

Vegetable and bean chilli

Enjoy seasonal vegetables with this versatile chilli, you can mix it up with any vegetables you have on hand.

Serves: 4-6

Preparation time: 20 minutes

Cooking time: 6 to 8 hours in a slow cooker on low

Ingredients

1 teaspoon of each; cayenne pepper, ground cumin and ground cinnamon
1 leek
2 kumara
2 carrots
2 potatoes
2 courgettes
1 cauliflower head
1 bunch fresh coriander
¼ pumpkin
1 red chilli
1 onion
1 green chilli
2 x 400g tinned beans (kidney, chickpea, pinto, cannellini)
2 x 400g tinned tomatoes
Olive oil

Method

- Spray your slow cooker with olive oil and turn on to low
- Peel and cut the kumara and vegetables into bite sized chunks and add to slow cooker
- Pick coriander leaves and put aside. Chop stalks and add to slow cooker
- Deseed the chillies, peel the garlic and finely chop, add to slow cooker
- Sprinkle over the cayenne, cumin and cinnamon
- Drain beans and add to slow cooker with tomatoes, mix together well and cook for 6-8 hours
- When ready to serve, stir through the coriander leaves and serve with low-fat sour cream or yoghurt, guacamole and rice or tortillas

Tip: This chilli freezes well. Add low-fat sour cream, yoghurt or guacamole once you have defrosted and reheated the chilli.



Winter kiwifruit salad

A fresh and delicious way to boost your vitamin C this winter.

Serves: 6

Preparation time: 10 minutes

Ingredients

4 green kiwifruit, peeled and chopped into chunks
4 gold kiwifruit, peeled and chopped into chunks
4 mandarins, peeled and segmented
2 apples, cored and cut into chunks
Juice of ¼ lemon
1 tablespoon white balsamic vinegar
2 tablespoons honey
1 sprig fresh mint leaves, chopped

Method

- Combine kiwifruit, mandarins, apples and lemon juice in a large serving bowl
- Whisk together white balsamic vinegar and honey and then pour over the fruit mixture and mix through mint
- Serve with low-fat Greek yoghurt



Tips for getting 5+ A Day every day

- **Half Your Plate.** Try to fill half your plate with fruit and vegetables at every meal and snack
- **Add More.** Add extra fruit and vegetables to dishes
- **Steam and Flavour.** Steamed vegetables make great sides
- **Add Flavour.** With low-calorie or low-fat dressings and herbs and spices
- **Grab and Go.** Always have fresh fruit and vegetables in easy-to-grab places (a fruit bowl or sliced in the fridge)

Breakfast

- Add vegetables like capsicum, onion, broccoli, spinach, mushrooms or tomatoes to omelettes or scrambled eggs
- Add chopped or grated fruit and a dash of runny honey to your porridge or cereal
- Banana, tomato, avocado or mushrooms are all delicious on toast
- Blend banana, feijoa and low-fat milk/yoghurt for a breakfast smoothie or make use of what's on hand; spinach, oats and kiwifruit work well too

Lunch

- Leftover roast vegetables with baby spinach leaves make a great lunch to take to work
- Load sandwiches up with vegetables: grated carrot, capsicum, sliced mushrooms and spinach
- Prepare sliced cucumber, lettuce, sprouts, tomato wedges and grated carrot for your family to make their own wraps, sandwiches and subs
- Experiment with seasonal ingredients, try adding crisp pear slices or raw green beans to salads

Dinner

- Add lettuce, spinach, pineapple, tomato, beetroot slices and grated carrot to homemade burgers
- Try mashing kumara, pumpkin, carrot, broccoli or yams with potato
- Stir-fry chicken or beef with a range of fresh vegetables. Broccoli, capsicum, carrot and leek all work well
- Leftover vegetables make great pizza toppings
- Grate carrots, courgette and celery into mince dishes

Snack on 5+ A Day

- Try bite sized pieces of cooked vegetables like potatoes, kumara, yams and pumpkin as snacks
- Dice or grate onion, carrot, courgette, potato and corn into savoury muffins or scones
- Apple slices with cinnamon make a tasty snack or try chopped seasonal fruit with low-fat yoghurt and a drizzle of honey
- Make oven-baked wedges using sliced potatoes, carrots, kumara, parsnips and beetroot and serve with your favourite chutney

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Fall into winter with 5+ A Day

Seasonal produce, storage information, recipes and tips



Get the most out of seasonal produce in autumn and winter

Seasonal produce offers exciting opportunities to try something different and experiment with new recipes. Fruit and vegetables that are in season taste great, are economical and very nutritious. There is a great range of fruit and vegetables that are at their best in autumn and winter.

