



Savouring citrus:

FRESH & VIBRANT
RECIPE INSPIRATIONS



Citrus Salad with Ginger & Chilli Dressing



SERVING SIZE: 4 PEOPLE
(AS A SIDE DISH)



PREP TIME: 20 - 30 MINUTES



COOKING TIME: 20 - 30 MINUTES

Ingredients

- 1/4 cup (60ml) fresh lime juice
- 1/4 cup (60ml) extra virgin olive oil
- 1 tablespoon finely grated ginger
- 1 small red chilli, finely chopped (deseeded for less heat)
- 1/2 teaspoon caster sugar
- 1/2 teaspoon fish sauce
- 1 red grapefruit
- 3 oranges
- 3 mandarins
- 1 shallot, finely sliced
- 1/2 cup mint leaves
- 1/2 cup coriander leaves
- 1/2 cup parsley leaves
- 1/3 cup unsalted roasted peanuts, coarsely chopped

Fruit salads aren't just for desserts! This citrus salad provides a vitamin c boost along with a range of nutrients and bioactive compounds for good health. The mix of tangy citrus and fresh herbs provides a balance of flavours that can be served alone or with your choice of protein. A range of coloured citrus fruits provides a range of healthy bioactives



Method

Combine the lime juice, olive oil, ginger, chilli, sugar and fish sauce in a small bowl. Set aside for at least 15 mins to help infuse the flavours. Can be made 1 day ahead and stored in the fridge.

Cut off the peel and white pith from the grapefruit, cut in between each membrane to release the segments. Do this over a bowl to catch any juice. Once all segments are removed, squeeze the remaining membrane to release all the juices. Note: If you are unsure how to do this, search the web for a how to segment an orange video for some more tips.

Cut the peel and pith off the oranges and cut cross ways into round slices about 1/2 cm thick.

Peel the mandarins and cut in the same way as the oranges.

Arrange the grapefruit, oranges, mandarins on a serving dish with the shallot, mint, coriander, parsley.

Drizzle the ginger and chilli dressing on top, then finish off with the peanuts.

Per Serve: Energy: 1264 Kj | Protein: 6.4g | Fats: 9.62g | Carbs: 20.5g | Fibre: 8.8g | Vit C: 146mg

Lime, Mandarin & Olive Oil Cake



SERVING SIZE: 8 - 10 PEOPLE



PREP TIME: 20 MINUTES



COOKING TIME: 1 HOUR

Ingredients

Cake

- 3 eggs
- 300g caster sugar
- 275g plain flour
- 2 1/2 teaspoons baking powder
- 100g extra virgin olive oil
- 100g plain greek yoghurt
- 1 large or 2 small mandarins, about 150g total, washed, cut into pieces with rind on and seeds removed
- 1 large or 2 small limes, about 150g total, washed, cut into pieces with rind on and seeds removed
- 1/2 teaspoon vanilla extract

Glaze

- 30mL lime juice
- 30mL water
- 35g caster sugar

Have your cake and eat it too! There is no need for a side serve of guilt with this cake featuring health-promoting citrus, olive oil and yoghurt. The inclusion of whole fruit provides a variety of nutrients and health promoting bioactives. The olive oil replaces saturated fats while adding a fruity flavour and moist texture. Using whole citrus fruits provides a health boost by including the bioactive and nutrient-dense peel and rind.



Method

Cake

Preheat oven to 175°C

Prepare a 20cm springform cake tin by spraying with oil (or butter) and line base and sides with baking paper.

Place the sugar and eggs in a large bowl and beat with a mixer until light and fluffy. About 2-3 minutes.

Sift the flour and baking powder, slowly add to the bowl a little at a time along with the extra virgin olive oil. Mix until completely blended, then stir in the yoghurt and vanilla.

In a food processor, chop the mandarins and limes until it is almost pureed.

Add the mandarin/lime puree to the cake mixture and stir until evenly combined, put the mixture into the prepared cake tin.

Bake for 50-60 minutes, before removing from the oven, test with a skewer to make sure the cake is done, the skewer should come out clean.

Allow to cool for about 10 minutes, then remove the side of the springform pan.

Glaze

Melt the sugar in the lime juice and water, allow to simmer for a few minutes, until the liquid has thickened to a syrupy consistency.

