

# FRESH for KIDS

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

SYDNEY MARKETS®

Autumn 2019

Give kids a super nutrient boost  
to their busy day with these cool fresh  
fruit and veggie juices.



*Recipes on the back page*

**AVOCADOS + QUICK & EASY RECIPES + VEGGIE SMUGGLER MEATBALLS + MORE**

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# EAT WELL...

There's an abundance for fresh colourful fruit and veggies available in your greengrocer during autumn.

We've teamed hokkien noodles with crispy nutrient-packed Chinese cabbage (wombok), carrot and tender lean lamb in this easy stir-fry. For something sweet, kids will adore fresh plums and jelly with an Anzac biscuit crumb.



## CHINESE CABBAGE, CARROT & LAMB HOKKIEN MEE

Prep 20 mins | Cooking 10 mins | Serves 4

500g fresh hokkien noodles  
¼ cup hoisin sauce  
¼ cup chicken stock  
2 carrots, peeled  
2 tbs peanut oil  
500g lamb rump steaks, sliced into thin strips  
1 red capsicum, trimmed, deseeded and diced  
2 garlic cloves, finely chopped  
2 green onions (shallots), trimmed and thinly sliced  
½ Chinese cabbage (Wombok), trimmed and finely shredded

**Step 1** Place noodles in a large heatproof bowl. Cover with boiling water. Stand for 1 minute. Drain, separate noodles and set aside.

**Step 2** Combine hoisin sauce and stock in a cup and set aside. Using a julienne peeler, slice carrots into long thin strips and set aside.

**Step 3** Heat 1 tbs oil in a wok over high heat. Stir-fry lamb in 2 batches until evenly browned. Transfer to a plate and set aside.

**Step 4** Heat remaining 1 tbs oil in wok over high heat. Add capsicum and stir-fry for 2 minutes. Add garlic, green onions and carrots and stir-fry for 2-3 minutes until carrots are almost tender. Toss through cabbage, hoisin mixture, noodles and lamb. Stir-fry until well combined and cabbage just wilts. Spoon into serving bowls and serve.



## PLUMS WITH JELLY & ANZAC BISCUIT CRUMB

Prep 15 mins + chilling time | Serves 4-6

1 x 85g pkt raspberry jelly crystals  
1½ cups boiling water  
⅓ cup cold water  
750g ripe plump plums (like the Autumn Giant variety)  
1½ cups thick natural reduced fat yoghurt  
4 Anzac biscuits, roughly crumbled

**Step 1** To make raspberry jelly, place jelly crystals into a large heatproof jug or bowl. Add 1½ cups boiling water and stir until crystals dissolve. Stir in ⅓ cup cold water. Pour into a 20cm square cake pan, cover and chill for 3-4 hours or until firm.

**Step 2** To serve, cut plums into wedges and arrange in a large shallow serving dish. Using a spoon, rough the jelly and spoon over the plums. Top with yoghurt, sprinkle with Anzac biscuit crumbs and serve.

## WHY PLUMS ARE GOOD FOR KIDS

Plums have a good source of dietary fibre. They provide small amounts of minerals and vitamins, including vitamin C which is important for protection against infection.

The purple skin on plums is a source of pigments called anthocyanins that are being studied for their potency as antioxidants.



# GREEN GOODNESS – AVOCADOS

Whether served smashed on toast with an egg for breakfast, mashed and spread on a crunchy salad sandwich, wrap or burger for lunch or chopped and scattered over nachos for dinner, the nutrient-packed avocado is full of goodness whichever way you like it.

## Why is avocado good for you?

Nutritionally dense avocados are a good source of antioxidants and one of the few fruits that contain 'good' (unsaturated) fat. It scores highly for vitamin E needed for healthy red blood cells. Avocado is also a great source of vitamin C, which helps maintain general health and wellbeing.

## How to ripen avocados

Avocados ripen after they are picked, so firm avocados should be left out of direct sunlight on a bench or in a bowl to ripen. To speed up ripening, place the firm unripe avocado in a paper bag with an apple or banana. Test for ripeness by gently pressing the avocado at the stem end. If it yields to slight pressure, it's ready to eat.

## Autumn is the season for Shepard avocados

Available from late February to May, the Shepard has smooth, buttery and slightly nutty flavoured flesh. Unlike other varieties, its green skin doesn't change colour with ripening. The Shepard does not discolour once cut so it's ideal for the school lunchbox in sandwiches, wraps and salads. Hass avocados are available from April to February and change colour on ripening from green to a purplish black.





# SWEETCORN, CARROT & CHICKEN RISsoles IN TOMATO SAUCE

Prep 25 mins + chilling time | Cooking 35 mins | Serves 4

*Boost kids' daily fresh veggie intake with this delicious recipe.*

*It's a twist on a traditional favourite with sweet corn kernels and carrot in the rissoles and fresh cherry tomatoes in the sauce.*

500g chicken mince  
1 egg, lightly beaten  
1 small carrot, grated  
½ small red onion, grated  
1 cob sweetcorn, kernels removed  
2 tbs olive oil  
2 garlic cloves, crushed  
250g cherry tomatoes, halved  
500g jar tomato pasta sauce  
350g dried penne pasta  
Grated parmesan, to serve



**Step 1** To make rissoles, combine chicken mince, egg, carrot, onion and corn kernels in a large bowl. Mix until well combined. Using a heaped tablespoon per rissole, roll mince mixture into small balls. Place on a tray, cover with plastic and refrigerate for 30 minutes.

**Step 2** Heat 1 tbs oil in a large non-stick frying pan over medium-high heat. Cook rissoles, in batches, for 4-5 minutes until evenly browned. Transfer to a plate. Wipe pan clean with paper towel.

**Step 3** Heat remaining 1 tbs oil in the frying pan over medium heat. Add garlic and tomatoes and cook, stirring for 2-3 minutes until hot. Stir in tomato pasta sauce. Season with salt and pepper. Cover and cook, stirring occasionally, for 10 minutes. Add rissoles, reduce heat, cover and simmer for 10 minutes.

**Step 4** Meanwhile, cook penne in a large saucepan of boiling water following packet directions. Drain. Serve the penne with the tomato and rissoles and grated parmesan.

## Seasonal Produce Guide

### WHAT'S BEST THIS AUTUMN...

#### FRUIT

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

# COOL & REFRESHING POWER JUICES

*Pictured on cover*

## Orange, carrot & mango juice

Juice 3 to 4 Valencia oranges to make 1 cup of juice. Combine orange juice, 1 medium peeled and chopped carrot, the flesh from ½ mango and ½ cup of crushed ice in a high-speed blender. Blend until smooth. Pour into glasses and serve (makes 2).

## Super-fresh pear, spinach & avocado juice

Place 1 chopped ripe Williams pear, 1 cup of baby spinach leaves, the flesh from ½ a small ripe avocado and 1 cup of chilled coconut water in a high-speed blender. Blend until smooth. Pour into glasses and serve (makes 2).

## Beetroot, banana & green apple juice

Place 2 small peeled and chopped fresh beetroots, 1 chopped Granny Smith apple, a peeled small ripe banana, 1 cup of chilled coconut water and ½ cup of crushed ice in a high-speed blender. Blend until smooth. Pour into glasses and serve (makes 2).

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Fresh for Kids publication is produced by



PO Box 2 Sydney Markets NSW 2129  
Phone: (02) 9325 6295 Fax: (02) 9325 6288  
Email: [freshforkids@sydneymarkets.com.au](mailto:freshforkids@sydneymarkets.com.au)



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