Autumn fruit	Autumn vegetables
Apples	Beetroot
Avocado	Brussels sprouts
Feijoas	Buttercup squash
Kiwiberries	Butternut
Kiwifruit	Courgette
Mandarins	Fennel
Nashi Pears	Leeks
Passionfruit	Parsnips
Pears	Pumpkin
Persimmons	Swedes
	Turnips
Winter fruit	Winter vegetables
Apples	Brussels sprouts
Grapefruit	Fennel
Kiwifruit	Leeks
Mandarins	Parsnips
Navel oranges	Pumpkin
Pears	Rhubarb
Persimmons	Swedes
Tamarillos	Turnips
	Yams

Year-round produce

Several vegetables can be harvested all year-round, and some fruit and vegetables are imported. Other vegetables are grown indoors making them available 12 months of the year.

Year-round fruit	Year-round vegetables	
Bananas	Broccoli	Kumara
Oranges	Broccoli	Mushrooms
Pawpaws	Cabbage	Onions
Pineapples	Carrots	Potatoes
	Cauliflower	Radish
	Celery	Silver beet
	Cucumber	Spinach
	Garlic	Spring onions
	Ginger	Tomatoes
	Herbs	Watercress
	Lettuce and Salad greens	Sprouted beans and Seeds

Storage for best flavour

Storing your produce correctly is important to maximise taste and quality. Many vegetables are sensitive to ethylene, a gas emitted by many fruit and some vegetables. Ethylene triggers the ripening process and exposure to ethylene also causes vegetable deterioration, therefore fruit and vegetables should be stored separately in the fridge.

- Produce that emits ethylene includes; apples, avocados, bananas, pears, peaches, plums and tomatoes
- Produce that absorbs ethylene includes; brassicas, leafy greens, beans, capsicums, carrots, cucumbers, eggplant, peas and potatoes

Store in the crisper in your fridge

Fruit			
Apples	Kiwiberries	Tamarillos	
Grapes	Persimmons		
Vegetables			
Green beans*	Cauliflower*	Leeks	Spinach*
Beetroot	Celery*	Lettuce*	Spring onions
Broccoli*	Courgette*	Mushrooms	Sprouts
Brussels sprouts*	Cucumber*	Parsnip	Swedes
Cabbage*	Eggplant	Radishes	Witloof*
Capsicum*	Fennel	Rhubarb*	
Carrots*	Herbs (not basil)	Silver beet*	

Storage tips

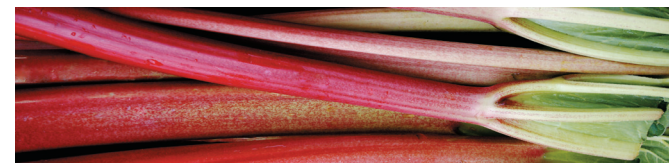
- *Ethylene sensitive – store in a separate crisper drawer from ethylene producing produce
- Always keep produce separate from raw meat, poultry, and seafood
- Lettuce or leafy greens remain crisper when washed and dried before refrigerating

Ripen on the bench out of direct sunlight

Avocado	Kiwifruit	Pears
Feijoas	Nashi pears	

Storage tip

- After ripening, store in the fridge



Store at room temperature

Fruit			
Bananas	Mango	Passionfruit	Pineapple
Citrus fruit	Melons	Pawpaws	Pomegranates
Vegetables			
Basil (in water)	Ginger	Pumpkin	Buttercup squash
Butternut	Kumara*	Taro	Yams
Cucumber+*	Onions	Tomatoes	
Garlic	Potatoes*	Turnips	

Storage tips

- *Ethylene sensitive – store away from ethylene producing fruit and vegetables
- +Cucumbers can be stored on the bench during cooler times of the year
- Many fruit and vegetables should only be stored at room temperature. Refrigeration can cause cold damage or prevent them from ripening to good flavour and texture. For example, tomatoes ripen to a better taste and red colour if they are left at room temperature. In the fridge, they do not turn red, and even red tomatoes kept in the fridge lose their flavour
- Store produce on the bench away from direct sunlight
- Store garlic, onions, potatoes, taro and kumara in a well-ventilated cupboard, in the dark if possible
- Store onions away from potatoes

Remember - rinse produce under running tap water prior to use.



Leek and potato soup

Tasty and simple to prepare, sure to become a family favourite this winter.

Serves: 4-6

Preparation time: 5 minutes

Cooking time: 25 minutes

Ingredients

- 2 leeks, sliced
- 3 potatoes, peeled and chopped
- 2 tablespoons olive oil
- 4 cups salt reduced chicken stock
- 2 cups trim milk

Method

- Place potato, leek and oil in a large saucepan and sauté until softened
- Add stock and simmer on low-medium heat for 15-20 minutes or until vegetables are tender
- Purée (optional)
- Add milk, gently heat but do not boil
- Garnish with Italian parsley or similar and serve

