

# 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 (bolognese, meatballs, meat loaf, 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

- Boil in boiling water, covered for 5-10 minutes or until just tender.
- Steam over boiling water for 10 minutes until just tender.
- Microwave in a covered container with a little water (about 2 Tbsp) on high for 5-6 minutes.

### RECIPE: Sweet and Sour Chicken (Serves 8-10)

Adapted from: *Kai Lelei Recipes for Large Families*

1 Tbsp vegetable oil  
 5 onions, peeled and diced  
 5 carrots, thinly sliced  
 500g tinned or skinned and diced fresh pineapple  
 1 500g frozen peas  
 ¼ cup reduced salt soy sauce  
 ¼ cup tomato sauce  
 1 Tbsp vinegar  
 1 Tbsp sugar  
 1 Tbsp cornflour  
 2 cups diced cooked boneless, skinless chicken

### Method

1. Heat the oil in a saucepan, add the onion and carrots and stir-fry for 3 – 4 minutes.
2. Add pineapple pieces, peas, soy sauce, tomato sauce, vinegar and sugar, then bring to the boil and cook for 5 minutes.
3. Mix the corn flour with half a cup of water.
4. Stir into the sauce mixture and cook until thickened.
5. Add the chicken and heat through.
6. Serve with rice or cassava.

### Variations

- Use pork instead of chicken
- Use diced broccoli instead of peas

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

