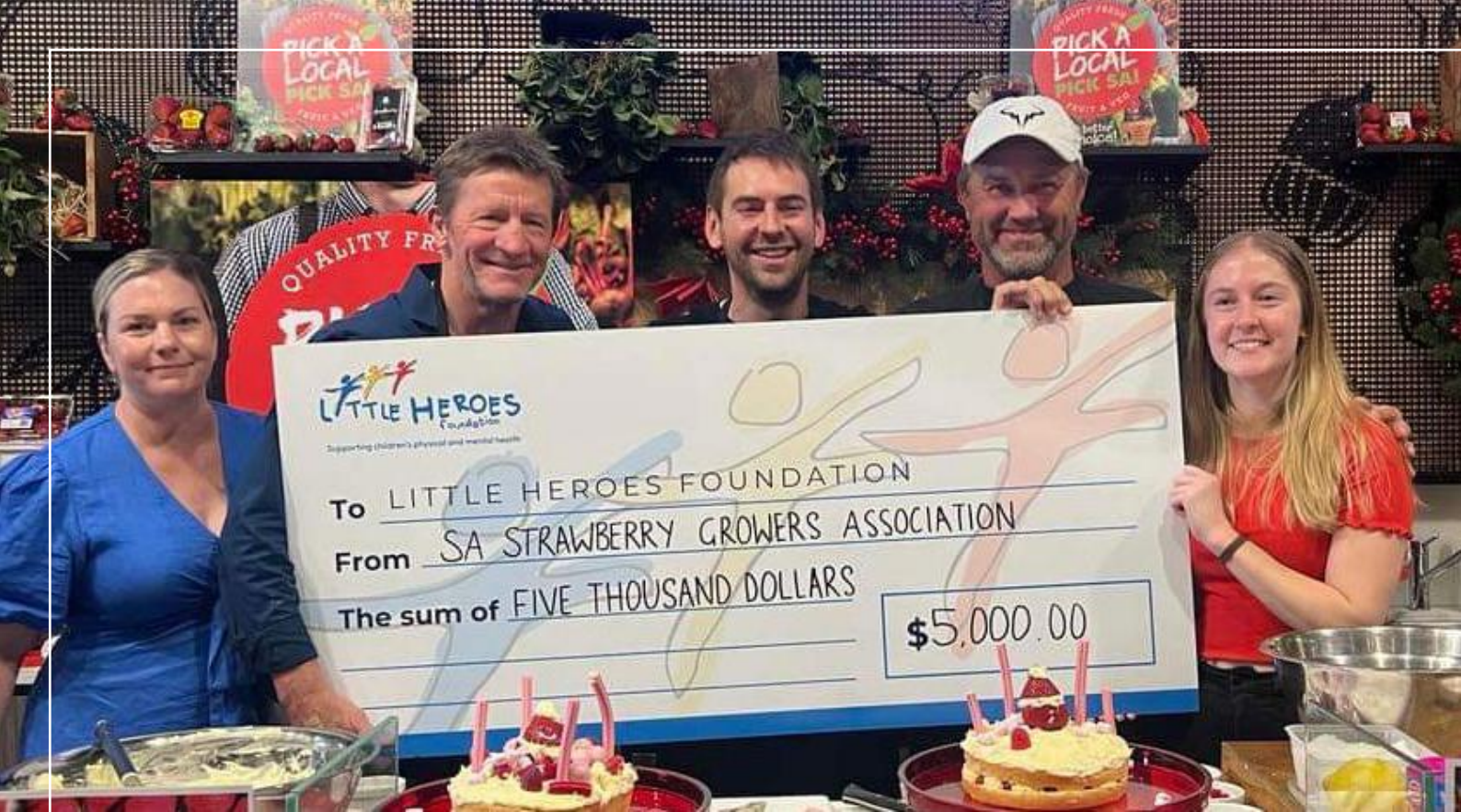
3 Continue roasting vegetables for a further 10 minutes or until slightly browned. Carve roast across the grain and serve with vegetables.

Dressed Greens p39





Roast Beef with Garlic Veggies
p39



SOUTH AUSTRALIAN STRAWBERRY SEASON KICKS OFF WITH AFL

The South Australian Strawberry season was celebrated at an event held at the Adelaide Central Markets on Friday November 10 with a donation of \$5,000 presented to The Little Heroes Foundation on behalf of the South Australian Strawberry Growers Association.

South Australia produces some of the sweetest tasting strawberries in Australia which are in season from late October through until May. Last year SA Strawberry Growers were hit with hailstorms and wet weather that wiped out the first pick of the season. This year the weather is being much more kind with warm weather kicking off the season slightly early and producing beautifully coloured fruit.

There are two new varieties that are growing particularly well in the Adelaide Hills and Fleurieu Peninsula this year the Moxie and the Royal Royce. Consumers can expect to see large, brightly coloured strawberries available in your local fruit and veg shop.



Little Heroes Foundation, a charity that supports the mental and physical health of children in South Australia, were proud recipients of the donation at the event. The Foundation, founded by former AFL Crows star Chris McDermott, are in the very early stages of a new campaign to raise money and create awareness for families with Children suffering from Dementia.

“To be a beneficiary of such an iconic event is a massive boost for us. Funds raised will enable us to launch our “Big Dreams“ program for these families.” Chris McDermott said.

However the charity were not just handed a cheque, it was given after Chris McDermott went head to head with former football star Tony Modra in a cake decorating competition judged by Masterchef Callum Hann. Modra, known for his super goal kicking skills, was pushed out his comfort zone when asked to decorate a cake with a strawberry theme but the pair drew on their football roots to come up with two very similar looking creations that kicked some goals. Callum Hann judged Tony Modra’s creation as the winning cake of the day but everyone went home as winners.



