



### Tomato and bocconcini

Makes 16  
½ cup tomato chutney  
16 small balls bocconcini  
16 small tomatoes, tops removed and hollowed out  
basil sprigs for garnish  
Place chutney in the tomato shells.  
Top with a ball of bocconcini and skewer.  
Serve garnished with basil.



### Kale crisps

1 bunch kale  
Preheat oven to 180°C.  
Slice kale leaves off the stalks. Place on baking paper on an oven tray and bake in preheated oven for 5-10 minutes or until crisp.  
Serve.



### Celery zinger

Serves 4-6  
1 head celery  
2 green apples, quartered and cored  
1-2 red chillies, deseeded and sliced  
1 tsp minced ginger  
Place celery, apples and chillies in a juicer and juice. Stir in ginger, and serve in large glass.



### Beetroot and carrot juice

Serves 4-6  
1 beetroot, top and tailed and quartered  
2 carrots  
2 apples, quartered, cored  
Place beetroot, carrots and apples in a juicer and juice.  
Serve in a large glass.



# SNACKS

## - ON TREND



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### Witloof, blue cheese and walnuts

Serves 2-3

2 witloof, leaves separated

30g blue cheese, crumbled

1-2 Tbsp walnuts

¼ cup fig and pear chutney

Arrange witloof leaves on small plates.

Top with cheese and walnuts.

Serve pear and fig chutney alongside.



### Melon nibbles [cover image]

Makes about 12

¼ Prince melon, skinned, deseeded and diced

¼ rock melon, skinned, deseeded and diced

10-12 stalks of mint

Arrange green and orange melon dice on wooden skewers.

Place mint in a glass or cone. Add the skewers and serve.



### Potato skins

Serves 4-6

4-6 baking potatoes

2 Tbsp vegetable oil

Preheat oven to 220°C.

Prick potatoes with a fork and place in preheated oven. Bake for about 45 minutes until soft.

Remove from oven, cut into quarters and remove potato flesh.

Place potato skins in a baking dish, drizzle with oil and return to the oven. Roast for 30-40 minutes until crisp.

**TIP:** Use the potato flesh to make Skordalia.



### Skordalia – Potato and garlic dip

6 large mashing potatoes, peeled and cooked

2 cloves garlic, crushed

½ cup olive oil

2 Tbsp white wine vinegar

pinch of salt

½ tsp lemon juice

1 egg yolk

extra olive oil, and cracked black pepper

Mash potatoes in a bowl and add garlic. Beat until smooth.

Meanwhile mix oil, vinegar, salt, lemon juice and egg yolk in a jug. Gradually add the oil mixture to the potato and beat well until combined. Cover with cling film and refrigerate overnight.

Place dip into bowls. Drizzle with olive oil, and season with black pepper.



### Roasted eggplant, sweet corn and pomegranate

Serves 4

12 slices eggplant

½ cup spicy eggplant pickle

1 cob sweet corn, cooked, kernels removed

½ cup pomegranate seeds

1-2 Tbsp chopped parsley or coriander

Preheat oven to 180°C.

Spray baking dish with oil. Arrange eggplant slices in dish and spray tops with oil.

Spoon eggplant pickle on top and place in preheated oven.

Bake for about 30 minutes or until eggplant is soft. Remove from oven.

Arrange sweet corn, pomegranate seeds, parsley on top and serve.

