

# FRESH *for* KIDS

NOURISHING, SIMPLE IDEAS FOR  
SERVING FRESH FRUIT & VEG TO KIDS

SYDNEY MARKETS®

Autumn 2018

Up the goodness factor with  
this easy-breezy healthy veggie  
salad for school lunch.

See the recipe on the back page.



EASY SCHOOL LUNCHES + TOP PEAR INFO + VALENCIA ORANGES + SEASONAL PRODUCE + MORE  
Go to [www.freshforkids.com.au](http://www.freshforkids.com.au) for more fabulous fresh fruit and vegetable recipes and ideas



# Little munch, BIG crunch = Power-packed school lunch

Kids relish variety so swap those everyday sandwiches for fresh veggies. Loaded with colourful and crunchy seasonal produce, these dishes are sure to satisfy hungry tummies. Simply prepare the night before and refrigerate in an airtight container to maintain crispness.



## HONEY & SOY CUCUMBER, CARROT & CHICKEN NOODLE SALAD

Preparation 26 mins | Makes 6

We packed the salad into 500ml disposable plastic containers however you can use any container or lunchbox to serve this salad.

500g fresh Singapore noodles  
2 carrots, peeled  
2 green onions (shallots), trimmed and thinly sliced  
3 Lebanese cucumbers, diced  
½ small red cabbage, finely shredded  
1 barbecued chicken, skin and bones discarded, flesh shredded

**Soy and honey dressing:**  
⅓ cup honey  
2 tbs salt reduced soy sauce  
2 tsp sesame oil

**Step 1** Place noodles into a large heatproof bowl. Cover with boiling water. Stand for 1 minute. Drain, refresh in cold water and set aside for a few minutes to dry. Place noodles into a large bowl.

**Step 2** Using a julienne peeler, slice carrots lengthways into long thin strips. Add carrots, green onions, cucumbers, cabbage and chicken to noodles.

**Step 3** To make soy and honey dressing, combine all ingredients in a screw-top jar. Shake until well combined.

**Step 4** Just before serving, drizzle dressing over salad and gently toss to combine. Spoon into serving containers and serve.



## AVOCADO, ICEBERG LETTUCE & EGG RICE PAPER ROLLS

Preparation 30 mins | Cooking 8 mins | Makes 8 rolls

6 free-range eggs, (at room temperature)  
¼ cup whole egg mayonnaise  
2 tbs finely chopped chives  
1 large carrot, peeled  
1 Ice-berg lettuce, leaves removed and roughly torn  
8 large rice paper wrappers

**Step 1** Place eggs into a saucepan, cover with cold water and bring to the boil over medium-high heat. Gently boil eggs for 5 minutes, drain, cool under cold water and peel. Place eggs into a bowl. Add mayonnaise. Roughly mash the egg mixture using a fork. Season with salt and pepper to taste. Stir through chives.

**Step 2** Using a julienne peeler, slice carrot lengthways into long thin strips.

**Step 3** To make wraps, arrange all ingredients around a clean board. Pour warm water in a shallow bowl (large enough to fit the rice papers). Dip a rice paper into the water until just softening. Place onto the board. Pile a few pieces lettuce into centre, top with a large spoonful of the egg mixture and top with carrot. Roll up to enclose filling. Repeat using remaining ingredients. Cover and chill until ready to serve.



# It's Aussie-grown pear season

*Get snacking on these high-fibre Autumn gems*

## STORAGE

Leave pears to ripen in a single layer, out of direct sunlight, at room temperature. Once ripe, store in the fridge and use within a few days.

## WHEN IS A PEAR READY TO EAT?

Pears are ripe and ready to eat when they yield to gentle pressure around the stem. They can be eaten while still firm and crisp or fully ripe and super-tender.



### First in season is the WILLIAMS

This juicy pear is available from January through to May. Its skin turns from green to vibrant yellow with ripening.

Enjoy its sweet and succulent tender flesh when full ripe.

Williams pears are perfect in smoothies.

### ...followed by the CORELLA

This attractive pear develops a pink blush when fully ripe and is juicy and sweet.

Available from April through to October, the Corella has dense white flesh and a delicate crunch making it easy to slice. It is small to medium in size so is perfect for little hands.

- Team sliced Corella pear with wedges of reduced-fat cheddar or Colby cheese.
- Top wholegrain toast with reduced-fat cream cheese, sliced Corella pear and a drizzle of honey.

