

FRESH for KIDS

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

SYDNEY MARKETS®

Winter 2019

Freshly baked muffins are a well-loved treat and these muffins are especially good! They're filled with nourishing fresh fruit and carrot as well as yoghurt and wholegrain oats.



Recipe on the back page

KNOW YOUR ORANGES + WARMING WINTER VEGGIE RECIPES + MORE

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EAT WELL... NOURISHING WINTER WARMERS

Colourful and nourishing, these vitamin-rich fresh veggie meals are sure to please hungry kids on cold winter days.

This vibrant Mexican-style soup is brimming with fresh carrots and teams perfectly with creamy avocado, coriander and lime.

Kumara (orange sweet potato) takes centre stage with apple in this easy tray bake with chipolata sausages. The natural sweetness of the tender roasted kumara and Granny Smith apples complements the chipolatas. Fresh green beans add a dash of colour and crunch.



ROASTED KUMARA, APPLE & CHIPOLATA TRAY BAKE

Prep 15 mins | Cooking 40 mins | Serves 4

- 600g kumara (orange sweet potato), peeled and cut into bite-sized pieces
- 1 medium Granny Smith apple, cored and cut into thin wedges
- 12 chipolata sausages
- 1/3 cup cranberry sauce
- 1 garlic clove, crushed
- 2 tbs olive oil
- 175g green beans, trimmed
- 1/4 cup flat-leaf parsley, chopped

Step 1 Preheat oven to 200°C fan-forced. Toss kumara, apple and sausages in a large baking pan lined with baking paper.

Step 2 Warm cranberry sauce in an oven-proof bowl in the microwave for 10-20 seconds until runny. Stir in garlic and oil. Brush cranberry mixture over sausages and vegetables to coat. Roast, tossing occasionally, for 35-40 minutes or until vegetables are tender and chipolatas are golden and cooked through.

Step 3 In the last few minutes of cooking, plunge beans into a medium saucepan of boiling water and cook for 2-3 minutes until just crisp. Drain. Toss beans and parsley through the bake. Serve with crusty bread if liked.



MEXICAN CARROT, JALAPENO & BLACK BEAN SOUP

Prep 20 mins | Cooking 45 mins | Serves 4-6

- 1 tbs olive oil
- 1 red onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 red capsicum, deseeded and chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 jalapeno chillies, deseeded and chopped
- 400g can chopped tomatoes
- 6 cups chicken or vegetable stock
- 800g carrots, chopped
- 400g can black beans, drained and rinsed
- 2 tbs lime juice
- 1/3 cup coriander leaves, finely chopped (+ extra leaves to serve)
- 1/4 cup reduced fat sour cream
- 1/2 ripe avocado, flesh diced
- pan-fried tortillas and lime wedges, to serve

Step 1 Heat oil in a large saucepan over medium heat. Add onion, garlic, chilli and capsicum and cook, stirring often, for 4-5 minutes until softened.

Step 2 Stir in ground cumin and coriander and cook for 1 minute. Add carrots and cook, stirring often, for 5 minutes. Stir in stock. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes. Remove from heat and set aside to cool slightly.

Step 3 Using a hand-held blender, blend soup until smooth. Stir in black beans, lime juice and chopped coriander. Season with salt and pepper to taste.

Step 4 Ladle soup into serving bowls. Top with sour cream, avocado and coriander leaves. Serve with pan-fried tortillas and lime wedges.

KNOW YOUR... Winter Oranges

Citrus season is here and there's a plentiful supply of freshly-picked Aussie oranges at your local greengrocer. Boasting almost 2 day's supply of vitamin C, the juicy orange blasts away the winter chills.

NAVEL ORANGES

In season from May to November, Australian-grown Navel oranges are characterised by their rich orange colour and 'navel'-like indentation on the base. A very popular orange, Navels are seedless and have a deliciously sweet citrus flavour.

SEVILLE ORANGES

Large rough-skinned Seville oranges look vibrant and flavoursome. However, the flesh is in fact quite bitter and tangy so is best reserved for marmalade and preserves. Seville oranges are only available in late winter.

