FRESH for KIDS

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

HEALTHY BURGERS FOR HUNGRY KIDS!

Bring on spring with easy breezy Chinese cabbage coleslaw & peri peri chicken burgers.

GREAT VEGGIE SKEWER RECIPES + PINEAPPLE + BANANA & STRAWBERRY CUPCAKES + MORE

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Stick 'em up...
Bumper veggie-laden skewers

These fun to make and easy to eat skewers are a great way to get kids to eat more veggies!

Fun skewer sandwiches for lunch, instead of everyday sliced bread sandwiches.

The healthy Honey & sesame zucchini, mushroom & chicken skewers are perfect for fundraiser BBQs or an easy weeknight meal.

HONEY & SESAME ZUCCHINI, MUSHROOM & CHICKEN SKEWERS

Prep 20 mins | Cook 10 mins | Makes 8

¼ cup honey
2 tbs salt reduced soy sauce
1 tsp sesame oil
2 medium zucchini, cut into 2cm pieces
200g small button mushrooms
600g free-range chicken thigh fillets,
  trimmed and cut into 3cm pieces
Crunchy salad and flatbreads to serve

Step 1 Combine honey, soy sauce and sesame oil in a large shallow dish.

Step 2 Thread zucchini, mushrooms and chicken onto 8 soaked bamboo skewers. Add skewers to soy mixture and turn to coat. Stand for 5 minutes.

Step 3 Preheat a char-grill or non-stick frying pan over medium heat. Char-grill, barbecue or pan-fry skewers, turning occasionally, for 10 minutes or until just cooked through. Serve with a crunchy salad and flatbreads.

LETTUCE, CUCUMBER & TURKEY SKEWER SANDWICHES

Prep 20 mins | Makes 6

You'll need 6 bamboo skewers for this recipe.
¼ small Iceberg lettuce, washed and chilled
1 large Lebanese cucumber
4 slices whole grain bread, crusts removed
Butter or margarine, for spreading
Cranberry sauce, for spreading
12 mini roma tomatoes
150g sliced turkey breast, thinly sliced lengthways
4 slices Swiss cheese, halved

Step 1 Cut chilled lettuce into small bite-sized pieces. Using a vegetable peeler, slice cucumber lengthways into thin ribbons.

Step 2 Spread bread with butter or margarine then spread with cranberry sauce. Cut each slice into 4 squares.

Step 3 Thread tomatoes, bread, turkey, cucumber ribbons, cheese and lettuce onto 6 thick bamboo skewers and serve.

TIP For younger children, trim the pointy end of the skewers.

Why cucumber good for kids

A good source of vitamin C. One of the many functions of vitamin C is the normal formation of collagen which is important for healthy teeth, gums and skin.

BRING IN THE FRESH TASTE OF SPRING
with Pineapple

Picked ripe and bursting with natural sweetness pineapple takes centre stage in spring! Whether you eat fresh pineapple for breakfast or as an after-school pick-me-up snack, it's deliciously thirst quenching. The canned version simply can't compete for fresh natural tropical flavour.

Why is pineapple good for kids?

Pineapple is rich in vitamin C and dietary fibre, which is important for gut health. It's also a good source of manganese, which is vital for bone, joint cartilage and brain function.

Choosing a ripe pineapple

The sweetest pineapple has a fragrant tropical aroma and feels heavy for its size.

Pineapple skin colour can vary from green to golden yellow depending on the season. In the warmer months, pineapple skin is more golden. The skin colour does not indicate flavour or sweetness.

Keep whole pineapple at room temperature, out of direct sunlight, and use within 2–3 days. Refrigerate cut pineapple in an airtight container and use within 1–2 days. Cut pineapple can be wrapped in plastic wrap and frozen.

To prepare a whole pineapple

Trim off the top and base. Place pineapple on a board and slice downwards to remove the thick skin and brown 'eyes'. Quarter pineapple lengthways and the edible core can be discarded if you prefer. Chop into pieces for a delicious healthy snack.

Great ways to serve pineapple to kids

- Toss pineapple with strawberries, chopped oranges and blueberries for a super vitamin C spring fruit salad.

- Freeze pineapple wedges for an after-sport snack.

- Mix chopped pineapple with freshly-squeezed orange juice and freeze in ice-cube trays. Blitz the cubes for a cool slushie.

