



Go for 2&5<sup>®</sup>  
FRUIT VEG

# Spring to life with Fruit and Veg!

SIX DELICIOUS QUICK RECIPES





Spring is a time to re-energise and a great time to improve your diet! Most South Australian adults only eat 1½ serves of fruit and 2½ serves of veg every day. With these quick and easy recipes you will be on your way to eating at least 2 serves of fruit and 5 serves of veggies every day. They are super tasty and will be enjoyed both by adults and children.

It's best to go for produce that is in season. It usually provides better value for money and tastes better than produce that is not in season. Choose South Australian grown in-season fruit and vegetables to support our local growers. See the list in the front of this booklet to help with your shopping.

So burst into action this Spring. Enjoy fresh fruit and veg and enjoy the outdoors. Team a healthy diet with physical activity for the best results for you and your family's health.

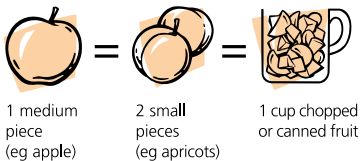
For more recipes visit:

[www.gofor2and5.com.au](http://www.gofor2and5.com.au)

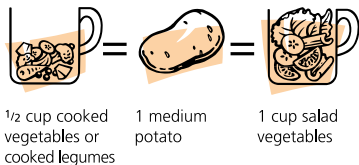
Remember to Go for 2&5® and happy eating!

## What's a serve?

One serve of FRUIT is 150 grams of fresh fruit or:




One serve of VEGETABLES is 75 grams or:




### Abbreviations

ml = millilitre (s)

g = gram (s)

 = time

 = fruit and vegie serves per recipe

Go for 2&5® everyday!

# What's in Season?


FRUIT	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	
Apples													
Apricots													
Bananas													
Berries: Blackberries													
Blueberries													
Boysenberries													
Mulberries													
Raspberries													
Strawberries													
Cherries													
Cumquats													
Currants													
Custard Apples													
Dates													
Feijoas													
Figs													
Grapes													
Grapefruit													
Guavas													
Kiwifruit													
Lemons													
Limes													
Lychee													
Mandarin													
Mangoes													
Melons: Honey Dew													
Rockmelon													
Watermelon													
Nashis													
Nectarines													
Oranges													
Pawpaw													
Papaya													
Passionfruit													
Peaches													
Pears													
Persimmons													
Pineapple													
Plums													
Pomegranates													
Rhubarb													
Starfruit													
Tamarillos													
Tangelos													
	SUMMER			AUTUMN			WINTER			SPRING			
KEY	Unavailable	Heavy supply (Aust grown)			Available (Aust grown)			Heavy supply (SA grown)			Available (SA grown)		

VEGETABLES	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	
Artichokes													
Asparagus													
Avocados													
Beans													
Beetroot													
Bok Choy													
Broccoli													
Broccoli di Rape													
Broccolini													
Brussels Sprouts													
Cabbages													
Capsicums													
Carrots													
Cauliflowers													
Celeriac													
Celery													
Chicory													
Chillies													
Chockos													
Cucumbers													
Eggplant													
Fennel													
Horseradish													
Kale													
Leeks													
Lettuce													
Lobok													
Marrows													
Mushrooms													
Okra													
Olives													
Onions													
Parsnips													
Peas													
Potatoes													
Pumpkins													
Radish													
Salsify													
Shallot Bulbs													
Shallots													
Silverbeet													
Spinach													
Squash													
Swedes													
Sweet Corn													
Sweet Potatoes													
Taro													
Tomatoes													
Turnips													
Witlof													
Zucchini													
	SUMMER			AUTUMN			WINTER			SPRING			
KEY	Unavailable	Heavy supply (Aust grown)			Available (Aust grown)			Heavy supply (SA grown)			Available (SA grown)		

# Citrus Coleslaw

Serves 4.

 10 minutes preparation

 6 serves of vegies in this recipe

## Ingredients:

- 1 orange
- 3 cups cabbage, shredded
- 2 spring onions, sliced
- 1 small green capsicum, seeded and sliced

## Dressing

- 1 tablespoon vinegar
- 1 tablespoon orange juice
- 2 tablespoons olive oil



**Method:** Grate the orange rind and set aside. Peel and slice orange into segments or rings. Combine orange with cabbage, spring onions and capsicum in a serving bowl. Mix dressing ingredients in a separate bowl and add orange rind. Pour over salad and mix well.

**Variation:** Use pink grapefruit instead of orange. Add sliced kiwi fruit or grated carrot.

For a creamy, low-fat dressing, mix  $\frac{1}{4}$  cup low-fat natural yogurt,  $\frac{1}{4}$  cup reduced-fat mayonnaise, juice of  $\frac{1}{2}$  lemon and 1 teaspoon wholegrain or French mustard.

# Mushroom and Tomato Bruschetta



Makes 8.