Look for South Australian grown strawberries in your local fruit and veg shop to support our growers.





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LOCATOR TODAY**



Summer Salads



Chicken Caesar Salad p48



Stone Fruit Salad p48





Quinoa, Cucumber & Feta Salad p48

CHICKEN CAESAR SALAD

TIME 20 MINUTES SERVES 6

4 eggs
2 cups shredded chicken
2 heads cos lettuce, thickly sliced
1/2 cup parmesan, freshly grated
1/2 cup bacon pieces
Caesar salad dressing
2 slices of thick-cut bread
Olive oil
Salt and pepper, to taste

1 Prep your croutons by cutting your bread into cubes. Add the bread cubes and bacon pieces to a frypan and cook them with 1 tbsp of olive oil, stirring occasionally. Cook until they're crispy and golden, before setting them aside on a plate lined with paper towel.

2 While the croutons are cooking, place the eggs in a saucepan and cover with water. Place over a medium to high heat and bring to a soft boil. Once boiling softly, reduce heat to medium and cook for 5 mins.

3 Once cooked, remove the eggs from the saucepan, then run them under cold water for 1 min. Once they're cooled, peel them, slice into quarters, then set aside.

4 To serve, place the sliced cos lettuce in a large serving bowl. Top with the shredded chicken, grated parmesan, croutons, boiled eggs, bacon pieces, and Caesar salad dressing. Season with salt and pepper.

STONE FRUIT SALAD

TIME 20 MINUTES SERVES 2

Half a red onion, thinly sliced
4 ripe nectarines, cut into 1cm slices
1 cucumber, finely sliced
1/4 cup goat cheese crumbles
100g prosciutto
Handful of walnuts
3 tbsp olive oil
2 tbsp apple cider vinegar
2 tsp honey
Salt and pepper to taste

1 Combined the olive oil, apple cider vinegar, honey and salt and pepper in a small bowl.

2 On a platter arrange the thinly sliced red onion, nectarines and cucumber. Top with torn prosciutto, crumbed goats' cheese and walnuts.

3 Serve with the vinaigrette.

QUINOA, CUCUMBER & FETA SALAD

TIME 30 MINUTES SERVES 4

3/4 cup white quinoa
1 1/2 cups water
1/4 cup, hazelnuts
1/4 cup, sliced almonds
1 cucumber, cut into long thin strips
1/2 cup cherry tomatoes, halved
1/4 cup, kalamata olives, halved
1 orange, cut into rounds
100g feta, crumbled
Fresh basil leaves
2 tbsp extra virgin olive oil
1 tbsp balsamic vinegar

1 Rinse the quinoa and drain well. Place in a saucepan with water and bring to a boil. Reduce the heat to a simmer and cover for 15 minutes or until the quinoa is tender. Let cool.

2 Mix together extra virgin olive oil and balsamic vinegar to make the dressing.

3 Add the quinoa to a large bowl with cucumber, tomato, orange, feta, olives and basil.

4 Toss gently to combine. Serve topped with feta, basil, hazelnuts and sliced almonds.

WATERMELON, ROCKMELON & GOAT'S CHEESE SALAD

TIME 15 MINUTES SERVES 4

1/4 watermelon, diced
1/2 rockmelon, diced
2 oranges, sliced into segments
2 avocados, diced
1 large cucumber, chopped into half moons
200g goat's cheese, crumbled
Mint leaves, torn
1 lemon, juiced
1 green chilli, thinly sliced
Salt and pepper, to taste

1 Cut up watermelon, rockmelon, oranges, avocados and cucumber. Assemble fruit and veg onto a serving dish.

2 Top salad with goat's cheese, green chilli and mint leaves.

3 Drizzle lemon juice over the top of the salad and add salt and pepper if desired.





Watermelon, Rockmelon & Goat's Cheese Salad

Nectara

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NECTARINES**

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Tomato Salad with Pesto Dressing



Tiny TOMS Bruschetta



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THE PERFECT ACCOMPANIMENT

Add a little joy to your side dishes
this summer.

Honey Sesame Carrots p55



Roast Chopped Broccoli, Corn & Fennel Salad p55



Fig & Prosciutto Tart





HONEY SESAME CARROTS

TIME 20 MINUTES SERVES 4

- 6-8 Dutch carrots
- 1/4 cup honey
- 1 tbsp sesame seeds
- 1** Preheat oven to 180C
- 2** In a saucepan, cover the carrots with water and bring to a boil.
- 3** Reduce heat and simmer for 2 minutes
- 4** Drain, place on a baking tray and drizzle honey over immediately
- 5** Roast for an additional 10 minutes, or until slightly brown
- 6** Sprinkle with sesame seeds and enjoy!

JAPANESE SPINACH

OHITASHI

TIME 40 MINUTES SERVES 4

- 200 ml dashi stock - or vegan dashi
- 4 tsp light soy sauce
- 4 tsp mirin
- 200g mature stemmed spinach
- Pinch of salt
- Large bowl of ice water
- 1 tbsp bonito flakes (optional)
- 1** First make the dashi marinade by combining dashi, soy sauce and mirin in a small saucepan and briefly boiling it for 1-2 minutes. Pour the hot stock into a separate bowl and allow it to cool to room temperature.
- 2** Thoroughly wash the spinach and shake off excess water.
- 3** Heat a large saucepan of water on high, add a pinch of salt and bring to a boil. Set the bowl of ice water next to it.
- 4** Using long tongs, hold the spinach bunch by the leaves and hold the stems in the boiling water for 30 seconds, then submerge the leaves in the water too, boil for another 30 seconds and transfer to the icebath to stop the cooking process.
- 5** Squeeze as much excess water from the spinach as you can then transfer the spinach to a container and pour over the cooled dashi marinade.
- 6** Allow the spinach to marinate for at least 30 minutes in the fridge.
- 7** Once marinated, cut the spinach into 5cm lengths and stack them in a neat pile.
- 8** Drizzle over dashi stock and sprinkle with bonito flakes.

