



Go for 2&5[®]
FRUIT VEG

Spring to life with Fruit and Veg!

SIX DELICIOUS QUICK AND EASY RECIPES





Spring is a time of renewal and a great time to improve your diet! A key aim for most South Australians is to eat more fruit and vegetables, to Go for 2 fruit and 5 veg every day.

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 where possible. You can help SA growers and also help reduce the negative impact our food system has on climate change (through food processing, packaging, storage and the transport involved in getting food from where it is grown to the place where it is eaten).

Take action this Spring. Enjoy fresh fruit and veg.

This booklet contains a list of SA and Australian grown fruit and veg that are in-season this Spring as well as six tasty, quick recipes.

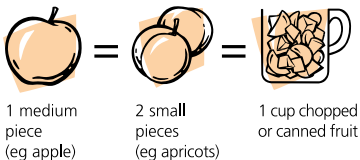
For more recipes visit:

www.gofor2and5.com.au

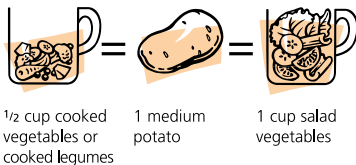
Remember to Go for 2&5® and happy eating!

What's a serve?

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




One serve of VEGETABLES is 75 grams or:




Abbreviations

ml = millilitre (s)

g = gram (s)

 = time

 = fruit and vegie serves per recipe

It's easy to Go for 2&5® everyday!

What's in Season?

Spring Fruit and Veg

September - November

Fruit	Sept	Oct	Nov
Apples* (Braeburn, Fuji, Golden Delicious, Granny Smith, Hi Early, Lady Williams, Pink Lady, Red Delicious, Sundowner)	Heavy supply	Available	Unavailable
Bananas	Heavy supply	Available	Unavailable
Blueberries	Heavy supply	Available	Unavailable
Cherries*	Heavy supply	Available	Unavailable
Cumquats*	Heavy supply	Available	Unavailable
Dates	Heavy supply	Available	Unavailable
Grapefruit*	Heavy supply	Available	Unavailable
Honey Dew	Heavy supply	Available	Unavailable
Kiwifruit	Heavy supply	Available	Unavailable
Lemons*	Heavy supply	Available	Unavailable
Limes*	Heavy supply	Available	Unavailable
Mangoes*	Heavy supply	Available	Unavailable
Nashis*	Heavy supply	Available	Unavailable
Oranges* (Blood, Valencia)	Heavy supply	Available	Unavailable
Pawpaw	Heavy supply	Available	Unavailable
Papaya	Heavy supply	Available	Unavailable
Passionfruit	Heavy supply	Available	Unavailable
Pears* (Buerre Bosc, Corella, Lemon Bergamot, Packham, Red Anjou, Winter Nellis)	Heavy supply	Available	Unavailable
Pineapple	Heavy supply	Available	Unavailable
Rhubarb*	Heavy supply	Available	Unavailable
Starfruit	Heavy supply	Available	Unavailable
Strawberries	Heavy supply	Available	Unavailable
Tamarillos*	Heavy supply	Available	Unavailable
Tangellos*	Heavy supply	Available	Unavailable
Watermelon	Heavy supply	Available	Unavailable

* SA grown available in Spring

Key Heavy supply Available Unavailable

Vegetables	Sept	Oct	Nov
Artichoke* (Globe)			
Asparagus			
Avocado (Hass, Greenskin)			
Beans (Broad*, Butter, Green*)			
Beetroot*			
Bok Choy*			
Broccoli*			
Broccolini			
Brussel Sprouts			
Cabbage (Common*, Chinese)			
Capsicums* (Gold, Green, Red)			
Carrots*			
Cauliflowers*			
Celeriac*			
Celery*			
Chicory*			
Cucumbers*			
Eggplant*			
Fennel			
Horseradish*			
Leeks*			
Lettuce*			
Lobok*			
Mushrooms*			
Okra			
Onions* (Brown, White, Red)			
Parsnips*			
Peas* (Green, Snow, Sugarsnap)			
Potatoes* (Coliban, Desiree, Gourmet, Lasoda, Sebago)			
Pumpkins* (Blue, Butternut, Golden Nugget, Jarradale, Jap)			
Radish*			
Salsify*			
Shallot Bulbs			
Shallots*			
Silverbeet*			
Spinach*			
Squash (Gold)			
Swedes*			
Sweet Corn			
Sweet Potatoes			
Taro			
Tomatoes*			
Turnips*			
Witloof			
Zucchini*			



* SA grown available in Spring

Key Heavy supply Available Unavailable

Honeyed greens



Serves 4.

-  8 minutes
preparation + 6-8
minutes cooking
-  13 serves of vegies
in this recipe

Ingredients:

6 cups assorted green vegetables in season (choose from: zucchini, leek, celery, asparagus, green beans, brussels sprouts, broccoli, green capsicums, snow peas and bean-shoots)

Dressing

- 2 tablespoons honey
- 2 tablespoons vinegar
- 1 teaspoon olive oil
- 1 teaspoon reduced-salt soy sauce
- 1 teaspoon ginger, finely chopped

Method: Slice vegetables to same size for even cooking. Steam vegetables for 6-8 minutes or microwave on HIGH (100%) for 3-4 minutes until crisp but tender. Place dressing ingredients in a saucepan and simmer over low heat until honey dissolves, or microwave on HIGH (100%) for 1 minute. Drain vegetables and toss through dressing. Serve immediately.