APPLE COLESLAW & PERI PERI CHICKEN BURGERS

Pictured front cover

Prep 25 mins | Cooking 5 mins | Makes 4

Apple coleslaw:
1 medium Granny smith apple,
  cored and cut into battons
¼ cup lemon juice
1½ cups finely shredded red cabbage
2 cups finely shredded Chinese cabbage
1 carrot, shredded
⅓ cup whole egg mayonnaise
¼ cup Greek-style yoghurt

Burgers:
¼ cup mild piri piri sauce
  (+ extra to serve)
1 tbs olive oil
2 x 250g free-range chicken breast fillets,
  halved horizontally and flattened
1 small ripe avocado, peeled and deseeded
1 tbs lemon juice
4 brioche burger buns, split

Step 1 To make apple coleslaw, using a v-slicer or sharp knife, slice the apple into very thin rings and drizzle with 1 tbs lemon juice. Combine red cabbage, Chinese cabbage, carrot and apple in a large bowl. Mix until well combined. In a small bowl, whisk mayonnaise, yoghurt and remaining 2 tbs lemon juice. Drizzle mixture over cabbage mixture and toss to combine. Cover and refrigerate until ready to serve.

Step 2 Combine piri piri sauce and oil in a small bowl. Brush chicken with mixture and season with salt and pepper. Heat a large non-stick frying pan over medium-high heat. Add chicken and cook, for 3 minutes on each side or until cooked through. Transfer to a plate.

Step 3 Place avocado flesh into a bowl. Add 1 tbs lemon juice and roughly mash with a fork. Set aside.

Step 4 Place brioche bun bases on a board. Top with mashed avocado, chicken and coleslaw. Drizzle with extra piri piri sauce. Cover with bun tops and serve.

Let's bake...
BANANA & STRAWBERRY CUPCAKES

For spring flavour and value bananas and strawberries are stand-outs! With vitamins B6 and C, and potassium, bananas are the super healthy and ultra-convenient snack food for kids. Choose from the ever-popular Cavendish or the smaller sweet dense-fleshed Lady Finger varieties.

Strawberries are a great source of vitamin C and lutein which are important for good eye health. They are a scrumptious and fuss-free treat. Simply wash then trim and discard the leafy green top (this is called hulling).

Method:
Preheat oven to 180°C/160°C fan-forced. Line a 12 hole x ½ cup capacity muffin pan with paper patty cases. Using electric beaters, beat 125g softened butter, ¾ cup caster sugar and 1 tsp vanilla extract in a large bowl until light and fluffy. Add 2 eggs, one at a time, beating well after each addition. Beat in 1 cup mashed very ripe banana (about 3 bananas). Sift over 1½ cups self-raising flour and ½ tsp bi-carbonate of soda. Add ⅓ cup milk. Using a large metal spoon, gently stir until combined. Spoon mixture into prepared pan. Bake for 18-20 minutes until cooked with tested with a skewer. Cool in pans for 5 minutes then turn onto a wire rack to cool.

To make the topping, combine 250g spreadable cream cheese and 1 cup icing sugar in a bowl, beat until well combined. Top cooled cupcakes with a dollop of the topping. Decorate with strawberry halves and serve. Makes 12.

Seasonal Produce Guide
WHAT'S BEST THIS SPRING...

FRUIT
Apples
Pink Lady
Fuji
Lady William
Avocados
Bananas
Berries
Blueberries
  Mulberries
  Strawberries
Blackberries (late)
Boysenberries (late)
Cherries
Grapefruit
Lemons
Mandarins
Honey Murcot
Afourer
Mangoes
Melons
Oranges
Blood
Navel
Valencia (late)
Papaw
Papaya
Passionfruit
Pears
Pineapple
Pomelo
Rockmelon
Tangelos

VEGGIES
Asian greens
Asparagus
Beans
Broad
Green
Butter
Beetroot
Broccoli
Capsicum
Carrots
Cauliflower
Chillies
Cucumber
Garlic, fresh
Globe artichokes
Lettuce
Mushrooms
Onions
Spring
Shallots (green)
Peas
Green
Sugar snap
Snowpea
Potatoes
Silverbeet
Spinach
Sweetcorn
Tomatoes
Watercress
Zucchini
Zucchini flowers

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