



For a healthier meal have plenty of vegetables on all the family plates. Aim for at least half the plate to be vegetables. Eat together as a family as often as you can. Kids are more likely to eat vegetables if they sit down with a family.

Veg up your meals.... everyone wins

For more great recipes for fresh New Zealand grown vegetables visit www.vegetables.co.nz



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VegUp with 5+ A Day[®]

Great ideas with fresh New Zealand grown vegetables and Pacific flavours



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Exciting ways to **veg up** popular **Pacific meals** with fresh New Zealand grown **vegetables**



Chicken and lime noodle salad

Serves 6

200g vermicelli noodles
1 medium carrot, thinly sliced
2 spring onions, thinly sliced
1 red capsicum, thinly sliced
½ cup loosely packed fresh mint leaves
½ cup coarsely chopped fresh coriander
2 cloves garlic, crushed
1 red chilli, seeds removed and finely chopped (optional)
400g cooked chicken, skin removed, shredded

Dressing

½ cup sweet chilli sauce
2-3 Tbsp lime juice
1 Tbsp fish sauce (optional)

Place noodles in a large heatproof bowl and cover with boiling water. Let stand until just tender and then drain. Combine noodles in a large bowl with carrots, onions, capsicum, herbs, garlic and chilli. Add chicken.

Combine dressing ingredients and mix in a screwtop jar. Pour over noodles and toss gently to combine. Cover and refrigerate until ready to serve.



Sweet chilli and coriander fish

Serves 4

500g firm fish fillets e.g. Gurnard, or a combination of fish, mussels and prawns
2 cloves garlic, crushed
¼ cup sweet chilli and ginger sauce, or sweet chilli sauce
½ cup lite coconut milk
1 Tbsp fish sauce (optional)
1 lemon, juice of
3 Tbsp chopped coriander

Preheat oven to 200°C.

Place fish fillets in an ovenproof baking dish.

Place garlic, chilli sauce, coconut milk, fish sauce and lemon juice in a bowl and mix well. Pour over fish.

Bake in preheated oven for 10-15 minutes or until fish is cooked through.

Serve with baked kumara, topped with coriander, accompanied by a green salad.

Tip:

If using coconut cream, use half water and half coconut cream.



Rice Salad

Serves 4

2 cups cooked brown rice
2 spring onions, sliced
1 green or red capsicum, diced
1 stalk celery, finely diced
1 carrot, finely diced
1 x 227g can pineapple pieces, drained and chopped
½ cup sultanas
¼ cup puŪkin seeds
½ cup toasted cashew nuts or peanuts
¼ cup chopped fresh coriander or parsley

Dressing:

¾ cup retained pineapple juice, and water, if necessary
⅓ cup olive or canola oil
1 Tbsp low sodium soy sauce
1-2 cloves garlic, crushed or 1 tsp freshly crushed ginger

Place cooked rice in a large bowl, add spring onions, capsicum, celery, carrot, pineapple and sultanas.

Mix the dressing ingredients together in a screw top jar. Add dressing, toss and leave in the refrigerator. Sprinkle with seeds, nuts and coriander to serve.

Veg up the taste, **veg up** the goodness, as easy as **slice, dice, chop, grate** and **enjoy**