Hint: A great way to empty your refrigerator crisper, or to introduce new varieties of vegetables to the family.

Variation: Garlic may be used instead of ginger.

Mushroom and Tomato Bruschetta



Makes 8.

⌚ 10 minutes
preparation + 20
minutes cooking

🍲 10 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.


Roast Lamb with Pears



Serves 6.

 30 minutes preparation
+ 1 hour 20 minutes
cooking

(including resting time)

 18 serves of vegies in
this recipe

Ingredients:

- 1 easy carve leg of lamb (approximately 1 kg)
- 2 cloves garlic, crushed
- 1 tablespoon olive oil
- 3 tablespoons rosemary leaves
- 3 pears, peeled, cored and halved
- 2 large potatoes, cut into chunks
- 1 sweet potato, peeled and cut into chunks
- ½ butternut pumpkin, peeled and cut into chunks
- 2 medium carrots, peeled and cut into large chunks

Method: Preheat oven to 180 °C. Mix garlic, oil and rosemary, rub over lamb. Reserve remaining mixture. Place lamb on a rack and cook for 15-20 minutes. Remove from the oven, brush with the oil, garlic, rosemary mixture and return to oven. Place all vegetables in a separate, heated baking dish and cook at the top of the oven, turning once. Cooking should take 1 hour-1 hour 20 minutes. (For each 500g, allow 20-25 minutes for rare; 25-30 minutes for medium, 30-35 minutes for well done.) Lamb should be just cooked and juicy, and vegetables brown and tender. Rest the lamb, wrapped in foil for 10 minutes, before carving.

Hint: The sweeter vegetables such as pumpkin, sweet potato and pears will cook and brown faster than the potatoes. They may be removed early and covered with foil to keep warm. Resting the meat makes carving easier.

Serves 4.

🕒 30 minutes preparation
+ 10 minutes cooking

🥗 13 serves of vegies in
this recipe

Ingredients:

2 cups rice
275g firm tofu, cubed
1 clove garlic, crushed
2 tablespoons ginger, grated
1 tablespoon oyster sauce
2 tablespoons chilli sauce (or
½ teaspoon chilli flakes)
1 tablespoon sesame or
olive oil
1 medium carrot, thinly sliced
1 red capsicum, seeded and
sliced
150g snow peas, cut into
strips with strings removed
200g mushrooms, sliced
6 spring onions, chopped
½ Chinese cabbage, finely
sliced
1 cup bean shoots




Tofu stir-fry


Method: Cook rice following packet directions. Place tofu in a bowl and marinate for 30 minutes with garlic, ginger and sauces. Drain, retaining marinade. Heat a wok or non-stick frypan, add oil and tofu and stir-fry until brown on all sides. Remove and keep warm. Add remaining ingredients except bean shoots and stir for 3–4 minutes until lightly cooked. Add bean shoots and tofu, stir through reserved marinade. Serve with rice.

Variation: Savoy cabbage, Brussels sprouts or bok choy may be used instead of Chinese cabbage, and try a small leek instead of spring onions.

Fish and Crunchy Asian Salad

Serves 4.

 10-15 minutes preparation
+ 5 minutes cooking

 14 serves of vegies in this recipe

Ingredients:

4 pieces white fish fillet (eg: snapper, perch, gummy shark, swordfish or salmon).

2 teaspoons olive oil

Salad

3 cups Chinese cabbage, sliced

1 Lebanese cucumber, sliced

1 bunch English spinach leaves

12 snow peas, ends and strings removed

4 radishes, sliced

3 spring onions, sliced

1 cup bean shoots

1 chilli, seeded and sliced

250g cooked egg noodles, chilled

Asian-style dressing

4 tablespoons lime or lemon juice

2 tablespoons olive oil

1 teaspoon sesame oil

1 tablespoon reduced-salt soy sauce

½ teaspoon brown sugar

1 tablespoon fresh ginger, peeled and finely diced

1 small clove garlic, chopped

1 fresh chilli, seeded and finely diced


½ cup parsley, mint or coriander, chopped




Method: Brush fish with oil and grill or pan-fry. Mix salad ingredients in a serving bowl. Combine dressing ingredients in a glass jar with lid. Shake to combine and toss with salad. Serve immediately with fish.

Apple and Banana Hot Cakes

Serves 6.

 10 minutes
preparation + 20
minutes cooking

 6 serves of fruit in
this recipe

Ingredients:

2 eggs
2 teaspoons margarine,
melted
2½ cups low-fat milk
2 cups self-raising flour
2 tablespoons sugar
3 medium apples,
peeled, cored and
grated
1 teaspoon vegetable oil
4 ripe bananas, sliced
1 tablespoon honey



Method: In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat.

Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey.

Variation: Add ¼ cup sultanas to dry mixture.



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An Australian Government, State and Territory health initiative.

For more information visit:

www.gofor2and5.com.au



Government of South Australia

Department of Health

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