



beetroot and carrot juice

SERVES 4-6

INGREDIENTS

- 1 beetroot, top and tailed and cut into quarters
- 2 carrots
- 2 apples, quartered and cored

METHOD

Place all ingredients in a juicer and juice. Serve immediately in a large glass.



celery zinger

SERVES 4-6

INGREDIENTS

- 1 head celery
- 2 green apples, quartered and cored
- 1-2 red chillies, deseeded and sliced
- 1 tsp minced ginger

METHOD

Place celery, apples and chillies in a juicer and juice. Stir in ginger, and serve immediately in a large glass.



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raw

Celebrating fresh New Zealand grown vegetables



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carrot salad

SERVES 4

INGREDIENTS

- 4 carrots, grated
- ¼ cup sultanas
- ¼ cup peanuts, unroasted or dry roasted

DRESSING

- 1 tsp light soy sauce
- 1 tsp brown sugar
- Pinch salt
- 1 Tbsp sesame oil
- 2 Tbsp rice bran oil
- 1 clove of garlic, crushed

METHOD

Place carrots, sultanas and peanuts into a bowl and mix. Whisk dressing ingredients together in a bowl and pour over carrot salad just before serving.

Variation: Add ¼ cup sunflower or pumpkin seeds.





broccoli and red cabbage salad

SERVES 4-6

INGREDIENTS

- ½ head broccoli, finely chopped or chopped in a food processor
- 1 cup finely sliced red cabbage
- 1 stalk celery, sliced
- 2 cloves garlic, roasted and chopped
- ¼ cup basil leaves, chopped



DRESSING

- 2 Tbsp canola or rice bran oil
- 2 Tbsp white vinegar
- 1 tsp honey

METHOD

Mix broccoli, cabbage, celery, garlic and basil together in a bowl. Add dressing and toss, transfer to a serving dish.

To make dressing, mix oil and vinegar together and then add honey. Mix well and pour over salad.



mung bean sprouts and tomato salad

SERVES 6-8

INGREDIENTS

- 2 cups mung bean sprouts
- 6 red medium tomatoes, sliced in wedges
- 6 small yellow tomatoes sliced in half
- 1 red capsicum, deseeded and sliced
- 1 yellow capsicum, deseeded and sliced
- ¼ cup vinaigrette
- 6-8 sprigs basil



METHOD

Place 1 ½ cups bean sprouts in a large bowl

Arrange tomatoes and capsicum on top. Sprinkle over remaining ½ cup bean sprouts.

Drizzle with vinaigrette and garnish with basil.



beetroot and pumpkin seed salad

SERVES 4

INGREDIENTS

- 2 beetroot, peeled and grated
- 1 carrot, peeled and grated
- 1 orange, zest and juice
- 2 Tbsp olive oil
- Salt and pepper to taste
- 2 Tbsp pumpkin seeds



METHOD

Place beetroot, carrot and orange zest in a bowl.

Mix orange juice, olive oil, salt and pepper together.

Add to beetroot and toss.

Cover and leave in refrigerator for flavours to develop.

Sprinkle with pumpkin seeds to serve.

