

FRESH for KIDS

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

SYDNEY MARKETS®

Winter 2018

WINTER WARMING SOUPS

Hungry kids will welcome these homemade nourishing soups brimming with market-fresh veggies. Ladle out the delicious dishes inside this issue!

Creamy carrot & chickpea soup

Spinach, tortellini & zucchini noodle soup



SOUP.

Hearty vegetable & bean soup

IN-SEASON FRUIT & VEGGIE RECIPES + POWER-PACKED VEGGIE SOUPS + SEASONAL PRODUCE + MORE

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

Scrumptious baking with in-season fruit & veggies

Turn on the oven, warm up the kitchen and create satisfying winter food made healthier and tastier with fresh seasonal fruits and veggies.

Super-nutritious antioxidant-rich vibrant broccoli and tender button mushrooms team with chicken in this hearty bake that's perfect for school lunch or dinner.

For a treat, try tart yet sweet fresh rhubarb and strawberry easy-peasy muffins. These freshly-baked goodies are a favourite with kids of all ages!



CREAMY BROCCOLI, MUSHROOM & CHICKEN BAKE

Preparation 20 mins | Cooking 45 mins | Serves 4

500g broccoli, cut into small florets and stalks finely chopped
6 free-range chicken thigh fillets, trimmed
150g button mushrooms, sliced
2 green onions (shallots), trimmed and thinly sliced
75g butter, chopped
2 garlic cloves, crushed
1/3 cup plain flour
2 cups milk (not skim)
1 cup reduced salt chicken stock
1 1/2 cups grated cheddar cheese
1 cup fresh coarse torn breadcrumbs

Step 1 Bring a medium saucepan of water to the boil over high heat. Add broccoli and cook for 1 minute until vibrant. Drain, refresh broccoli in cold water and set aside to dry.

Step 2 Preheat oven to 180°C/160°C fan-forced. Arrange broccoli, chicken, mushrooms and green onions in a large (about 8-10 cup) greased baking pan. Set aside.

Step 3 Dry the saucepan used for the broccoli. Add butter to pan and heat over medium-low heat until bubbling. Add garlic and cook for 30 seconds. Add flour and using a small whisk, stir constantly for 2 minutes until frothy. Decrease heat to low, and gradually whisk in milk. Cook, stirring, for 4-5 minutes until sauce boils and thickens. Stir in 1 cup cheese. Season to taste.

Step 4 Pour cheese sauce over broccoli mixture. Scatter over breadcrumbs and remaining 1/2 cup cheese. Bake for 30-35 minutes or until chicken is just cooked through and sauce is bubbling and serve.



RHUBARB & STRAWBERRY MUFFINS

Preparation 15 mins | Cooking 40 mins | Makes 12

1 bunch (250g stems) rhubarb, chopped into 1-2cm pieces
2 tbs cinnamon sugar
250g strawberries, hulled and cut into 2cm pieces
3 cups self-raising flour, sifted
1/2 tsp ground ginger
1 cup brown sugar
3 free-range eggs, lightly beaten
1 tsp vanilla extract
1/2 cup buttermilk or milk
1/2 cup vegetable or rice bran oil

Step 1 Preheat oven to 180°C fan-forced. Line a 12 x 1/2 cup capacity greased muffin pan with muffin wraps or use 10cm x 10cm squares of baking paper.

Step 2 Place rhubarb on a baking tray lined with baking paper. Sprinkle with 1 tbs cinnamon sugar. Roast rhubarb for 10 minutes until tender. Remove rhubarb from oven and stir through strawberries. Set aside.

Step 3 Combine flour, ginger and sugar into a large bowl. Add eggs, vanilla, milk and oil. Using a large metal spoon, mix until just combined. Fold through half the rhubarb and strawberry mixture.

Step 4 Spoon into prepared pan. Top with remaining rhubarb and strawberries. Sprinkle with remaining cinnamon sugar. Bake for 30 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and stand for 5 minutes then turn onto a wire rack to cool and serve.

POWER-PACKED FRESH VEGGIE SOUPS

So healthy and with a wealth of goodness in every spoonful, nothing beats a bowl or mug of homemade soup to recharge and sustain hungry tummies. Best of all, soups are the tastiest way for kids to reach their daily target of 5 serves of veggies.

With so many colourful and nutritious fresh winter veggies available, make soups a winter staple for ravenous youngsters.

