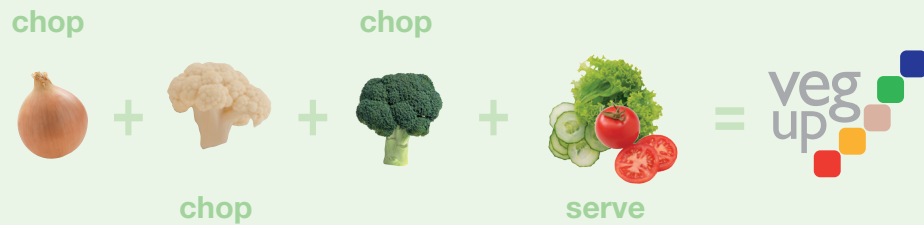
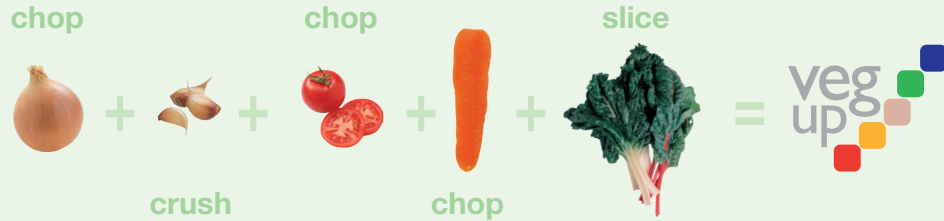




Veg up your meals....
everyone wins



For a healthier meal have plenty of vegetables on all the family 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 vegetables if they sit down with the family.

Aim to eat 5+ servings of vegetables and fruit every day.

For more great recipes for fresh New Zealand grown vegetables visit www.vegetables.co.nz

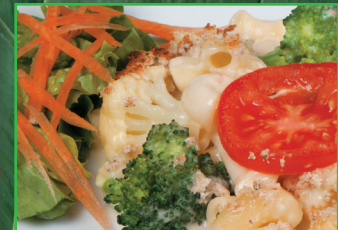
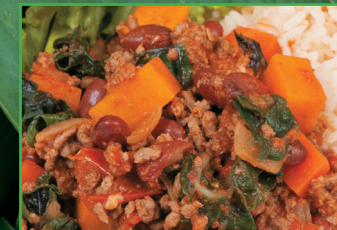


www.5aday.co.nz

PO Box 10232, Wellington 6143

Veg Up with 5+ A Day

Great family meals with fresh
New Zealand grown vegetables



www.5aday.co.nz

Exciting ways to **veg up** popular **family meals** with fresh **New Zealand** grown **vegetables**



Veg Up Chilli Con Carne

Serves 6-8

- 1 Tbsp vegetable oil
- 1 medium onion, diced
- 2 tsp crushed garlic
- 500g lean beef mince
- 4 tomatoes, skinned and chopped
- 1 x 425g can mild chilli beans
- 2 cups chopped seasonal vegetables, e.g. carrots, pumpkin, potatoes
- ½ cup water
- ½ cup sliced silver beet leaves

Heat oil in a non-stick or heavy-based saucepan. Add onion and garlic and cook until soft. Add mince and cook, stirring, until brown on all sides. Drain off any fat. Add tomatoes, chilli beans, chopped vegetables and water. Stir well, cover and simmer until vegetables are soft. Add silver beet 5 minutes before serving. Serve with boiled rice, pasta or bread, and a fresh salad.



Veg Up Bean and Pumpkin Curry

Serves 4

- 1 Tbsp vegetable oil
- 2 onions, peeled and chopped
- 1 tsp green curry paste
- 1 clove garlic, crushed
- 2 potatoes, diced
- 1 cup peeled, diced pumpkin
- 2 cups water
- 1 cup lite coconut milk
- 2 cups chopped green beans or sliced celery
- 1 x 425g can chickpeas, optional
- 2 cups cooked brown rice or diced kumara
- 1 Tbsp chopped coriander or parsley, optional

Heat oil in a heavy-based pan. Add onions and stir fry until clear. Add curry paste and garlic and stir fry for 2-3 minutes. Add potatoes, pumpkin, water and coconut milk. Bring to the boil, reduce heat and simmer for 10-15 minutes or until vegetables are just cooked. Add beans and chickpeas and simmer for 4-6 minutes or until beans are tender. Serve on rice or kumara. Garnish with chopped coriander or parsley.



Veg Up Macaroni Vegetables

Serves 4-5

- 2 cups macaroni
- 4 cups cauliflower and broccoli florets
- 2 Tbsp vegetable oil
- 1 onion, finely chopped
- 3 Tbsp flour
- 3 cups milk
- 2 cups grated Edam cheese
- ¼ cup dry breadcrumbs
- 1 tomato, sliced

Fill a large saucepan with water, bring to the boil. Add macaroni and simmer for 7 minutes. Add cauliflower and broccoli, simmer for 3-4 minutes then drain. Meanwhile, heat oil in a saucepan, add onion and sauté for 3-4 minutes. Add flour, mix well then gradually add milk. Heat gently, stirring until thickened. Add cheese. Place macaroni vegetable mixture into a baking dish. Pour over cheese sauce, sprinkle with breadcrumbs and top with tomato slices. Place under preheated grill for 5-10 minutes or until golden brown. Serve with a salad.

Veg up the taste, **veg up** the goodness, as easy as **slice, dice, chop, grate** and **enjoy**