Spoon and brush over the top of the cake once sides are removed.

Allow to cool completely before cutting.

Garnish with some freshly dusted icing sugar, serve with a dollop of yoghurt and drizzle of extra virgin olive oil.

Per Serve: Energy: 1433 KJ | Protein: 4.7g | Fats: 10.6g | Carbs: 56.9g | Fibre: 1.6g | Vit C: 13mg

Lemon, Thyme & Chicken Soup



SERVING SIZE: 4 PEOPLE



PREP TIME: 50 - 60 MINUTES



COOKING TIME: 45 MINUTES

Ingredients

1 tablespoon extra virgin olive oil
1 medium onion, diced
1 medium carrot, diced
2 celery stalks, diced
4 stalks thyme
3 garlic cloves, finely chopped
2 bay leaves
2 chicken breasts (about 350g)
8 cups (2 litres) chicken stock
3/4 cup (175g) risoni
2 lemons, zest and juice
2 whole eggs
1/4 cup parsley leaves, finely chopped
Salt
Black pepper



Soup makes a great meal or snack, particularly when feeling poorly. This soup is an update on the traditional Greek Avgolemeno! The lemon provides a soothing feeling while adding bioactives and nutrients such as vitamin C to the broth, great when your immune system needs some support. Freeze leftovers to reduce waste.

Method

Heat the olive oil in a large stock pot, cook the onion, carrot and celery for 8-10 minutes over medium heat until softened.

Add the garlic and lemon zest, cook for a further minute.

Add the bay leaves, thyme, chicken breast, chicken stock and some salt and pepper. Bring to boil then lower the heat to medium/low, cover with a lid and simmer for 15 minutes until the chicken breast is cooked through.

Take out the chicken breasts, bay leaves and thyme stalks, if leaves are still attached scrape some of them back into the pot.

Add the risoni to the pot and cook for another 10 minutes.

Shred the chicken breasts and add back to the pot.

In a medium heat proof bowl, whisk the eggs and lemon juice together. Scoop out 2-3 ladles of soup and pour it over the egg-lemon mixture as you continue to whisk it. This is a very important step to help prevent the eggs from curdling.

Add this mix to the stock pot and continue to cook on low heat for 5 minutes while stirring. The soup should thicken slightly, but if you notice the eggs curdling then turn off the heat.

Stir in the fresh parsley, adjust the seasoning with salt and pepper and serve.

Per Serve: Energy: 1552 kJ | Protein: 29.7g | Fats: 8.1g | Carbs: 38.0g | Fibre: 6.2g | Vit C: 47mg

Lemon & Caper Baked Salmon



SERVING SIZE: 4 PEOPLE



PREP TIME: 15 MINUTES



COOKING TIME: 15 20 MINUTES

Ingredients

4 salmon fillets, bones removed, skin can be on or off.

2 lemons

4 tablespoons capers (in vinegar)

1/4 bunch parsley, finely chopped

Salt

Pepper

100mL extra virgin olive oil

Lemons are not just for squeezing juice over cooked fish – cooking the zest brings out its sweetness. Teamed with oily fish such as salmon it adds a new depth of flavour and provides additional nutrients and bioactives, that can support brain and cardiovascular health. Adding citrus to fish and vegetables helps increase the absorption of iron from these foods.



Method

Preheat oven to 180°C

Zest lemons and keep to side. Remove skin from lemons, cut into rounds about 1/2cm thick. In a hot pan or grill, lightly cook the lemon rounds till golden brown on each side.

Prepare 4 sheets of baking paper, approximately 30cm x 40cm.

Place salmon fillets skin side down on a sheet of baking paper.

Season fillets with salt and pepper, then place 3-4 slices of grilled lemon on top of each fillet.

In a bowl, mix together the capers, olive oil and lemon zest. Spoon evenly over each salmon fillet.

Wrap salmon fillets in baking paper ensuring they are well sealed, you don't want moisture to escape, place on baking tray.

Place in oven for 15 to 20mins, until just cooked.

Unwrap fillets, pour the juices into a small saucepan. Roughly chop the lemon and capers, add to the saucepan with the finely chopped parsley. Over a medium heat, bring to a simmer.

Serve fillets, with lemon and caper sauce drizzled over the top and a side of steamed or grilled vegetables.