ROAST CHOPPED BROCCOLI, CORN & FENNEL SALAD

TIME 30 MINUTES SERVES 4

- 2 head broccoli, cut into quarters, lengthways
- 5 tbsp extra virgin olive oil
- Salt, pepper
- 2 Cob corn
- 1 head of fennel, finely sliced
- Large handful parsley and dill leaves, roughly chopped
- 1 tin borlotti beans, rinsed, drained
- 2 spring onions, finely sliced
- Juice 1 lemon
- 2 tbsp red wine vinegar
- 1** Bring a large pot of lightly salted water to the boil and preheat a Grill plate or BBQ
- 2** Place the corn in the water and simmer for 6-7 minutes then refresh under cold water for 30 seconds and drain well.
- 3** Toss the broccoli with 2 tbsp of olive oil and a little seasoning then grill the wedges for 6-7 minutes, turning throughout to become charred and just cooked. You still want them a little crunchy.
- 4** Alternatively, roast the broccoli in a preheated 230C oven for 8 minutes.
- 5** Cut the corn from the cob and roughly chop the broccoli into small pieces - using the stalk and all.
- 6** Toss together the corn, broccoli, fennel, herbs, borlotti beans, spring onions and dress with the olive oil, lemon, vinegar and season to taste.

FIG & PROSCIUTTO TART

TIME 30 MINUTES SERVES 6

- 1 sheet frozen puff pastry
- 60g rocket
- 4 figs, quartered
- 6 slices prosciutto, torn
- 1 tbsp balsamic glaze
- 1** Preheat oven to 200C. Line a baking tray with baking paper. Place puff pastry onto baking tray. Attach 1 edge of the whole sheet to remaining sheet to create a rectangle.
- 2** Bake in the oven for 20 mins or until golden brown and puffed.
- 3** Place the puffed pastry onto a serving platter. Top the tart with rocket, figs and prosciutto. Drizzle balsamic glaze on top.



Japanese Spinach Ohitashi p55

Drinks that **Pack a PUNCH**



Mango Iced Tea p61



Mango Bellini p61

Pineapple Punch p61





Spicy Herb Mojitos

MANGO ICED TEA

TIME 15 MINUTES SERVES 6

1L water
Lemon juice
3 green teabags
2 mangoes
2 tbsps sugar (optional)

- 1 Boil water, add tea bags and sugar and let steep for 10 mins.
- 2 To make the mango puree, peel and dice ripe mangoes and blend until smooth.
- 3 Remove teabags, leave to cool and add mango puree.
- 4 Add lemon juice to taste.

MANGO BELLINI

TIME 30 MINUTES SERVES 4

1 mango, peeled, flesh removed and roughly chopped
1 bottle of cold Prosecco (750ml) or other sparkling wine (or sparkling juice)

- 1 Pop the roughly chopped mango into a food processor and blitz to a puree, if it becomes very thick you can add a small amount of the Prosecco or juice to loosen it up a little.
- 2 Take a sieve with a bowl that will fit comfortably under it and use a spoon to push the pureed mango through the sieve to remove any fibrous pieces (you can discard the fibrous pieces). Cover the bowl with cling film and allow to chill in the freezer.
- 3 Once the mango is very cold but not frozen take approximately 3/4 cup of the puree and place it into a jug, slowly add the Prosecco or juice while stirring to combine.
- 4 Serve immediately in chilled champagne glasses.

PINEAPPLE PUNCH

TIME 10 MINUTES SERVES 10

1/2 litre pineapple juice
3/4 cup lime cordial
1L cold water
1L lemonade
Ice cubes
Fruit (e.g. raspberries, blueberries, pineapple)

Mint and lime wedges, for garnish

- 1 Pour pineapple juice and lime cordial into a large jug.
- 2 Add in the cold water and the majority of the lemonade, reserving about 1/3 cup.
- 3 Chill in the fridge until cold.
- 4 When serving, add ice cubes and assorted fruits to glasses and top with the chilled punch.
- 5 Garnish with mint and lime wedges as desired and top off glasses with a splash of the reserved lemonade.

SPICY HERB MOJITOS

TIME 10 MINUTES SERVES 4

45ml white rum of your choice (optional)
1 teaspoon brown sugar
1/2 lime cut into quarters
8-10 mint leaves
4 fresh kaffir lime leaves
Red chilli chopped and added to taste
Soda water

- 1 Wash all fresh ingredients.
- 2 Put rum, lime, ginger, chilli, kaffir lime leaves, mint and brown sugar into your Boston shaker.
- 3 Muddle ingredients together.
- 4 Top shaker with ice, place on the lid. Shake well.
- 5 Pour entire contents into glass.
- 6 Top with soda water.

