



Summer 2017/18

Nourishing, simple ideas for serving fresh fruit and veg to kids

CREAMY MANGO & PASSIONFRUIT POPS

Keep kids cool this summer with these naturally sweet and frosty fresh fruit pops.



Preparation tips are on page 3 and the recipe is on the back page.

Inside: Delicious lunchbox meals + tropical fruit preparation + more

Go to www.freshforkids.com.au for more fabulous fresh fruit and vegetable recipes and ideas

Eat Well LUNCH BOX

Packed with nourishing goodness, these delicious lunch box meals provide a colourful change to everyday sandwiches. Easy to prepare and transportable, they're packed with fresh fruit and vegetables.

Remember, 5 serves of fresh veggies and 2 of fresh fruit is the order of the day for busy kids.



Fruit & veggie bento lunch box

Serves 1

MINI MELON & STRAWBERRY SKEWERS

4 strawberries, hulled
Thick slice peeled rockmelon, cut into cubes
Thread strawberries and melon onto small bamboo sticks.

LETTUCE, HAM & CARROT 'SANDWICH' ROLL

1 slice wholemeal bread, crusts removed
Mayonnaise, for spreading
1 small Iceberg lettuce leaf, chilled
¼ cup grated carrot
1 thin slice leg ham
Using a rolling pin, flatten bread. Spread with mayonnaise. Top with lettuce, carrot and ham. Tight roll and press to secure. Cut into 3.

CUCUMBER BASKETS

1 small Lebanese cucumber, cut into 4 and seeds scooped out
2 cherry tomatoes, halved
Fill each cucumber wedge with a cherry tomato and pop into a paper patty case.

LETTUCE & CHEESE CUPS

1 small Iceberg lettuce leaf, chilled
1 thick sliced reduced fat cheddar cheese, cut into 3 triangles
Fill the lettuce with the cheese slices.

FRESH FRUIT

Like a small bunch of seedless grapes or a chopped orange.
To serve:
Arrange all of the prepared food into an cooled airtight lunchbox.



Pineapple, cucumber & chorizo rice salad

Preparation 20 mins | Cooking 5 minutes | Serves 4

450g pkt quick cook (microwavable) brown rice
2 tsp olive oil
2 chorizo sausages, diced into small cubes
2 Lebanese cucumbers, diced
200g mini roma tomatoes, halved
½ yellow or red capsicum, finely diced
2 green onions (shallots), trimmed and thinly sliced
½ small Bethonga Gold pineapple, peeled and diced

Step 1 Cook rice in the microwave following packet directions. Transfer to a large bowl and set aside.

Step 2 Heat oil in a medium frying pan over medium-high heat. Add chorizo and cook, stirring often, until crisp. Drain and paper towel and set aside to cool.

Step 3 Add cooled chorizo, cucumbers, tomatoes, capsicum, green onions and pineapple to rice. Toss to combine and serve.

Why is pineapple good for kids?

- A good source of manganese, a mineral that is needed for the normal development of bones and cartilage.
- The sucrose in pineapple comes with a good complement of many vitamins and minerals including vitamin C, one of the vitamins involved in protecting us from infection.

Tropical Mango, Pineapple, Lychees & Passionfruit

Breeze through summer with the luscious array of sweet mangoes, pineapple, lychees and passionfruit. Make the most of these seasonal gems as they're so easy to prepare and taste sensational.



Mangoes

Australian-grown mangoes are one of our favourite summer fruits. Juicy mango flesh has a special flavour all of its own.

To honeycomb a mango, use a sharp knife to remove the mango cheeks, cutting as close as possible to the stone. Score a lattice pattern into the flesh (avoid cutting through the skin). Hold the mango cheek in your hand and push the skin side to open the flesh. This cutting method makes a mango easy to eat or chop.



Passionfruit

Choose firm passionfruit that feel heavy for their size because these will contain the juiciest pulp.

To remove the pulp, cut the passionfruit in half then scoop it out with a teaspoon.

Tangy yet sweet passionfruit complements all sorts of sweet food. Drizzle passionfruit over ice-cream, pancakes, breakfast cereals and fruit salads.



Pineapple

Golden-fleshed pineapples are picked ripe and ready to eat. Whole pineapple can be kept for a few days at room temperature but ensure that you wrap cut pineapple in plastic wrap and store it in the fridge.

To prepare a whole pineapple, trim off the top and base. Place pineapple onto a board and slice downwards with a sharp knife to remove the thick skin and brown 'eyes'. Quarter pineapple lengthways and trim off the tougher but edible central core. Slice or chop the flesh as required.

