



Go for 2&5[®]
FRUIT VEG

It's tasty with Autumn Fruit and Veg!

SIX DELICIOUS QUICK RECIPES





Look after yourself and your family and get some extra fruit and vegies into your day this Autumn. The six recipes in this booklet are super tasty and are packed full of fruit and vegies that both adults and children will enjoy.

As a part of a healthy diet, fruit and vegetables contribute to good health throughout life. Long term benefits

include reduced risk of cardiovascular disease, obesity and some cancers and in the short term can help to keep your immune system fighting fit.

South Australian adults eat on average 1½ serves of fruit and 2½ serves of vegetables each day – aim for at least 2 serves of fruit and 5 serves of vegies.... So you are already halfway there!

Team a healthy diet with physical activity for the best results for you and your family's health.

For more tasty recipes visit:

www.gofor2and5.com.au

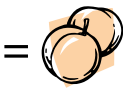
Remember to Go for 2&5® and happy eating!

What's a serve?

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



1 medium
piece
(eg apple)



2 small
pieces
(eg apricots)



1 cup chopped
or canned fruit

One serve of VEGETABLES is 75 grams or:



1/2 cup cooked
vegetables or
cooked legumes



1 medium
potato





1 cup salad
vegetables

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													
Tamarillo													
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)		

Beetroot and Potato Salad



Serves 6.

⌚ 10 minutes
preparation + 45-60
minutes cooking

🍲 19 serves of vegies in
this recipe

Ingredients:

5 medium potatoes,
scrubbed, cut into chunks
4 medium beetroot
4 spring onions, sliced
2 sticks celery, sliced
1 Lebanese cucumber, sliced
½ cup plump raisins
or sultanas

Dressing

1 tablespoon olive oil
1 tablespoon red-wine
vinegar
1 tablespoon orange juice
3 tablespoons chopped
fresh herbs (parsley, mint,
coriander and/or basil)

Method: Steam potatoes for 15-20 minutes until tender. Boil unpeeled beetroot for 30-40 minutes until tender. Cool, peel and cut into wedges. Mix all salad ingredients in a serving bowl. Combine dressing ingredients in a screw-top jar and shake well. Toss through salad and serve immediately.

Hint: Salad can be prepared beforehand but do not add beetroot and dressing until just before serving as the beetroot will colour the potato and cucumber.

Variation: Balsamic vinegar or lemon juice may be substituted for red-wine vinegar.

Vegie Frittata

Serves 4.

🕒 15 minutes preparation
+ 30 minutes cooking

🍴 19 serves of vegies in
this recipe



Ingredients:

- 1 teaspoon vegetable oil
- 1 medium onion, sliced
- 500g sweet potato, peeled and thinly sliced
- ¼ cup water
- 420g can sweet corn kernels (or 1 corn cob, cooked)
- 2 cups broccoli, cut into florets
- 60g grated reduced-fat cheddar cheese or 30g grated Parmesan cheese
- 6 eggs
- ½ cup low-fat milk

Method:

Preheat oven to 180°C and grease a 20cm square baking tin with oil. Combine onion, sweet potato and water in a large bowl, cover with cling film and microwave on HIGH (100%) for 3 minutes. Add broccoli and microwave on HIGH (100%) for a further 2 minutes.

Layer baking tin with half the sweet potato and top with corn, broccoli, onion and remaining sweet potato. Whisk eggs and milk, pour over vegetables, top with cheese and bake for 30 minutes or until firm in the centre.

Variation: Substitute 5 cups of any cooked vegetables for those listed.

Serving suggestion: Serve with a bread roll.

Asian Noodle Soup



Serves 4.

🕒 10 minutes preparation
+ 5 minutes cooking


🥗 7 serves of vegies in
this recipe


Ingredients:

- 4 cups chicken stock
- ¼ Chinese cabbage, finely sliced
- 1 small red chilli, finely sliced (optional)
- 2 tablespoons coriander, chopped
- 1 bunch bok choy, shredded
- 1 teaspoon ginger, finely chopped
- 2 tablespoons reduced-salt soy sauce
- 1 tablespoon fish sauce
- 125g Hokkien egg noodles, cooked
- 1 cup skinless chicken, cooked and shredded
- 1 cup mung bean sprouts
- 1 spring onion, sliced

Method: Combine stock and cabbage in a large pot and bring to the boil. Simmer over gentle heat for 5 minutes or until tender. Add chilli, coriander, bok choy, ginger and sauces. Divide hot noodles and chicken between 4 deep serving bowls. Ladle soup mixture over noodles, add bean sprouts and garnish with spring onion.

Serves 4.

 20 minutes preparation
+ 15 minutes cooking

 15 serves of vegies in
this recipe

Ingredients:

2 cups rice
2 teaspoons vegetable oil
400g lean blade steak,
sliced into strips
2 medium onions, sliced
3 teaspoons red curry paste
½ cup chicken stock
500g pumpkin, finely diced
2 red capsicums, seeded
and finely sliced
Rind of 1 lemon, grated
250 ml reduced-fat
coconut milk
1 bunch English spinach
leaves, washed and
roughly chopped

Red Beef Curry





Method: Cook rice following packet directions. Heat half the oil in a large pan, pan-fry beef for 5 minutes until brown, set aside. Heat remaining oil and pan-fry onion until tender. Stir through the curry paste, stock, beef, pumpkin, capsicum and lemon. Simmer for 10 minutes until pumpkin is soft, adding a little water if necessary. Pour in coconut milk, stir through spinach and cook until wilted. Do not boil. Serve over rice.

Hint: To reduce fat content, substitute one can of low-fat evaporated milk and one teaspoon of coconut essence for coconut milk.

Variation: For a green chicken curry, substitute the steak for chicken and use green curry paste instead of red. Replace pumpkin with green beans.

Serves 4.

 5 minutes preparation + 8 minutes cooking

 7 serves of fruit in this recipe

Ingredients:

4 Granny Smith apples,
washed and cored
1 tablespoon brown sugar
1 tablespoon honey
30g walnuts, chopped
50g dried mix fruit
1 teaspoon cinnamon

Method: Run a knife around the middle of the apples to pierce the skin. Combine remaining ingredients in a small bowl. Spoon into apple cavities, leaving a little excess on top of each apple. Microwave on HIGH (100%) for 8 minutes or until apples are tender. Serve with extra sauce from the bottom of the dish.

Hint: Scoring around the middle of the apple ensures the apple doesn't burst out of its skin during cooking.


Variation: Substitute pears or nashi fruit for the apples.

Baked Apples



Serves 6.

 15 minutes preparation

 7 serves of fruit in this recipe

All Year Round Fruit Salad

Ingredients:

2 cups melon, peeled and chopped (watermelon, rockmelon or honeydew melon)

1 banana, peeled and sliced

½ pineapple, cored and cubed

1 kiwi fruit, peeled and cubed

Pulp of 3 passionfruit

Juice of 2 oranges

Method: Combine all fruit in a large serving bowl. Stir through passionfruit and pour over juice and mix. Serve immediately.

Hint: Make sure orange juice is poured over any fruits that discolour quickly, eg: bananas, pears and apples.

Variation: All fruits can be used in this salad. When in season, use stone fruits, grapes, mangoes and strawberries.





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An Australian Government, State and Territory health initiative.

For more information visit:

www.gofor2and5.com.au



Government of South Australia

SA Health

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