

FRESH *for* KIDS

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

SYDNEY MARKETS®

Spring 2019

LUSCIOUS SWEET STRAWBERRIES

Brighten up breakfast or dessert with these delicious
Strawberry Swirl Banana & Yoghurt Sundaes.



Recipe on the back page

YUMMY MEALS FOR GROWING KIDS + BLUEBERRIES + FRESHLY-PICKED GREEN PEAS + MORE

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

SUSTAINING YUMMY MEALS FOR BUSY GROWING KIDS

Invite the fresh taste and colour of spring to breakfast with vibrant fruit teamed with oats soaked overnight in coconut water or orange juice. We used mango, raspberries, blueberries and passionfruit but feel free to add your choice of seasonal spring fruits.

For an easy *meatless* weeknight dinner or lunch, kids are sure to devour these healthy vegetarian burgers. Packed with nutritious veggies and super grain quinoa, they are the perfect 'veggie smuggler'. Make the patties ahead and chill in the fridge until ready to cook.



OVERNIGHT OATS WITH FRESH SPRING FRUIT

Prep 15 mins + overnight chilling | Serves 4

- 1½ cups rolled oats
- 2 tbs white chia seeds
- ¼ cup pepitas
- 1¼ cups coconut water
- 1½ cups Greek-style natural yoghurt
- 1 ripe mango, flesh chopped
- 125g raspberries
- 2 passionfruit, halved
- Maple syrup or honey, to serve

Step 1 Place oats, chia seeds, pepitas, coconut water and ½ cup yoghurt into an airtight container. Stir to combine. Cover and refrigerate overnight.

Step 2 To serve, spoon oat mixture into serving bowls (or for a take-out breakfast use screw-top jars). Top with the remaining yoghurt and sprinkle with mango and raspberries. Spoon over passionfruit pulp. Drizzle with maple syrup or honey and serve.



VEGGIE & QUINOA BURGERS

Prep 25 mins + chilling time | Cook 25 mins | Makes 6

- ½ cup quinoa
- 1 tbs extra virgin olive oil, plus extra oil for shallow frying
- 1 small red onion, finely diced
- 1 garlic clove, crushed
- 2 tbs tomato paste
- ½ cup coarsely grated carrot (about 1 small carrot)
- ½ cup coarsely grated zucchini (about 1 small zucchini)
- 150g fresh multigrain bread crumbs
- 50g feta cheese, finely crumbled
- 2 free-range eggs
- ⅓ cup coriander leaves, finely chopped (+ extra leaves to serve)

To serve:

- 4 brioche burger buns, toasted
- Butter lettuce leaves
- Sliced tomatoes
- Lebanese cucumber ribbons
- Mayonnaise and piri piri sauce

Step 1 Cook quinoa following packet directions. Transfer to a large bowl and set aside for 30 minutes or until cooled to room temperature.

Step 2 Meanwhile, heat 1 tbs oil in a large non-stick frying pan over medium-high heat. Add onion and cook, stirring often, for 4-5 minutes or until soft. Stir in garlic and tomato paste. Add carrot and zucchini and cook, stirring occasionally, for 3-4 minutes until vegetables slightly soften. Set aside to cool slightly.

Step 3 Add vegetable mixture to the cooled quinoa. Add breadcrumbs, feta, eggs and coriander. Season with salt and pepper. Mix until combined. Divide mixture into 6 and form into 6 patties. Place on a tray lined with baking paper, cover and chill for 15 minutes.

Step 4 Heat ½ cm oil in a large non-stick frying pan over medium heat. Add patties and cook for 6-8 minutes on each side or until golden brown. Drain on paper towel.

Step 5 Toast brioche buns. Place bun bases on a board. Top each with lettuce, tomatoes, cucumber and a patty. Drizzle with mayonnaise and piri piri sauce and sprinkle with extra coriander leaves. Cover with bun tops and serve.

NATURE'S SUPERFOOD

Sweet nutrient-packed blueberries are one of the healthiest snack foods which kids love to gobble. Low in kilojoules, blueberries are high in antioxidants and support brain health.