Team chopped fresh pineapple with chicken and red capsicum on skewers to barbecue.



Lychees

Succulent, sweet and very easy to prepare, lychees are truly a summer treat.

To peel, simply break the rosy leathery skin with a small sharp knife then use your fingers to remove the skin. Make a small cut lengthways along the flesh and remove the seed.

Lychees deteriorate quickly so should be kept in an airtight container in the fridge and used within a few days of purchasing.

Toss peeled deseeded lychees through tropical summer fruit salads or scatter a few over a banana split.

Tropical fruit breakfast salad

Preparation 15 mins | Serves 4

250g fresh lychees, peeled and seeds removed
½ small Bethonga Gold pineapple, peeled and diced
125g blueberries
2 passionfruit, halved
1½ cup muesli
2 cups Greek-style natural yoghurt
2 tbs maple syrup (optional)

Step 1 Place lychees, pineapple and blueberries into a bowl. Scoop passionfruit pulp over fruit. Gently toss to combine.

Step 2 Layer muesli, yoghurt and fruit mixture into serving glasses. Drizzle with maple syrup if using and serve.



Creamy mango & passionfruit POPS

(pictured front cover)

Prep 20 mins + freezing time | Makes 8

3 medium ripe mangoes, peeled and flesh chopped

1/3 cup light cream

2 passionfruit, pulp removed

Step 1 Place the mango flesh and cream into a blender or food processor. Blend or process until smooth. Pour mixture into a jug and swirl through passionfruit pulp.

Step 2 Pour mixture into 8 paddle-pop moulds. Gently tap moulds to dislodge any air pockets. Insert a paddle-pop stick into each. Freeze for 5 hours or overnight until firm. Remove pops from moulds and serve.

Summer is tomato time

Glossy and vibrant tomatoes come in a wonderful array of colours, shapes and sizes. Although ripened in the sun of the vine, a few extra days at room temperature will enhance their natural flavour and colour.

Choose from a range of tiny tomatoes including cherry and mini Roma, truss tomatoes and the dark reddish rich brown Kumatoes. Also popular is the new range of heirloom tomatoes such as the meaty Ox heart variety.

For maximum flavour serve tomatoes at room temperature.

- Thread cherry tomatoes onto skewers with wedges of Lebanese cucumber and reduced fat cheese for a delicious snack.
- Toss chopped tomatoes into rice and pasta salads or scatter over pizzas.
- Drizzle tomatoes with extra virgin olive oil and serve with crusty bread.



essentials... summer fruit & veg



Apricots

With their summery colour and fragrant tender flesh, Australian-grown apricots are at their peak in early summer.

Handle the delicate soft-fleshed stone fruit with care and store at room temperature in a single layer in the fruit bowl. Wrap a ripe apricot in a sheet of paper towel or napkin before packing in the school lunch box.



Sweetcorn

Kids love sweet corn on the cob! The freshest corn kernels burst with a milky juice when pressed with your fingernail. Sweet corn rapidly loses its natural sweetness after harvesting so cook it within a day of purchasing. Quickly cook corn in the microwave by placing husked cobs in a microwave-safe bowl. Heat on high for 2-3 minutes (per cob) until just tender. Stand for a few minutes before serving.



Valencia Oranges

Don't be put off by the green skin on these juicy summer oranges, it's a natural part of the ripening process.

The Valencia is ideal for juicing as well as chopping for fruit salads. Freeze quartered oranges for an icy snack.

Seasonal Produce Guide

What's best this summer...

FRUIT

Apricots
Avocados
Bananas
Blueberries
Cherries
Grapes
Limes
Lychees
Mangoes
Melons
Nectarines
Oranges
Papaya
Passionfruit
Peaches
Pears (Jan-Feb)
Pineapple
Plums
Rambutans
Raspberries
Strawberries

VEGGIES

Asparagus
Beans
Capsicums
Carrots
Celery
Chillies
Cucumbers
Eggplant
Lettuce
Mushrooms
Okra (Jan-Feb)
Onions
Potatoes
Radish
Squash
Sweetcorn
Tomatoes
Watercress
Zucchini
Snake beans (Feb)
Sugar Snap peas

Visit www.freshforkids.com.au for more quick & easy recipe ideas!

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

Browse our websites for more interesting information and recipes!

www.freshforkids.com.au
and
www.sydneymarkets.com.au

Proud sponsors of