PAWPAW & MELON BALLS IN A GRAPEFRUIT & MINT JUICE

TIME 10 MINUTES SERVES 6

4 grapefruits, juiced
2 tbsps caster sugar or honey
A few mint leaves for decoration
1/2 paw paw, peeled and seeds removed
1/2 melon of your choice, peeled and seeds removed

- 1 Place the grapefruit juice in a bowl with caster sugar and mint leaves. Stir gently to dissolve the sugar.
- 2 Using a melon baller, scoop little balls from the pawpaw and melon halves. Place the fruit balls into a tall glass and serve with grapefruit juice.

RASPBERRY & MINT COCKTAIL

TIME 5 MINUTES SERVES 2

1 punnet raspberries
1/4 cup sugar syrup
60ml vodka (optional)
Small handful mint leaves, torn
125ml prosecco / champagne (or sparkling juice)
Ice cubes
Mint leaves, to serve

- 1 Blitz half the raspberries in a food processor until smooth, then strain.
- 2 Half-fill a cocktail shaker with ice cubes. Add vodka, torn mint leaves, raspberry puree and sugar syrup. Shake well, then add in prosecco.
- 3 Pour cocktail into glasses and top with mint leaves and remaining berries.

Pawpaw & Melon Balls in a Grapefruit & Mint Juice p61



v



Raspberry & Mint Cocktail
p61

Fresh for Kids Cooking Classes Arrive in Sydney Schools



FRESH *for* KIDS

WHY FRESH FOR KIDS?

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

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

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

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

WHAT TO EXPECT

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

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

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



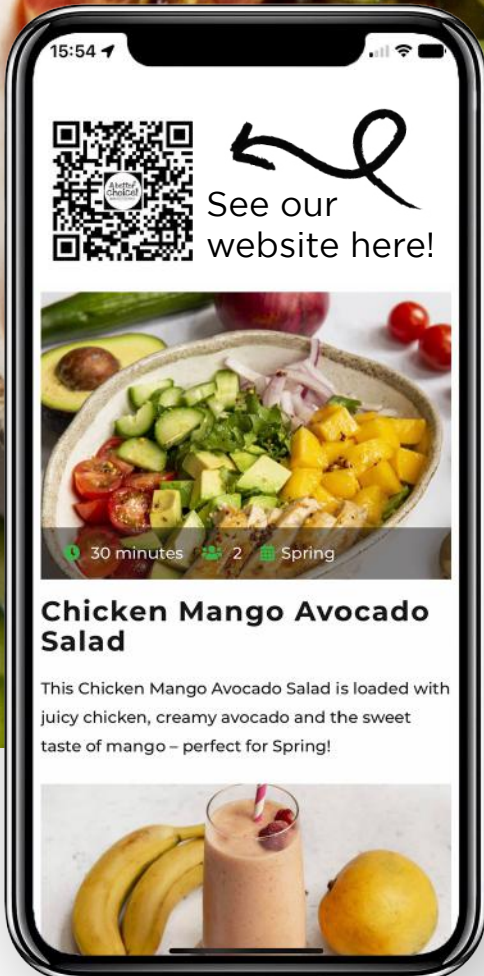
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A high-speed photograph of two red apples splashing in water. The apples are bright red with some yellow-green at the top. The water is clear and creates a dynamic splash with many bubbles. The background is solid black, making the red and white elements stand out.

**Refreshing
to the core.**



**AUSSIE
APPLES**
Hit Refresh



HAVE A VERY BERRY CHRISTMAS!

Nothing screams Aussie Christmas more than, long sunny days, balmy nights, barbecues and the abundance of fresh berries.

Summer marks the peak of Victorian berry season, offering a delightful and nutritious gift that keeps on giving. Bursting with sweetness, strawberries, blueberries, blackberries and raspberries are not only delicious, but also rich in health-boosting nutrients. Packed with antioxidants and fibre, berries stand as a nutritional powerhouse, perfect for savouring on their own or incorporating into various recipes.

Tony Pettinella from Fresh Berry Co, one of Victoria's largest berry growers, loves this time of year. Not only does he enjoy being out on the farm in the beautiful Yarra Valley but his enthusiasm has been heightened by the recent perfect growing conditions during the Spring, promising an

exceptionally delectable Christmas crop. "It takes 28 days from flowering to harvesting the berries, and with the recent scarcity of rain, the quality of berries at your local fruit and veg store will be at its peak around Christmas," says Tony.

With a rich history spanning 45 years in berry farming, Tony and his family take pride in the widespread joy that berries bring. "Everyone loves berries, particularly during the summer months, and it's truly rewarding to provide a product that brings so much enjoyment."

As for Tony's personal enjoyment of berries, he confesses, "I have been known to consume an entire punnet of blueberries in one sitting. For an even sweeter treat, I like to pair my blueberries with some ice cream."



Berry lover? Here are some other fun ways you can include berries in your festive menu this season.



Switch up a favourite with a Raspberry Margarita



Bring Santa to Christmas lunch with strawberries cut in half (Santa's body and hat) and filled with cream (Santas beard)



Add a sweet surprise to a savoury classic with a Blackberry Salad and Balsamic Vinaigrette



For a healthy summer treat try Blueberry and Yoghurt Popsicles

PRO TIP

With their delicate texture and high-water content, berries can have quite a short shelf life. Buying from your local fruit and veg shop can ensure a shorter farm-to-table production line, however, we have a popular hack you can use to keep your berries fresh for longer once you get them home.

Wash berries in one part vinegar and three parts cool water. Let them sit in the mixture for 10 minutes. Drain and rinse with cool water then let air dry or pat dry. Once completely dry, store in a container lined with dry paper towel in the fridge. Rest assured the vinegar does not change the taste of the berries.





