



# Pocket guide to seasonal fruit and vegetables

Make the most of the food you buy with these simple summer recipes

## Seasonal Summer Fruits & Vegetables

Fruit	Vegetables	
Apricot	Asian greens	Eggplant
Berries	Beans	Lettuce
Banana	Beetroot	Mushroom
Grapes	Cabbage	Pumpkin
Melon	Capsicum	Radish
Stone fruit	Celery	Squash
Strawberries	Chilli	Sweetcorn
	Cucumber	

## Chicken Burgers



### Ingredients

- 1kg chicken mince
- 1/2 cup onion, chopped
- 1/2 cup celery, finely chopped
- 1/2 cup carrot, grated
- Wholegrain rolls
- Lettuce
- Tomatoes, sliced
- Mayonnaise
- Sweet chilli sauce
- 12 slices of cheese

### Method

In a bowl, combine the chicken, onion, celery and

carrot. Form into 12 patties and refrigerate for 1 hour. Cook on the barbeque or in an oiled frying pan for 5 minutes each side. Assemble the burgers on the buns in the following order: mayonnaise, lettuce, tomato, cheese, chicken patties and sweet chilli sauce.

Serves: 12 - Recipe and photo: [www.kidspot.com.au](http://www.kidspot.com.au)

## Strawberry Coconut Smoothie



### Ingredients

- 1 cup frozen strawberries
- 1 small banana (fresh or frozen)
- 1/2 cup coconut milk
- 1 teaspoon honey

### Method

Place all the ingredients into a blender with 6 ice cubes and 1/2 cup water and blend until smooth.

\*You can use any milk you have on hand

Serves: 2 - Recipe & photo: [www.4ingredients.com.au](http://www.4ingredients.com.au)

## Easy Fried Cabbage



### Ingredients

- 5-6 thick bacon strips cut into small pieces
- 1/3 cup onion finely chopped
- 1/2 head green cabbage shredded or roughly chopped
- 1 tablespoon brown sugar
- Salt to taste
- Pepper to taste
- 1/4 teaspoon smoked paprika

### Method

Cook bacon in a non-stick pan over medium heat until crisp. Use a slotted spatula to remove the bacon and place it on plate. Do not discard the bacon grease and drippings!

In the same pan, add onion and cook until translucent.

Add cabbage, salt, pepper, paprika and mix everything together. Cook for about 7 minutes or until cabbage is tender.

Add bacon back into the pan and mix it together with the cabbage and serve warm.

Note: You can also make this side dish vegetarian by omitting bacon. Make sure to use 2-3 tablespoon unsalted butter. Leftovers can be stored in a sealed container in the fridge for up to 2 days.

Serves: 4 - Recipe and photo: [www.thestayathomechef.com](http://www.thestayathomechef.com)

