

# 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



# Veg Up

Great ideas with fresh **New Zealand grown** vegetables & **Pacific** flavours

Developed in partnership with



[heartfoundation.org.nz](http://heartfoundation.org.nz)





## Chicken Vermicelli Salad

Serves 6

### Ingredients

- 200g vermicelli noodles
- 1 medium carrot, grated
- 2 spring onions, thinly sliced
- 1 red capsicum, thinly sliced
- ½ cup chopped fresh coriander
- 2 cloves garlic, crushed
- 400g cooked chicken, skin removed, shredded
- ½ cup loosely packed fresh mint leaves (optional)
- 1 red chilli, seeds removed and finely chopped (optional)

### Dressing

- ½ cup sweet chilli sauce
- 2-3 Tbsp lime or lemon juice
- 1 Tbsp fish sauce (optional)

### Method

1. Place noodles in a large heatproof bowl and cover with boiling water. Let stand until just tender and then drain.
2. Combine noodles in a large bowl with carrots, onions, capsicum, herbs, garlic and chilli. Add chicken.
3. Combine dressing ingredients and mix in a screwtop jar.
4. Pour over noodles and toss gently to combine.
5. Cover and refrigerate until ready to serve.



## Tropical Vegetable & Rice Salad

Serves 4

### Ingredients

- 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 toasted cashew nuts or peanuts
- ¼ cup chopped fresh coriander or parsley (optional)
- ½ cup sultanas (optional)
- ¼ cup pumpkin seeds (optional)

### 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
- 1 tsp freshly crushed ginger

### Method

1. Place cooked rice in a large bowl, add spring onions, capsicum, celery, carrot, pineapple and sultanas.
2. Mix the dressing ingredients together in a screw top jar.
3. Add dressing, toss and leave in the refrigerator.
4. Sprinkle with seeds, nuts and coriander to serve.



## Sweet Chilli & Herb Fish

Serves 4

### Ingredients

- 500g firm fish fillets  
e.g. Gurnard, or a combination of fish, mussels and prawns
- 2 cloves garlic, crushed from jar
- ¼ cup sweet chilli sauce
- ½ cup lite coconut milk
- 1 Tbsp fish sauce (optional)
- 1 lemon, juice of
- 3 Tbsp chopped fresh coriander (optional)

### Tip

If using coconut cream instead of milk, use half water or half coconut cream, or use lite.

### Method

1. Preheat oven to 200°C.
2. Place fish fillets in an ovenproof baking dish.
3. Place garlic, chilli sauce, coconut milk, fish sauce and lemon juice in a bowl and mix well. Pour over fish.
4. Bake in preheated oven for 10-15 minutes or until fish is cooked through.
5. Serve with baked kumara, topped with coriander, accompanied by a green salad.

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

**vegetables.co.nz**

