

Fruit & Vege Co-op



Broccoli

STORAGE	PREPARATION
In vegetable section of the fridge or cut into florets and put in snap lock bags in the freezer.	Wash well; slice broccoli into sections and the stem into cubes.
ADD FLAVOUR	VEGE UP
Stir fry with a little oil, soy sauce and crushed garlic or with 1 tsp fresh ginger and 1 Tbsp honey.	<ul style="list-style-type: none">- Add to soups, curries and stews.- Add lightly boiled broccoli to pasta meals.
COOKING	
<ul style="list-style-type: none">- Boil in water, covered for 5 minutes until just tender, or steam over boiling water for 5 minutes until just tender.- Microwave in a covered container with a little water (2 Tbsp) for 3 minutes.	

RECIPE: Vegetables with Peanut Sauce (Serves 8)

Source: www.vegetables.co.nz

3 cups of cabbage shredded
3 potatoes or kumara washed and diced
3 cups broccoli and/or cauliflower chopped into florets
2 onions peeled and sliced
3 Tbsp vegetable oil
2-3 hard boiled eggs, quartered (*as a main meal increase the number of eggs to one per person*)

Sauce

¼ cup crunchy peanut butter
1 Tbsp brown sugar
2 tsp lemon juice
2 tsp lite soy sauce
½ - 1 tsp chilli powder
¼ - ½ cup of the vegetable cooking water

1. Fill a large pot of water, add a pinch of salt and bring to the boil. Add the kumara or potatoes and cook until tender.
2. Remove from the water and place on a serving dish.
3. Add the broccoli or cauliflower to the boiling water and cook until tender. Remove from the water and place on top of kumara or potatoes.
4. Add the cabbage to the water and cook until just tender but still has a crunch. Remove from the water and place on top of the other vegetables. Keep the cooking water.
5. Heat the oil in a heavy based pan, add the onion and cook until soft and spread on top of the vegetables.
6. Combine the peanut butter, sugar, lemon juice, soy sauce and chilli powder in a bowl.
7. Gradually mix in sufficient cooking water until the sauce is thick.
8. Arrange the chopped boiled eggs on top of the vegetables and pour over the peanut sauce. Serve.

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

