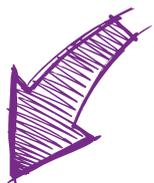


# roasting vegetables

## INGREDIENTS / METHOD

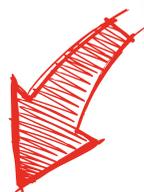
Preheat the oven to 200°C.  
 Prepare vegetables, wash, peel if necessary and dry. Slice into similar sized pieces.  
 Pour a small amount of vegetable oil into the roasting dish, add vegetables and toss.  
 Roast until vegetables are tender. They will be slightly shrivelled, but not dried out.  
 Cook vegetables in a separate pan from roasting meat and they won't soak up the meat fat.



# salad with tuna and corn

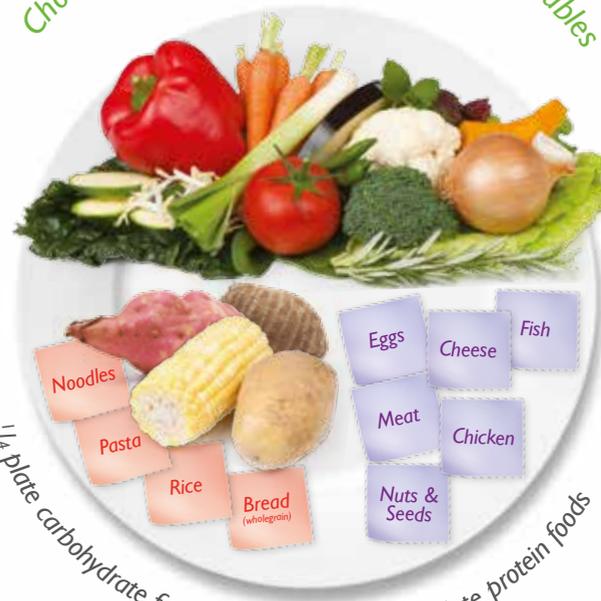
## INGREDIENTS / METHOD

Choose a wide variety of fresh New Zealand salad ingredients.  
 Microwave corn cobs for 3 minutes, cool and then slice the kernels off the corn cob.  
 Use tuna canned in spring water.

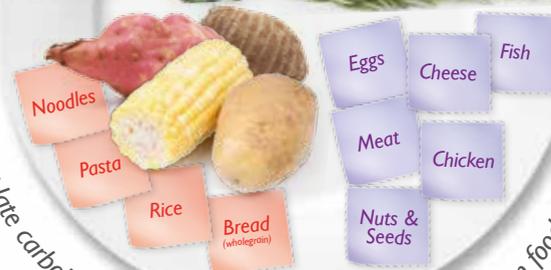


# Make half your plate veges

Choose a variety of different coloured vegetables  
 1/2 plate vegetables



1/4 plate carbohydrate foods



1/4 plate protein foods



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

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# garlic vegetables and chicken SERVES 4

## INGREDIENTS

2 Tbsp vegetable oil  
1 clove garlic, crushed  
1 tsp minced ginger  
2 tsp sesame oil  
500g stirfry chicken  
2 kumara, sliced into matchsticks  
1 each red chilli and yellow capsicum, deseeded and sliced  
1 courgette, halved lengthwise and sliced  
10 beans, topped and sliced  
6 cups broccoli and cauliflower florets  
2 Tbsp water



## METHOD

Heat vegetable oil in a heavy-based pan. Add garlic and ginger and cook for a few seconds. Add sesame oil, chicken, stir and cook for 3–4 minutes. Remove chicken. Add vegetables and water, cover and simmer until vegetables are just cooked. Add chicken, reheat, toss and serve.

# vegetables and beef braise SERVES 4

## INGREDIENTS

1 Tbsp vegetable oil  
400g beef stewing steak, diced  
4 cups sliced vegetables, choose from leeks, onion, fennel, celery  
2 cloves garlic, peeled and finely diced  
1 Tbsp Worcestershire sauce  
Pinch salt and white pepper to taste  
12 small potatoes, cut into quarters  
12 baby carrots, or 2 large carrots, cut into chunks  
4 button mushrooms, halved  
½ Tbsp cornflour, mixed with a little water to a paste  
Fennel leaves or chopped parsley to garnish



## METHOD

Preheat oven to 180°C. Heat a heavy-based frying pan, add a little oil and brown beef on all sides. Place in an ovenproof baking dish. De-glaze pan with ½ cup water and add to beef with prepared vegetables.

Pan fry the onion and garlic until transparent then add to beef. Add Worcestershire sauce and seasoning and stir. Cover.

Cook in preheated oven for 30 minutes then add potatoes, carrots and mushrooms. Add more water if required. Cook for a further hour.

Stir in cornflour paste 5 minutes before serving, mixing well. Return to the oven.

Serve garnished with fennel leaves or chopped parsley.