Half a punnet (75g) of blueberries supplies 10mg of vitamin C (25% RDI) and only 165 kilojoules! Blueberries also contain fibre and are low GI.

Choose bright and even-coloured blueberries with a light frosty blush. Inspect the underside of the punnet and avoid squashed fruit or oozing juice.

Wash blueberries just before use. Rinse in cold water and they're ready to eat. If using in baking, gently roll the blueberries on paper towel to dry.

Quick ways to serve blueberries

- Top a refreshing green kiwifruit, green apple and spinach smoothie with blueberries.
- Spread wholegrain toast with reduced fat cream cheese then scatter over a few blueberries.
- Toss blueberries through fresh seasonal fruit salads. In spring, team blueberries with chopped fresh pineapple, rockmelon and strawberries.
- Add a handful of blueberries and a dollop of yogurt to healthy breakfast cereal. Finish with a swirl of maple syrup or honey for extra sweetness.



BANANA, BLUEBERRY & CHIA LOAF

Prep 25 mins | Cook 1 hour | Serves 8



1½ cups wholemeal self-raising flour
1 cup raw caster sugar
¼ cup white chia seeds
1 tsp baking powder
½ tsp bi-carbonate of soda
2 tsp ground cinnamon
1 cup mashed very-ripe bananas (about 3 bananas)
1 free-range egg
½ cup Greek-style natural yoghurt
¼ cup vegetable or canola oil
2 tsp vanilla extract
125g blueberries
1 small just-ripe banana
Extra blueberries to serve, optional

Step 1 Preheat oven to 160°C/140°C fan-forced. Grease and line a 23cm x 9cm (base measurement) x 7cm deep loaf pan with baking paper.

Step 2 Place flour, sugar, chia seeds, baking powder, bi-carbonate of soda and cinnamon into a large bowl. Stir until well combined.

Step 3 Place mashed bananas, egg, yoghurt, oil and vanilla into a large jug. Whisk until well combined. Add mixture to dry ingredients. Using a large metal spoon, stir until well combined. Gently fold through blueberries. Pour mixture into prepared pan.

Step 4 Peel and slice the banana. Place banana lengthways onto the top of the cake mixture. Bake for 1 hour or until a skewer inserted in the centre comes out clean. Cool in the pan. Turn the cake onto a serving board or platter. Slice and serve with extra blueberries if liked.

STRAWBERRY SWIRL YOGHURT & BANANA SUNDAES

Pictured front cover

Prep 15 mins | Makes 4

At their sweetest during spring, plump strawberries are rich in vitamin C. Bananas provide sustained energy and are high in potassium, fibre and B vitamins.

- 375g strawberries, hulled
- 1 tbs caster sugar
- 2 cups reduced fat thick Greek-style yoghurt
- 2 ripe bananas
- ¾ cup granola or toasted muesli

Step 1 Place 250g strawberries and sugar into a high-powered blender. Blend stirring if necessary, until roughly pureed. Place yoghurt into a bowl. Swirl the pureed strawberries through yoghurt.

Step 2 Peel and slice bananas. Slice remaining strawberries. Layer strawberry yoghurt, granola or toasted muesli, bananas and strawberries in serving glasses and serve.



FRESHLY-PICKED GREEN PEAS

Nothing beats the flavour of fresh spring green peas so gather the kids and get them podding.

Choose vibrant green plump pods and use within a day of purchase. 750g of fresh peas yields about 300g of podded peas.



MINTED PEA, BACON & RICOTTA SPAGHETTI

Bring a large saucepan of water to the boil. Cook spaghetti following packet directions, adding 300g podded peas in the last 3 minutes of cooking.

Meanwhile, heat 1 tbs olive oil in a large frying pan over medium-high heat. Add 250g chopped rindless shortcut bacon and 2 crushed garlic cloves. Cook for 4 to 5 minutes.

Drain spaghetti and peas, reserving 1/3 cup cooking water. Return spaghetti and peas to the pan. Add the bacon, 300g crumbled fresh ricotta cheese, 1/4 cup chopped mint leaves and the reserved water. Toss over low heat until combined. Season and drizzle with a little extra virgin olive oil and serve.



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

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 Murcott
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
Cabbage
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

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



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