⌚ 10 minutes  
preparation + 20  
minutes cooking

🍴 5 serves of vegies in  
this recipe

## Ingredients:


400g assorted mushrooms,  
sliced (swiss brown, flat,  
button)  
3 ripe tomatoes, chopped  
2 sprigs rosemary  
1 teaspoon fresh parsley or  
sage, chopped  
2 cloves garlic, peeled and  
crushed  
1 teaspoon lemon juice  
1 teaspoon balsamic vinegar  
2 teaspoons olive oil  
½ ciabatta loaf


**Method:** Preheat oven to 200 °C. Mix mushrooms, tomatoes and herbs in an ovenproof dish. Whisk garlic, lemon juice, vinegar and oil. Pour over mushroom mixture. Loosely cover with foil and cook in oven for 20-25 minutes. Heat the bread during the last 5 minutes of cooking. Cut the loaf in half lengthways and cut each half into 4. Spoon mushroom mixture onto bread, grill and garnish with rosemary.

**Hint:** For a quicker alternative, gently simmer the mushroom mixture in a covered frypan for 10-15 minutes. Heat the loaf for 5 minutes in the oven to make it crisp.

# Fast Vegie Spaghetti

Serves 4-6.

 10 minutes preparation  
+ 10 minutes cooking

 11 serves of vegies in  
this recipe

## Ingredients:

500g spaghetti or other  
pasta

2 teaspoons vegetable oil

1 small onion, thinly sliced

1 small carrot, thinly sliced

1 small celery, thinly sliced

½ capsicum, seeded and cut  
into small dice

1 small zucchini, cut into  
small dice

570g tomato based pasta  
sauce

¼ cup grated Parmesan  
cheese



**Method:** Cook pasta according to packet directions and drain. Heat oil in a saucepan, add onion and cook until soft. Add other vegetables, stirring until well mixed. Lower heat, cover and cook for 5-7 minutes.

Add pasta sauce to vegetables and heat through. Remove from heat and serve over pasta. Sprinkle with cheese.

**Variation:** Substitute other vegetables for those listed – use those you have in the refrigerator or freezer.



Serves 4.

⌚ 20 minutes preparation  
+ 10 minutes cooking

🥗 9 serves of vegies in this  
recipe

### Ingredients:

- 2 cups rice
- 1 teaspoon vegetable oil
- 250g chicken breast, skin removed and cut into strips
- 1-2 cloves garlic, crushed
- 1 medium onion, chopped
- 2 medium carrots, thinly sliced
- 1 stick celery, sliced
- 1 red capsicum, seeded and diced
- 125g snow peas, ends and strings removed
- 1 bunch bok choy, or 1 cup of cabbage, roughly chopped
- 2 teaspoons cornflour
- 2 tablespoons reduced-salt soy sauce
- ½ cup chicken stock
- 1 tablespoon sweet chilli sauce

**Method:** Cook rice following packet directions. While cooking, heat oil in a wok or large pan and stir-fry chicken until almost cooked. Set aside. Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes. Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce. Pour into stir-fry and heat through. Serve with rice.

**Variation:** Use lean pork loin instead of chicken. Try noodles instead of rice.

## Chicken and Vegie Stir-Fry



Serves 4.

⌚ 20 minutes preparation  
+ 5 minutes cooking

🥗 11 serves of vegies in this  
recipe

## Thai Beef Salad

### Ingredients:

400g lean rump, or fillet of beef

Olive or canola oil spray

### Dressing

Juice of 2 limes (or  $\frac{1}{3}$  cup of  
lemon juice)

1 tablespoon caster sugar  
dissolved in 1 tablespoon  
boiling water

2 tablespoons Thai fish sauce

1 red chilli, seeded and finely  
chopped

1 tablespoon chopped mint

1 tablespoon chopped  
coriander

### Salad

6 lettuce leaves, shredded

2 tomatoes, cut into wedges

1 small cucumber, sliced

1 small red onion, finely sliced into rings

2 radishes, thinly sliced

8 mint leaves

8 coriander leaves

Red chilli, seeded and finely chopped (optional)



**Method:** Grill or pan-fry (in a non-stick pan sprayed with a little oil) the beef rare. Cool and slice thinly. Combine dressing ingredients and pour over the beef. Mix salad ingredients together. Top with beef and dressing. Serve immediately.

**Hint:** The beef is best served rare but can be cooked to your liking.

Serves 8.

⌚ 25 minutes preparation  
(plus overnight to set  
in refrigerator)

🍷 8 serves of fruit in this  
recipe

### Ingredients:

1 small packet sponge  
fingers  
1 packet lemon jelly (to  
make 500ml)  
250g reduced-fat ricotta  
cheese, smooth  
250g quark or reduced-fat  
cream cheese

$\frac{1}{3}$  cup caster sugar  
 $\frac{1}{4}$  cup lemon juice  
170g can low-fat  
evaporated milk, chilled

### Tropical fruit salad

2 cups strawberries, hulled  
and chopped  
1 cup fresh or canned pineapple, chopped  
1 cup kiwi fruit, peeled and sliced  
2 cups fresh or canned mango, chopped  
Pulp of 2 passionfruit

## Tropical Fruit Delight

Quark cream cheese has a quarter the fat of cream cheese.



**Method:** Arrange sponge fingers in a 5–6 cup oblong dish. Make jelly following packet directions and allow to cool. Beat ricotta, cream cheese and sugar until creamy. Add lemon juice and beat well, then add jelly. In a separate bowl beat milk until thick. Fold into ricotta mix. Pour over the sponge fingers and refrigerate overnight until firm. Cut into 8 portions. Combine all the fruits to make a fresh tropical fruit salad then spoon on top.



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An Australian Government, State and Territory health initiative.

For more information visit:

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**Government of South Australia**

SA Health

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