

## popular kiwi family meals.



easy as slice, chop, dice, grate and enjoy!

veg up and add more to your meals...  
more colour

more antioxidants  
more vitamins  
more value for money  
with less fat  
less salt  
less calories  
more taste  
more minerals

Involve your children in preparing meals. Help them learn about food and develop new skills. Start them off with easy stuff like washing vegetables or getting the food out for a meal.

For a healthier meal load up family plates with vegetables. 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 the family.

The delicious way to eat your 5+ A Day. Vegup your meals... everyone wins!



vegetables.co.nz

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veg up For quick and easy ways to add vegetables to everyday meals...



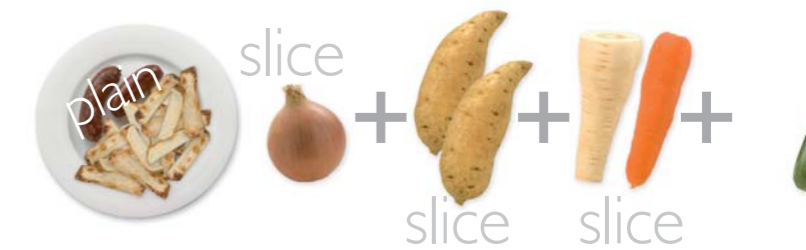
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## Exciting new ways to vegup

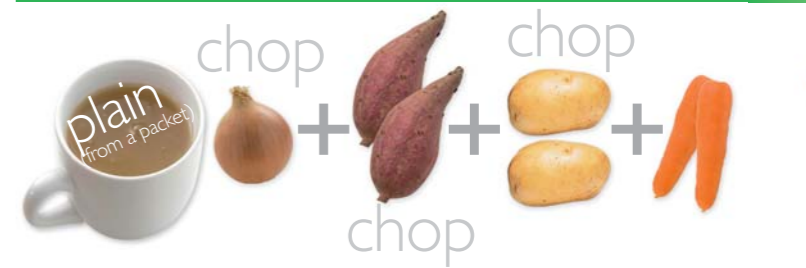
macaroni cheese



bangers and chips



vegetable soup



spaghetti bolognese



Vegup the taste, vegup the goodness... as



Liven up everyday family meals with these easy to prepare recipes.

A few fresh vegetables are all you need for a new twist on these popular dishes...



**vegUP** macaroni cheese

**things you will need**

- 2 cups dry macaroni
- 1/4 small **cauliflower** (200g)
- 1/2 head **broccoli** (200g)
- 2 Tbsp butter or margarine
- 1 **onion**, finely chopped
- 3 Tbsp flour
- 3 cups milk
- 2 cups grated tasty cheese
- 1 **tomato**, sliced
- 1/4 cup crushed weetbix
- 2 **carrots**, cut into sticks
- 2 **celery stalks**, cut into sticks

Fill a large saucepan with water; bring to the boil, add the macaroni and simmer for 7 minutes. Chop the cauliflower and broccoli into florets. Add to the pasta and simmer another 3 - 4 minutes. Drain. Meanwhile melt the butter in a saucepan. Saute the onion for 3 - 4 minutes. Add the flour; mix well and gradually add the milk. Heat gently until thickened, stirring to avoid lumps. Add the cheese. Place the macaroni vegetable mix in a baking dish, pour over the cheese sauce. Top with the tomatoes and sprinkle the weetbix over. Grill for 5 - 10 minutes or until golden brown. Serve with celery and carrot sticks.

**Serves 4-5**



**vegUP** bangers and chips

**things you will need**

- 6 medium baking or general purpose (floury) **potatoes** (900g) scrubbed and cut into wedges or chunks
- 1 **onion**, peeled and sliced into wedges
- 2 **kumara**, sliced
- 2 **carrots** or **parsnips**, sliced
- 2 **courgette**, sliced
- 1 **pepper**, sliced
- 6 lean sausages (500g) halved by twisting to form 12 short sausages
- 2 Tbsp oil
- 2 Tbsp fresh **rosemary** leaves or 1/2 tsp Tuscan seasoning (optional)

Place everything in a roasting dish. Toss to coat lightly with oil and seasoning. Bake uncovered at 200°C for 45 - 55 minutes or until the potatoes are golden and tender. Turn once during cooking.

**Serves 4-5**



**vegUP** soup

**things you will need**

- 2 Tbsp oil
- 1 **onion**, peeled and diced
- 2 each of **kumara**, **potato** and **carrot**, chopped
- 1 - 2 cups peeled and chopped **pumpkin**
- 1 packet dried spring vegetable soup
- 6 cups water
- 1 **leek** or 2 **celery stalks**, chopped

Heat the oil in a saucepan and saute the vegetables for 5 - 6 minutes. Add the soup mix and water. Simmer gently for 15 - 20 minutes or until the vegetables are tender. Add the leek or celery near the end of cooking to keep the bright green colour. Puree if you prefer a smooth soup. Season to taste.

**Serves 6**



**vegUP** spaghetti bolognese

**things you will need**

- 1 Tbsp oil
- 400g minced beef
- 1 **onion**, peeled and diced
- 2 cloves crushed **garlic** (optional)
- 2 **carrots**, grated
- 2 **courgettes**, grated
- 2 stalks **celery**, sliced
- 500g good tomato pasta sauce.

Warm the oil in a heavy based pan which has a fitting lid. Add the mince, onions and garlic, cook for 5 minutes or until the mince is browning. Add the vegetables and the pasta sauce, cover and simmer, stirring occasionally and adding a little extra water if necessary. Cook for 15 - 20 minutes or until the sauce is rich and thickened. Serve on pasta with lettuce and cucumber on the side.

**Serves 4-5**

Use these ideas to get you started... go with what is in season and **vegUP** all your favourite meals. For more great ideas go to [vegetables.co.nz](http://vegetables.co.nz)