SPINACH, TORTELLINI & ZUCCHINI NOODLE SOUP

Preparation 15 mins | Cooking 35 mins | Serves 4

1 tbs olive oil
1 small brown onion, finely chopped
1 carrot, finely chopped
1 stick celery, finely chopped
2 garlic cloves, crushed
6 cups chicken stock
350g pkt fresh chicken tortellini
2 large zucchini, spiralised into noodles or thinly sliced using a julienne peeler
50g baby spinach leaves
Grated parmesan, to serve

Step 1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, for 3-4 minutes until tender. Add carrot, celery and garlic and cook, stirring often, for 5 minutes. Stir stock, cover and bring to the boil. Reduce heat, cover and simmer for 20-25 minutes until vegetables are tender.

Step 2 Increase heat to medium heat. Add tortellini and cook for 3-4 minutes until just cooked through. Stir through zucchini noodles and spinach. Ladle into bowls. Sprinkle with grated parmesan and serve.



HEARTY VEGETABLE & BEAN SOUP

Preparation 25 mins | Cooking 1 hour 20 mins | Serves 8

This soup freezes really well so it's worth making a big batch.

2 tbs olive oil
1 brown onion, finely chopped
3 carrots, diced
2 celery sticks, finely chopped
2 medium Desiree potatoes, peeled and diced
2 small zucchini, halved lengthways and sliced
2 tbs tomato paste
400g can chopped tomatoes
8 cups chicken or vegetable stock
¼ small savoy cabbage, finely shredded
400g can cannellini beans, drained and rinsed
¼ cup flat-leaf parsley leaves, chopped
Crusty wholegrain bread, to serve

Step 1 Heat oil in a large saucepan over medium-high heat. Add onion and cook, stirring often, for 3-4 minutes until tender. Add carrots, celery, potatoes and zucchini and cook, stirring often, for 5 minutes.

Step 2 Stir in tomato paste and cook for 1 minute. Stir in tomatoes and stock. Cover and bring to the boil, skimming any froth from the surface. Reduced heat and simmer, stirring occasionally, for 30 minutes.

Step 3 Add cabbage and cook for a further 30-35 minutes until vegetables are very tender and soup is thick. Stir in beans and cook for 5 minutes. Stir in parsley. Ladle into serving bowls and serve with crusty wholegrain bread.



HOW TO MAKE ZUCCHINI NOODLES

Long pasta-like zucchini noodles are created from fresh zucchini. Use a spiralizer or julienne peeler to slice the zucchini lengthways into long thin noodles.

Team zucchini noodles with your favourite sauces for a fresh and flavoursome twist on traditional pasta dishes.



CREAMY CARROT & CHICKPEA SOUP

Preparation 15 mins | Cooking 1 hour | Serves 4-6

2 tbs olive oil
 1 medium brown onion, finely chopped
 2 garlic cloves, finely chopped
 750g carrots, peeled and roughly chopped
 6 cups chicken stock
 400g can chickpeas, drained and rinsed
 reduced fat sour cream and wholegrain toast, to serve

Step 1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, for 3-4 minutes until tender. Add garlic and carrots and cook, stirring occasionally, for 5 minutes.

Step 2 Stir in stock and chickpeas. Cover and bring to the boil. Reduce heat, partially cover and simmer, stirring occasionally, for 45-50 minutes until vegetables are very tender.

Step 3 Using a stick blender, blend soup until smooth. Stir through cream. Gently heat until hot. Season with salt and pepper to taste. Ladle into serving bowls, top with a dollop of sour cream and serve with wholegrain toast.



Strawberry delight!

Late autumn to mid-winter is peak season for delicious, juicy strawberries which are packed with vitamin C. Served cold or warm, fuss-free strawberries are the go-to favourite for young and old.

Store strawberries in the fridge and use within 1 to 2 days of purchase. To prepare, simply wash and hull the strawberries by removing the leafy green stem and leaves.

TIME TO GET BERRY CREATIVE...

- Attractive and tasty, these breakfast cups are sure to entice. Layer chopped strawberries with reduced fat yoghurt, toasted muesli and a swirl of honey in serving cups.
- Whole hulled strawberries threaded onto paddle-pop sticks are a quick and easy lunchbox treat. For something extra special, drizzle the strawberries with melted chocolate.
- For dessert, scatter hulled strawberries on a baking tray lined with baking paper. Sprinkle with a little caster sugar and roast in the oven at 200°C (fan-forced) for 10 minutes until softened. Serve strawberries with vanilla ice-cream.



Seasonal Produce Guide

WHAT'S BEST THIS WINTER...

FRUIT

Apples
 Avocados
 Banana
 Custard apples
 Grapefruit
 Kiwifruit
 Gold
 Green
 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 (sweet potato)
 Leeks
 Mushrooms
 Onions
 Parsnips
 Potatoes
 Pumpkin
 Silverbeet
 Spinach
 Swede
 Turnips
 Zucchini

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

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