BLOOD ORANGES

Arriving in greengrocers in July for a short season, blood oranges are prized for their ruby flesh and tangy raspberry-citrus flavour. Deep ruby red skin generally indicates a more intense coloured flesh.

CARA CARA NAVEL ORANGES

These stunning oranges have deep rosy-orange juicy flesh. Naturally sweet, Cara Cara navels are low in acidity and have a refreshing yet tart citrus taste with a hint of cranberry. They're in season from mid-June through to July.



GREAT IDEAS...

Using Oranges

- ✓ Toss chopped oranges into fresh winter fruit salads with dates and pomegranate.
- ✓ Decorate crepes with warmed orange segments and a dusting of icing sugar.
- ✓ Squeeze fresh oranges for a super vitamin C breakfast juice.
- ✓ Pop chilled quartered oranges into the school lunch box.

BOOST KIDS' VITAMIN C INTAKE WITH KIWIFRUIT

A nutritional gem, kiwifruit is a fantastic source of vitamin C. This fuzzy fruit also contains vitamin E as well as dietary fibre. One kiwifruit provides 57mg of vitamin C – that's more than the recommended daily intake.

Gold/yellow-fleshed kiwifruit has very juicy, sweet, tender golden-yellow flesh. It's slightly elongated. A mere 40g of gold kiwifruit contains a day's recommended intake of vitamin C!

Green-fleshed kiwifruit is very popular and less sweet than the yellow-fleshed variety. It has a firm edible central core.

Red-fleshed kiwifruit is a sweet and utterly irresistible new arrival to the market. Its green and red flesh has an attractive star pattern in the centre.

TO EAT: Kiwifruit is ripe and ready to eat when it yields to gentle pressure around the stem. Halve kiwifruit and scoop out the juicy flesh with a teaspoon. Alternatively, peel the fruit with a small sharp knife, and slice or dice as required.



Seasonal Produce Guide

WHAT'S BEST THIS WINTER...

FRUIT

Apples
Avocados
Banana
Custard apples
Grapefruit
Kiwifruit
Gold
Green
Red
Lemons
Mandarins
Nashi
Oranges
Navel
Blood
Cara cara navels
Pears
Packham
Beurre Bosc
Corella
Pomelo
Quince
Rhubarb
Strawberries
Tangelos

VEGGIES

Beetroot
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Eggplant
Fennel
Jerusalem
artichokes
Kohlrabi
Kumara (orange
sweet potato)
Leeks
Mushrooms
Onions
Parsnips
Potatoes
Pumpkin
Silverbeet
Spinach
Swede
Turnips
Zucchini

APPLE, BANANA & CARROT MUFFINS

PICTURED ON COVER

Prep 10 mins | Cooking 30 mins | Makes 12

1 very ripe banana, peeled
1 apple, unpeeled, coarsely grated
1 carrot, unpeeled, coarsely grated
½ cup wholegrain rolled oats,
plus extra 2 tbs
1 free-range egg
½ cup light in flavour extra virgin
olive oil
¾ cup Greek-style natural yoghurt
+ ⅓ cup extra to serve
⅓ cup caster sugar
1 cup wholemeal self-raising flour
2 tsp baking powder
1 tsp ground cinnamon
6 small strawberries, hulled
and halved, to serve

Step 1 Preheat oven to 200°C fan-forced. Line a 12 hole x ½ cup capacity muffin pan with muffin wraps or paper cases.

Step 2 Place banana into a mixing bowl. Using a fork, mash until almost smooth. Add apple, carrot, oats, egg, oil, yoghurt and sugar. Whisk with a fork until just combined.

Step 3 Add flour, baking powder and cinnamon to banana mixture. Stir with a fork until just combined (don't over mix). Divide mixture among prepared cases. Scatter with extra oats. Bake for 25-30 minutes until cooked through when tested with a skewer. Stand in pan for 10 minutes then transfer to a wire rack to cool.

Step 4 Top each muffin with a dollop of yoghurt and a halved strawberry and serve.



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