Pineapple Fruit Boats
p73

SUMMER COOLERS

Refreshing sweets to keep you cool this summer!

**Vegan Strawberry
Pudding p73**



Strawberry & Mango Popsicles



PINEAPPLE FRUIT BOATS

TIME 20 MINUTES **SERVES** 12

2 apples, unpeeled and thinly sliced
2 bananas, peeled and thinly sliced
2 pears, unpeeled and thinly sliced
2 tbsp lemon juice, freshly squeezed
1 pineapple, fresh (with tops)
2 cups strawberries, topped and halved
2 cups grapes, (seedless) halved
1/3 cup orange juice, freshly squeezed
3/4 cup thickened cream (the colder the better)

3/4 cup powdered sugar; sifted
2 tsp vanilla extract

800 grams ice, finely crushed
1/3 cup almonds, slivered and toasted

1 Sprinkle bananas, apples and pears with fresh lemon juice.

2 Cut the pineapple in half. Using a curved serrated knife, hollow out each pineapple half, leaving 1/2 shell. Set aside the shells and reserve all juice, (however, discard the core).

3 Cut pineapple into 1/4 cubes and transfer to large bowl along with all other sliced fruit.

4 Mix through the pineapple juice and orange juice then spoon fruit mixture into pineapple shells and top with the ice cream

5 Top with the ice cream and serve immediately.

FOR ICE CREAM:

1 Using an electric beater on medium to high speed, whip the cream, powdered sugar and vanilla extract in a large bowl until soft peaks form. Keep a close eye on it as you don't want to overbeat it.

2 Add the ice to a blender or food processor with steel blade, blitz on high for a few seconds until ice is crushed and resembles a snow like consistency.

3 Gradually fold in the crushed ice until mixture is consistency of ice cream, then fold in nuts.

VEGAN STRAWBERRY PUDDING

TIME 5 MINUTES **SERVES** 4

2-3 punnets strawberries, stems removed

1 cup coconut cream

3 tbsp maple syrup

1/4 tsp salt

1 tsp lime zest

1 tbsp lime juice

Mint leaves, torn

1 Place all ingredients into a blender and puree until thick and creamy. Divide the mixture into ramekins and place in the fridge or freezer to chill for at least 1 hour.

2 Remove puddings from fridge or freezer and top with fresh strawberries and some torn mint leaves.

YOGHURT BARK

TIME 5 MINUTES + 3 HOURS

FREEZE **SERVES** 6

2 cups Greek or Vanilla Yoghurt

4 strawberries, thinly sliced

1 cup raspberries, cut in half

1/2 cup blueberries

1 Line a large baking tray with baking paper. Spread the yoghurt evenly over the lined tray. Top with the sliced strawberries, raspberries and blueberries. Place in the freezer for 3 hours or until firm.

2 Transfer the yoghurt bark to a clean surface and carefully cut into pieces with a knife. Serve immediately!

STRAWBERRY & MANGO POPSICLES

TIME 10 MINUTES **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 1/4 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 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 mold, run under hot water for 10 secs and then gently pull the popsicles out of the moulds.



Yoghurt Bark p73

PICNIC SEASON

Strawberry Cookies p78



Egg Bread Muffins p78





Cauliflower, Zucchini & Halloumi Fritters p78

STRAWBERRY COOKIES

TIME 30 MINUTES SERVES 4

170g fresh strawberries, hulled and diced
1 cup plain flour
1 tsp baking powder
1/4 tsp salt
1/4 cup white sugar + 1 tbsp for garnish
3 tbsps unsalted butter, cold
1/3 cup thickened cream + 1 tbsp, chilled

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

2 In a medium bowl, add the flour, baking powder, salt, and sugar. Stir until combined. Next, add the butter, using your fingertips to rub it into the flour mixture until butter is evenly dispersed.

3 Add the thickened cream and diced strawberries to the dough, gently stirring until just combined.

4 Scoop dough into balls and place onto the lined baking tray - mixture should make around 12 cookies. Sprinkle the tops of each cookie with some white sugar, then bake in the oven for 20 mins or until golden brown and cooked through.

5 Once done, remove tray from the oven and transfer cookies to a wire rack. Allow cookies to cool completely before serving.

EGG BREAD MUFFINS

TIME 50 MINUTES SERVES 12

1/2 brown onion
1 red capsicum
1 zucchini
1/2 cup cherry tomatoes
2 tbsps vegetable oil
4 stale pieces of bread
8 eggs
350ml milk
1 cup grated cheese

1 Preheat the oven to 180C, and line a muffin tray with paper cases.

2 Roughly chop the brown onion, red capsicum, zucchini, and cherry tomatoes.

3 Heat a large fry pan over a medium heat with the oil.

4 Cook the chopped vegetables until softened and golden. Remove from the heat and leave to cool.

5 Whisk the eggs and milk until well combined. Roughly chop the bread into small cubes and add to the egg mixture. Add grated cheese and stir to combine.

6 Stir the cooled vegetables into the egg mix, season with salt and pepper, then divide the mixture between the prepared muffin cases.

7 Bake for 25 minutes or until golden and set.

CAULIFLOWER, ZUCCHINI & HALLOUMI FRITTERS

TIME 30 MINUTES SERVES 4

1/2 head cauliflower, grated
2 x zucchini, grated
1 x block 225g halloumi, grated
1 cup self raising flour
4 x eggs
Canola oil (or other preferred oil) to fry
Salt and pepper

1 In a large mixing bowl, combine cauliflower, zucchini and halloumi and toss to combine. In a separate bowl, mix the eggs together to combine.

