

Fruit & Vege Co-op



Pineapple

STORAGE	PREPARATION
<ul style="list-style-type: none">- Store pineapple in a cool dark cupboard or in the vegetable compartment of the fridge.- Chopped peeled pineapple can be stored in airtight containers in the freezer until needed.	<ul style="list-style-type: none">- Cut the bottom from the pineapple to make a firm base. Then stand the pineapple up and with a sharp knife remove the skin from top to bottom.- Cut around the hard core of the pineapple and slice the remaining quarters into small chunks. The original pineapple chunks!
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Chunks of pineapple frozen on ice-blocks sticks make a delicious snack.- Quartered pineapple rings drizzled with melted chocolate make a delicious and special dessert.	<ul style="list-style-type: none">- Pineapple is a delicious addition to any fruit salad and many vegetable salads. Pineapple added to a cheese and crackers platter makes for a special starter or dessert.
COOKING	
<p>Pineapple can be fried in a non-stick pan to add a delicious treat to ham steaks or pork chops. Diced pineapple can be added to stir-fries or homemade pizzas to make them particularly delicious.</p>	
RECIPE: Sweet and Sour Chicken (Serves 8-10) <i>Adapted from Kai Lelei Recipes for Large Families</i>	
<p>1 Tbsp vegetable oil 5 onions, peeled and diced 5 carrots, thinly sliced 500g skinned and diced pineapple 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</p> <ol style="list-style-type: none">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 cornflour with half a cup of water. Stir into the sauce mixture and cook until thickened.4. Add the chicken and heat through. Serve with rice or cassava.	
Variations	
<ul style="list-style-type: none">- Use pork instead of chicken.- Use diced broccoli instead of peas.	

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

