

# September at the Fresh Market

Spring brings the arrival of cheaper, fresh tomatoes and the cooler evenings make it perfect soup weather!! Slow cooking the soup offers a sweeter taste.

## Tomato Soup (serves 4)

### Ingredients

1 kg fresh tomatoes  
1 litre of vegetable stock  
1 onion, peeled and finely chopped  
1 clove of garlic, peeled and finely chopped  
1 carrot or parsnip, peeled and grated  
A generous handful of basil with stalks  
Salt and pepper to taste  
Two tbsp chopped green pepper

One chicken, cut up and skin removed  
Quarter cup frozen orange juice concentrate  
In a large pot, gently fry the onion, garlic, basic and carrot in a little oil for a few minutes until onion is clear. Add tomatoes and stock and simmer for 30 minutes, stirring occasionally.  
Puree with a stick blender or food processor, taking care as the soup will be very hot.  
Return the puree to the pot, taste and season with salt and pepper. Simmer again for 10 minutes.  
Garnish with fresh basil leaves and serve with fresh bread, toast or rolls.



## Simple Green Salad & Dinner Quiche (serves 4)

Turn away from heavy winter stews and opt for lighter salads instead! This simple green salad and quiche is an easy and tasty dinner packed with vegetables! Choose free-range eggs – available now at The Fresh Market!

### Ingredients

#### Salad:

½ fancy lettuce, sliced into strips  
2 tomatoes  
1 length of spring onion  
1 handful of alfafa sprouts  
1 carrot, peeled and grated

Toss ingredients in a salad bowl. Serve with balsamic dressing or traditional egg mayonnaise.

#### Quiche:

5 free-range eggs  
1 cup of grated cheese  
750ml of milk  
1 small onion, peeled and chopped  
250gm free-range bacon (approx 5 rashers)  
½ cup of self raising flour  
1 courgette, grated  
A small handful of mushrooms (approx 6), chopped finely  
1 cup of broccoli florets, chopped finely  
Salt and pepper to taste

Mix all ingredients in a bowl and pour into a large quiche dish that has been prepared with baking spray. Alternatively, make mini quiches by using a muffin tin (great for kids). Bake at 180deg for approx 30-40 min until cooked through (mini quiches will take less time).

## THE FRESH MARKET

Specialists in Quality Produce



- **Fresh Fruit & Vegetables**
- **Delicatessen Delights**
- **Off Street Parking**
- **Gift Vouchers**

### Open Hours:

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

## Your Green Grocer

30 Lovelock Street Whakatane Tel (07) 308 6596  
email freshmarket@xtra.co.nz web www.freshmarket.co.nz

Jeremy Johnson has 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.

**Listen to Radio 1XX for the Fresh Market report, 8:20am Tuesdays**