2 Add eggs into the vegetable mixture. Stir to combine.

3 Add flour into wet mixture and stir to combine. Mixture should resemble thick pancake batter.

4 Add 1 tbsps of oil to a warm frypan on medium heat. Add mixture in even portions to the frypan to cook, flipping when each side is browned. Work in batches until all the batter is cooked.

5 Serve warm with a side salad of your choice.

BLUEBERRY & WHITE CHOCOLATE COOKIES

TIME 25 MINUTES SERVES 6-12

1 cup all-purpose flour
1/2 tsp baking powder
1/8 tsp salt
1/3 cup unsalted butter, softened
1/3 cup + 1 tbsp granulated sugar
1/3 cup fresh blueberries
1/2 cup white chocolate chips

1 Preheat your oven to 200C. In a small bowl, whisk together the flour, baking powder and salt. Use an electric mixer to cream together the butter and sugar, then add the blueberries and combine on a high speed.

2 Gradually fold the dry ingredients in with the wet ingredients to form the dough. Then, gently mix in the white chocolate chips. The dough will need to be chilled for 20 minutes in the freezer before shaping into 6-12 balls (depending on which sized cookies you'd like).

3 Bake the cookies for 10-15 minutes. Let cool on a wire rack, then serve!

AIR-FRIED BROCCOLI & CORN CHEESE BALLS

TIME 1 HOUR SERVES 2

3/4 cup fresh broccoli florets cut to approx 10 - 15 mm
3/4 cup of fresh corn kernels
3 cups of shredded cheese, we used a mix of mozzarella, cheddar and parmesan

2 1/4 cups Panko breadcrumbs
4 eggs

1/2 cup all-purpose flour
1 tsp ground smoked paprika
2 tsp garlic powder

Salt and pepper to season
Vegetable oil spray

1 Steam broccoli florets and corn kernels until beginning to soften.

2 Whisk two eggs in a large bowl, add cooled broccoli florets and corn kernels, cheese, paprika, garlic powder, a pinch of salt, and 1/4 cup of panko bread crumbs. (If you are using cream cheese in your cheese mixture only add enough egg to allow balls to form and stick together)

3 Shape the mixture into balls using 1 heaped tablespoon for each, they should be roughly golf ball sized. Place in a single layer on a plate and refrigerate for at least 30 mins to set.

4 Prepare crumbing station, using three small bowls. Add flour to one bowl, whisk two eggs in another bowl and add the remaining panko bread crumbs to the third bowl.

5 Remove balls from refrigerator, roll in flour and shake off excess, dip in egg and allow excess to drip off then roll in panko crumbs.

6 Spray or brush crumbed balls with oil and air-fry at 200C for approx 20-25 mins or until golden.

7 Serve warm with a sauce of your choice.



Blueberry & White Chocolate Cookies

**Air-fried Broccoli &
Corn Cheese Balls p78**



Weekday MAGIC

Delicious week-day meals to
keep you on track!

Chicken & Asparagus
Bowl p84



**Teriyaki Chicken & Rice
Bowls p84**



CHICKEN & ASPARAGUS BOWL

TIME 1 HOUR

SERVES 4

1 bunch asparagus, ends trimmed

2 tbsp olive oil

Salt & pepper

1 garlic clove, crushed

1 tsp paprika

1 tsp dried oregano

4 cups brown rice, cooked

2 avocados, sliced

1 cup cherry tomatoes, halved

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

Toss asparagus with 1 tbsp oil, and season with salt and pepper. Bake until the asparagus is tender.

2 Cut the chicken breasts in half, lengthwise, and season both sides of the chicken with garlic, paprika, dried oregano, salt, and pepper.

3 Heat the remaining oil in a large frypan over a medium heat. Add chicken to the hot frypan and cook until golden brown and cooked through. Remove from heat and let rest for 5-10 mins before slicing into strips.

4 In a blender, add mayonnaise, yoghurt, basil, parsley, chives, lemon juice, and garlic. Pulse until well blended, then season with salt and pepper, to taste.

5 Divide the rice between 4 serving bowls, top with half an avocado each, cherry tomatoes, cooked chicken, and roasted asparagus.

6 Drizzle the dressing over each bowl and enjoy!

TERIYAKI CHICKEN & RICE BOWLS

TIME 15 MINUTES

SERVES 4

250 grams pineapple

250 grams capsicum

250 grams edamame

1 knob of ginger

2 tbsp teriyaki sauce

1 tbsp soy sauce

2 chicken breasts

Rice, 2 cups cooked

Spring onions, to garnish

Sesame seeds, to garnish

1 Cut up the pineapple into bite size pieces. Then cut the capsicum into strips. Grill the pineapple and capsicum, try not to move them too much. We want some char marks. Meanwhile, steam the edamame for 5 minutes.

2 Cover the chicken in the teriyaki sauce and grated ginger. Cook for 7 minutes on each side. Let the chicken rest for 5 minutes.

3 Add your cooked, pineapple, capsicum, and edamame to a glass container. Cut up the cooked chicken into strips and place on the rice. Dress with sesame seeds, spring onions and soy sauce.

HONEY SRIRACHA GLAZED MEATBALLS

TIME 30 MINUTES

SERVES 3

15 pre made meatballs

1 lime

1 spring onions

1 tbsp sesame seeds

1 cup baby spinach

2 carrots

2 cups uncooked rice

1 tbsp olive oil

1/4 sriracha

3 tbsp soy sauce

3 tbsp honey

1 tsp sesame oil

1 Wash rice and add to 4 cups of water. Simmer for 15 minutes or until rice is tender.

2 Heat olive oil in a pan and add your meatballs to brown. Meanwhile, add sriracha, soy sauce, honey and sesame oil into a ball and mix.

