

# June at the Fresh Market

Satisfying and hearty meals make winter a delightful time for warming both stomachs and souls! **Pack in the vegetables** to keep healthy and avoid winter chills, and make meat go further.

## Winter Mince Stew (serves 4 – 6)

Perfect for cooking on the fireplace, crockpot or stovetop, and a wonderfully warming on cold wet days!

### Ingredients

500gm mince

2 carrots

1 large courgette

1 onion

### Any or all of the following vegetables:

Approx 1 cup of broccoli heads

Approx 1 cup of frozen vegetables (peas, corn etc)

Approx 1 cup of chopped mushrooms

1 cup of stock

1 tablespoon of Lea and Perrins

1 tablespoon of Soya Sauce

Salt and pepper to taste

Grate or finely chop carrots, courgette and onion. Place into a pot with other raw veggies if using. Add mince and stock. Add seasonings and simmer for an hour or until cooked. Add any frozen vegetables in the last 10 minutes of cooking. Thicken with a cornflour and water paste if necessary. Serve with cooked pumpkin pieces and mash.

If using crockpot, leave on LOW or AUTO for 4+ hours. Stir an hour before serving and add frozen vegetables, turning crockpot to HIGH.

If using fireplace cooking top, stir frequently or place on a baking rack to avoid burning.

Serve left-overs on toast for a hot lunch or easy dinner!

## Parsnip and Carrot Mash (serves 4 – 6)

This sweet mash is a perfect side for roasts and stews!

### Ingredients

3 large carrots

3 large parsnips

Approx 2 tablespoons of butter

Salt and pepper to taste

Bring a large pot of salted water to the boil while you peel and chop the vegetables. Add carrots and simmer for 5 minutes before adding parsnips. Cook until tender and drain.

Add butter and mash or puree until smooth. Season to taste. (Adjust butter quantity to get desired consistency).



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## Garlic Potato Puree (serves 4 – 6)

Turn potato mash into something simple! Perfect for mopping up juices from stews and gravy!

### Ingredients

Approx 6 medium potatoes, washed

Approx 2 tablespoons of butter

¼ cup milk

2 cloves of garlic, chopped

Chop potatoes and boil until tender with the cloves of garlic. Drain well, then add butter and milk. If you use bought garlic, add this after the potatoes are cooked. Puree with a blender until smooth (adjust milk and butter to get desired consistency).

**THE FRESH MARKET**

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**Your Green Grocer**

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- **Fresh Fruit & Vegetables**
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### Open Hours:

7 Days a week 8am - 6pm  
Closed public holidays

Brothers, Howard & Jeremy Johnson have spent a lifetime in the green grocery business and have become specialists in quality produce.

For a wide variety of the freshest, greenest, juiciest, healthiest fruit & vegetables in town, ingredients, sauces and unbeatable service, go to The Fresh Market, next to Pak n Save, Lovelock street, Whakatane.

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