

Fruit & Vege Co-op



Oranges

STORAGE	PREPARATION
Store oranges at room temperature, the fruit bowl is ideal.	<ul style="list-style-type: none">- Top and tail the orange and cut into slices for small children.- Squeeze for fresh orange juice with breakfast.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Peel and slice and arrange on a plate with cucumber slices, drizzle with vinaigrette.	<ul style="list-style-type: none">- Peel and dice to add to salads, vege or fruit- Add to lunchboxes and picnic baskets.- Pop in the Christmas stocking alongside the lollies for a healthy Christmas morning snack.- Slice a couple of oranges and share around the table for a quick and easy dessert.

RECIPE: Lemon and Orange Carrots (Serves 8)

Adapted from Keep Calm and Veg(etarian)

1kg carrots, scrubbed or peeled and cut into long sticks
2/3 cup orange juice (freshly squeezed or from a bottle or carton)
Juice of 2 lemons
1/3 cup white vinegar
4 Tbsp butter
3 Tbsp brown sugar
1/4 cup freshly chopped coriander or parsley to garnish

1. Put the carrots, orange and lemon juices, vinegar, butter, and sugar into a saucepan. Cover and bring to a boil.
2. Remove the lid and cook for about 10 minutes until almost all the liquid has evaporated. Serve sprinkled with the coriander or parsley.

Variations

- Use your favourite herb or spice in place of the coriander or parsley.
- Sprinkle with grated cheese and bacon and place under the grill for a more hearty meal.
- Serve with baked potatoes filled with mince for an evening dinner.

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