3 Once the meatballs are cooked coat them in the sauce. Grate carrots, wash baby spinach and chop spring onions at an angle.

4 Add your cooked rice, meatballs and veggies into a microwavable safe container. Top with spring onions and sesame seeds.

CAULIFLOWER WRAPS

TIME 40 MINUTES

SERVES 6

1 head cauliflower

6 flatbread

Vegan tzatziki

1 punnet cherry tomatoes, sliced

1/2 cucumber, sliced

1/2 small red onion, finely sliced

1/2 cup basil

Pitted kalamata olives

Feta

2 tbsp olive oil

1 tsp cumin

1 tsp turmeric

1 tsp paprika

1 tsp coriander

1/2 tsp garlic powder

Salt

Pepper

1 Preheat oven to 200C.

2 Cut the cauliflower head into florets all roughly the same size.

3 In a glass bowl mix together oil, spices and chopped cauliflower. Season with salt & pepper to taste.

4 Spread the cauliflower out evenly on a tray and bake for 25-30 minutes. Toss them halfway through. Heat up flatbread before serving.

5 Assemble the flatbread with vegan tzatziki, cucumber, tomato, red onion, cauliflower, basil, olives and feta.

Cauliflower Wraps



Western Australia's Iconic GALATI GROUP

In the heart of Western Australia's expansive agricultural landscapes, the Galati Group has emerged as a formidable force, shaping the region's fresh produce industry with innovation, dedication, and a commitment to quality. What started as a modest market garden in the 1960s, has now evolved into a thriving empire, led by Tony Galati, affectionately known as the Spud King, and his younger brother Vince. But Tony's influence goes beyond business success. His dedication to supporting local growers, advocating for seasonal produce, and embracing sustainable farming practices resonates in every aspect of the Galati Group.



From Soil to Spudshed Stores

The Galati family's journey began in Spearwood, where Tony, alongside his brothers Vince and Sam, worked alongside their Sicilian parents on a two-hectare market garden. These humble beginnings instilled in them a work ethic that would become the foundation of the Galati legacy.

In 1998, the family ventured into independent growers markets, giving birth to the first Spudshed store in Baldivis. What started as a small shed, grew into a network of 17 Spudshed stores. The essence of their business philosophy remains unchanged—to bring down the cost of a weekly shop and make healthy fresh produce affordable for the people of Western Australia.

Today the Galati Group is vertically integrated, producing eggs and farming beef in addition to their extensive cultivation of potatoes, carrots, onions, broccoli, cauliflower, grapes, figs and mangoes situated on over 1000 hectares of irrigated land. Their state-of-the-art processing and packaging facility, located south of Perth, guarantees optimal freshness and quality for customers.

A Family Affair: Galati Group's Operations

Despite the vastness of the Galati enterprise, the business remains a family affair. Tony, together with his brother Vince, supported by their sons, oversee the day-to-day operations on farms stretching from Manjimup to Kununurra.

Tony's eldest son, Frankie, now leads the Galati Group as CEO, ensuring the family's values and commitment to quality endure. Frankie is particularly committed to sustainable farming practices, harnessing solar and wind energy on farms and stores, plus returning any food waste from stores to the farms.

Beyond business success, the Group actively supports local community groups and youth health such as Telethon7 and the Perth Children's Hospital.

Challenges Seasonality

Looking ahead, the Galati family faces challenges inherent in the industry—finding good water availability, suitable land, and navigating the rising costs of production.

In the warmer months this is amplified with an increase in pests, relentless winds that can wreak havoc on crops, farm pickers working in the hot elements and shorter harvesting periods. As an example, broccoli must be harvested as soon as it is ready. This is even more important in summer as they grow at a rapid rate.

In the north, growing mangoes involves a further set of challenges. Firstly, achieving successful flowering necessitates the right temperature and precise fertilizer application. Secondly, it's crucial to set the right amount of fruit on the tree. Thirdly, maintaining the fruit on the tree, as excessive heat can lead to fruit aborting. And finally, only once these stages are navigated, another challenge emerges—finding a workforce to harvest and pack the crop.

However, despite a very low yield this year, the prices have remained favorable, providing a hopeful outlook for the season's overall success. But as the saying goes in the Galati family, the true measure of the harvest is only realized once the mangoes are in the tray and sold.

As the Group navigate the challenges of the industry, from seasonal nuances to the intricacies of sustainable farming, there's a vision that extends beyond business success. In every spud, broccoli, or tray of mangoes, the Galati Group embodies a narrative of hard work, family values, and community.



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SCAN QR
TO ENTER
AND WIN!

IN A --- RUSH

Get dinner on the table in under 45 minutes with these flavour sensations!

Recipe and Imagery provided by Tom Walton



**Miso Roast
Mushroom Bowl**
p91



Roast Vegetable Pesto Gnocchi



ROAST VEGETABLE PESTO GNOCCHI

TIME 40 MINUTES SERVES 2

2 cups fresh basil
2 cloves of garlic
2 tbsp yeast
3 tbsp olive oil
3 tbsp pine nuts
1/2 tsp of salt, plus more to taste

FOR THE GNOCCHI & VEGGIES:

1 package potato gnocchi
1 zucchini, diced
8 cherry tomatoes, cut in half
1/2 red onion, thinly sliced
2 tbsp pine nuts
2 tbsp olive oil
1/2 cup pesto, divided

Fresh basil

1 Add the basil, garlic, yeast, olive oil, pine nuts, and salt to a food processor. Pulse until smooth. Taste and season with more salt if needed.

