

# Fruit & Vege Co-op



## Carrots

STORAGE	PREPARATION
Refrigerate in plastic bags or loose in the vegetable drawer	Scrub to remove dirt and cut off ends Dice or slice into rings or matchsticks
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- Sprinkle with dried or fresh herbs.</li><li>- Glaze cooked carrot by combining ½ tbsp brown sugar, 1 tbsp margarine and 1 tsp lemon rind.</li><li>- Roast carrots with other vegetables such as potato and kumara and a small amount of oil to add to a hot or cold roast vegetable salad.</li></ul>	<ul style="list-style-type: none"><li>- Grate carrot into all mince dishes including bolognaise, meatballs, meat loaf or hamburgers.</li><li>- Dice into casseroles, stews or stir-frys .</li><li>- Use as a vegetable stick with low fat dips such as hummus.</li><li>- Add to sandwiches and slice into match sticks to keep in the fridge for school lunches and quick snacks.</li></ul>
COOKING	
<ul style="list-style-type: none"><li>- Boil in boiling water, covered for 5-10 minutes or until just tender</li><li>- Steam over boiling water for 10 minutes until just tender</li><li>- Microwave in a covered container with a little water (about 2 tbsp) on high for 5-6 minutes</li></ul>	
RECIPE: Basic Mince Recipe (Serves 4)	
1 tbsp oil 1 large onion, chopped 1 clove garlic, crushed (optional) 400g lean beef mince 3 carrots, chopped or grated 1 cup frozen peas (optional) 1 tin chopped tomatoes 1 beef stock cube or 1 tsp beef stock powder Pinch of salt and pepper	
<ol style="list-style-type: none"><li>1. Heat oil in a pan over medium heat and add onion and garlic, cook for 2 minutes</li><li>2. Add mince and stir, breaking up any large lumps. Fry until meat is browned</li><li>3. Add carrots and peas and stir through. Add tomatoes and stock</li><li>4. Reduce heat to low and simmer for 20 minutes, adding additional water if mixture becomes too thick. Season with a little salt and pepper before serving</li></ol>	
<b>Variations:</b> <ul style="list-style-type: none"><li>- Add a can of drained and rinsed kidney beans in step 3 to extend mince</li><li>- Use frozen mixed vegetables or grated zucchini in place of carrot and peas</li><li>- Add alternative flavourings such as 1 tbsp Worcester sauce or 1 heaped tsp marmite</li></ul>	

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op