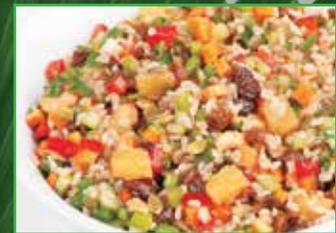
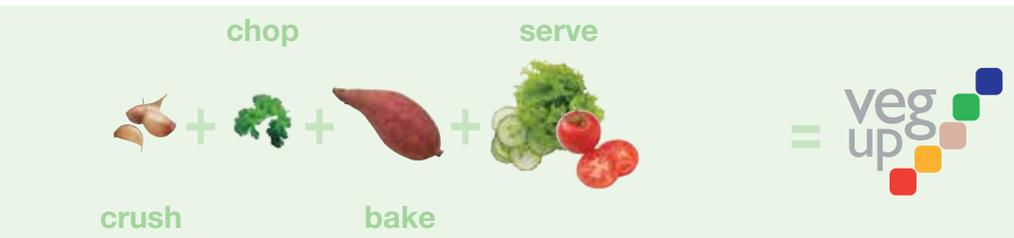
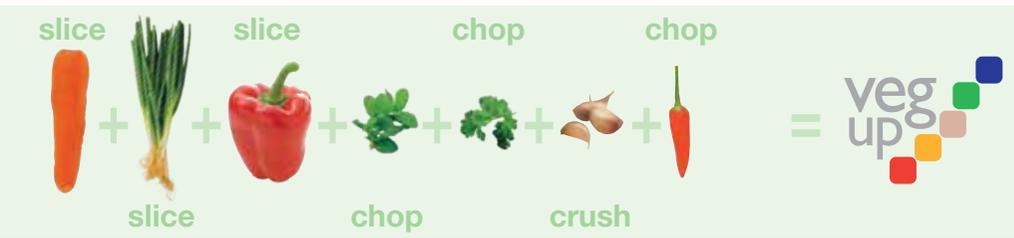


# VegUp

Great ideas with fresh New Zealand grown vegetables and Pacific flavours



**Veg up** your meals....  
everyone wins

- For healthier meals have plenty of vegetables on all the family's 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 their vegetables.



For more great recipes for fresh New Zealand grown vegetables visit [www.vegetables.co.nz](http://www.vegetables.co.nz)



[vegetables.co.nz](http://vegetables.co.nz), PO Box 10232, Wellington



## VegUp meals with fresh New Zealand grown vegetables and Pacific flavours



**Chicken and lime vermicelli 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 or parsley  
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 or lemon 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 herb 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 or parsley

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.



**Vegetable and 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 pumpkin 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  
¼ 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**