2 Add a tablespoon or two of water to thin out the consistency if desired.

3 Keep leftovers stored in a jar or airtight container in the refrigerator for up to 1 week.

FOR THE GNOCCHI AND VEGGIES:

4 Preheat your oven to 200C. Lightly grease a large casserole dish.

5 Add the gnocchi, zucchini, tomatoes, onion, and pine nuts to the casserole dish. Drizzle the olive oil over the top and add 1/4 cup of the pesto. Use a spoon to mix the veggies and gnocchi well in the oil and pesto. Spread the mixture evenly across the dish.

6 Place the baking dish in the middle of the oven. Bake for 20 minutes, until the tomatoes are bursting and the gnocchi exposed at the top is slightly crispy.

7 Stir in the remaining 1/4 cup of pesto and serve, topped with fresh basil.

MISO ROAST MUSHROOM BOWL

TIME 25 MINUTES SERVES 2

500g Portabello mushrooms
2 tbsp white miso paste
2 tbsp soy sauce
3 tbsp honey
2 tbsp sesame oil
2 tbsp rice vinegar

2 tbsp toasted sesame seeds

1 bunch baby broccoli, sliced into smaller pieces on an angle

To serve, sliced shallots and steamed rice

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

2 Place the mushrooms into a large mixing bowl and lightly season with salt & pepper.

3 In a small bowl whisk together the white miso, soy sauce, honey, sesame oil, rice vinegar, and sesame seeds.

4 Toss the mushrooms with 2/3 of the miso marinade and place cut side up onto the baking tray and roast for 8 minutes, until they begin to caramelize and release their juices.

5 Meanwhile bring a pot of water to the boil, lightly season with salt, and add the baby broccoli to cook for 30 seconds then drain and toss with the remaining miso marinade.

6 Serve the mushrooms and broccolini, with any tray juices, over steamed rice.

Enjoy!



Vietnamese Inspired
Crispy Salad p95



Fish Tacos with Fresh
Mango Salsa p95

Beef Burrito Bowls





VIETNAMESE INSPIRED CRISPY SALAD

TIME 40 MINUTES SERVES 2

1 cup iceberg lettuce
2 portions of rice noodles
1/2 red cabbage, finely chopped
1 cucumber, finely chopped
1 carrot, finely chopped
Bunch of coriander
1 cup broccolli florettes, cooked
1 tbsp sesame oil
2 tbsp sweet chilli sauce
1 tsp garlic powder
1 tsp chili flakes
Fresh basil

1 Prep all fresh ingredients and add to a large bowl.

2 Cook rice noodles according to package instructions.

3 For the dressing, combine sesame oil, sweet chili sauce, garlic powder, and chili flakes in a small bowl.

4 Pour the dressing into the large bowl with fresh produce, and noodles, mix everything through and enjoy!

FISH TACOS WITH FRESH MANGO SALSA

TIME 30 MINUTES SERVES 2

600g flat head fillets

MARINADE

1 lime, juiced
1 tablespoon of extra virgin olive oil
Small handful of coriander, washed, dried and roughly torn
Teaspoon of freshly chopped green chilli

Pinch of salt

SALSA

1 ripe mango, skin removed and roughly diced
2 teaspoons of chopped jalapeno chilli (or normal chilli)
1 handful of coriander, washed, dried and roughly chopped
2 tablespoons of lime juice

ASSEMBLY

8 corn tortillas
2 handfuls of shredded lettuce
2 tomatoes, washed and diced
2 small handfuls of picked coriander, washed and air dried

1 To marinate the fish combine all of the ingredients in a mixing bowl except the fish, stir to combine and then add the fish into the marinade and allow to marinate for at least 20 minutes at room temperature.

2 Once marinated grill the fish over a high heat on both sides, once cooked allow to rest for a moment and prepare the remainder of the ingredients.

3 To make the mango salsa, combine the mango, chilli, coriander and the lime juice and stir to combine.

4 To assemble warm the tortillas in a pan over a medium heat until warm, alternatively this can be done in the oven by wrapping the tortillas in aluminium foil and gently heating them until soft and pliable.

5 You can serve everything individually in separate bowls for your guests to assemble themselves, or scatter cooked fish over warm tortillas followed by the toppings.

BEEF BURRITO BOWL

TIME 25 MINUTES SERVES 4

1 tbsp olive oil
2 red onions, sliced
500g beef mince
Salt and pepper, to taste
200ml boiling water
2 tsp tomato paste
4 medium tortillas
1/3 iceberg lettuce, shredded
1 cup cherry tomatoes, halved
1/2 cucumber, diced
4 tbsp Greek yoghurt
1 lime, quartered, to serve

1 Preheat the oven to 200C.

2 Brush the tortillas with a little olive oil, then put each one in an oven-proof bowl. Bake for 5-6 minutes until golden and firm. Remove from the oven and leave to cool.

3 Heat 1 tbsp oil in a large fry pan over medium, add the red onions and beef mince, and cook until the onions have started to soften and the beef has browned.

4 Mix the tomato paste with the boiling water, then add to the fry pan. Season with salt and pepper, then simmer for 6-8 minutes until the liquid has been absorbed.

5 To serve, fill the tortilla cases with shredded lettuce, then top with the beef, tomatoes, and cucumber. Add a dollop of yoghurt and a lime wedge to each, and serve straight away.

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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.

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fresh friends for the lunchbox



X



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