### ...and then, the JOSEPHINE

Available from April, the Josephine is a versatile squat and shiny green pear with thin skin. It can be eaten while crisp and crunchy or left to ripen for a richer flavour. The Josephine has buttery juicy flesh with a delicate taste.

- Wrap sliced ham around quartered and cored wedges of just-ripe Josephine pears.
- Fold chopped Josephine pear through thick Greek-style yoghurt with a swirl of maple syrup and top with toasted almond flakes.



## SCRUMPTIOUS PEAR & MUESLI MUFFINS

- Cut 3 cm from the top of 6 small just-ripe pears (Williams, Corella or Packham), leaving the stem intact. Set tops aside. Chop 3 of the remaining pears and drizzle with 1 tbs lemon juice.
- Combine 1½ cups sifted self-raising flour, ½ cup caster sugar, 1 tsp ground cinnamon and ½ cup muesli in a large bowl. Make a well in the centre and set aside.
- Combine ¾ cup buttermilk, 2 free-range eggs and ½ cup rice bran oil or vegetable oil in a jug. Whisk until smooth. Add buttermilk mixture and chopped pears to flour mixture. Using a large spoon, mix until just combined.
- Spoon mixture into a 6 x ¾ cup capacity muffin pan lined with muffin cases. Top each with a pear top and sprinkle evenly with ¼ cup muesli and 2 tbs demerara sugar. Bake at 180°C fan-forced for 20-25 minutes until a skewer inserted comes out clean. Stand for 10 minutes before turning onto a wire rack to cool.



Here's the delicious salad recipe featured on the cover...

## AVOCADO, SWEETCORN & TOMATO SALSA SALAD CUPS

Preparation 25 mins | Cooking 4 mins | Makes 6

We packed the salad into 500ml disposable plastic cups however you can use any container or lunchbox to serve this salad.

3 sweet corn cobs, husks and silks removed  
2 ripe avocados, halved lengthways and seeds removed  
1 tbs lemon juice  
350g tomato medley, halved  
½ cup mild tomato salsa sauce  
½ medium Iceberg lettuce, shredded  
Coriander leaves and corn chips, to serve

**Step 1** Place corn in a single layer in a shallow microwave safe dish, cover and microwave on high for 4 minutes. Uncover and set aside for a few minutes to cool. Slice the kernels from the cobs and set aside.

**Step 2** Spoon avocado flesh into a bowl. Drizzle with lemon juice and season with salt and pepper. Mash until just smooth. Set aside. Combine tomato medley and tomato salsa sauce in a bowl. Set aside.

**Step 3** To assemble the salads, layer the lettuce, corn, tomato mixture and avocado into serving cups. Top each with a coriander leaf and serve with corn chips.



# Valencia Oranges

Packed with Vitamin C, the splendid summer Valencia orange is available until late autumn, heralding the start of Navel season.

With few seeds, thin skin and juicy tender flesh, the Valencia is the ideal orange for juicing. Freshly-squeezed Valencia orange juice stays fresher and sweeter for longer than the juice of the winter Navel orange.

The sweet juiciness and nutritious fibre of oranges can be enjoyed year-round.

### WHY THE GREEN SKIN?

Don't be put off by the green-tinged skin on these juicy summer oranges, it's a natural part of the ripening process and does not affect the flavour or quality of the orange.

### VERSATILE VALENCIA ORANGES

- Team refreshing chopped Valencia oranges and pineapple with passionfruit pulp in a tropical Vitamin C-rich fresh fruit salad.
- Drizzle Valencia orange juice over pancakes and crepes.
- Chill out with frozen Valencia orange segments any time of day.



## Seasonal Produce Guide

WHAT'S BEST THIS AUTUMN...

### FRUIT

Apples  
Avocados  
Bananas  
Custard apples  
Figs  
Grapes  
Guava  
Kiwifruit  
Lemons  
Limes  
Mandarins:  
Imperial  
Nashi  
Oranges:  
Valencia (early autumn)  
Navel (late autumn)  
Papaw  
Passionfruit  
Pears  
Plums  
Pomegranates  
Quinces  
Rhubarb  
Tamarillos

### VEGGIES

Asian greens  
Beans  
Broccoli  
Brussels sprouts  
Cabbages  
Capsicums  
Carrots  
Cauliflower  
Celery  
Chestnuts  
Cucumbers  
Eggplant  
Fennel  
Leeks  
Lettuce  
Mushrooms  
Parsnips  
Peas  
Potatoes  
Pumpkins  
Silverbeet  
Spinach  
Sweet potatoes  
Sweetcorn  
Tomatoes  
Turnips  
Witlof  
Zucchini

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