Per Serve: Energy: 2354 kJ | Protein: 30.1g | Fats: 48.1g | Carbs: 1.1g | Fibre: 1.7g | Vit C: 25mg

Orange & Fennel Pulled Pork



SERVING SIZE: 6 PEOPLE



PREP TIME: 15 MINUTES



COOKING TIME: 6 - 7 HOURS

Ingredients

1 pork shoulder, skinless and boneless (about 2kg)

1 cup water

3 oranges

2 tablespoon fennel seeds, lightly toasted

2 ½ teaspoons salt

½ teaspoon pepper

1 ½ tablespoons chopped garlic (fresh or jarred is fine)

1 tablespoon dijon mustard

1 large red onion, peeled, diced 1-2cm pieces

3 tablespoons brown sugar (optional, will depend on the sweetness of your oranges if needed)

4 tablespoons olive oil

This orange and fennel pulled pork is a versatile addition to your regular meals list. Serve it as a main, with a side of vegetables, on a pizza, in a burger, or as a fresh update for tacos and burritos. The possibilities are endless, and delicious. The blend of soluble and insoluble fibres in the oranges are gut microbiome friendly, helping feed the good bacteria. The vitamin C from the oranges increases absorption of iron.



Method

Zest oranges and put aside. Peel oranges, cut into wedges and remove seeds.

In a small bowl mix garlic, orange zest, dijon mustard, fennel seeds, salt and pepper. Spread all over the pork and place pork into slow cooker with the fattier side facing upwards.

Add water, orange wedges, any orange juice that came out when cutting and diced onion into the slow cooker.

Cook on low for 6-7 hours or high for 4-5 hours, turning the shoulder every 2-3 hours until the meat falls apart easily.

Remove pork from slow cooker, and cool slightly. Remove and discard any visible chunks of fat. Shred remaining pork into strands.

Skim fat from top of cooking liquid in slow cooker and discard.

Place the cooking liquid into a saucepan, no need to strain, the orange, onion and fennel seeds will all be soft. Add in the brown sugar (if using), bring to a boil and simmer till reduced by about half.

Stir cooking liquid through the shredded pork, adjust seasoning if needed. If using straight away go to pan frying step, if not, store in container in fridge and complete pan frying step 9 before use.

Before serving, heat 1 tablespoon of olive oil in a large non-stick fry pan over high heat. Add a layer of pork to the pan (do not overcrowd), cook until any juices evaporate and the bottom is golden brown and crispy. Turn and cook on the other side until warmed through. No need to get it crispy on both sides, it will become too dry.

Remove pork from pan and repeat in batches with remaining pork.

Great served as is with a side of mash or roasted potatoes and vegetables, on a pizza or in tacos and burritos.

Per Serve: Energy: 2321 kJ | Protein: 67.35g | Fats: 23.2g | Carbs: 18.0g | Fibre: 3.7g | Vit C: 52mg

Mandarin Marmalade



SERVING SIZE: 1 TEASPOON



PREP TIME: 15 MINUTES



COOKING TIME: 1.5 HOURS

Ingredients

550g mandarins

1 lemon

500mL (2 cups) water

880g (4 cups) white sugar, approximately

Move over jam, mandarin marmalade is here. This recipe uses whole mandarins and lemons, Using the whole fruit provides a unique healthful package of bioactive compounds, soluble and insoluble fibres, and nutrients. But leftover peels of other citrus fruits can also be added to the mix to reduce waste in the kitchen. Mandarin marmalade can help sweeten other gut-healthy foods, like whole grains. This gut-friendly mix helps feed the good gut bacteria that support a healthy microbiome, which supports immune, brain, and heart health, and helps maintain a healthy weight.



Method

Wash the mandarins and lemon. Cut ends off the lemon and quarter.

Combine whole mandarins, cut lemon and water in medium/large pot and bring to a boil. Reduce heat and simmer, covered, for about 45 minutes or until fruit is soft.

Remove mandarins and lemon from liquid, keeping the cooking liquid.

Quarter the mandarins, remove and discard the seeds, roughly chop up including the rinds. This can be done in a food processor. Place the chopped mandarin back into the cooking liquid.

Remove and discard the seeds from the lemon quarters, finely chop up including the rinds, this can be done in a food processor. Add to the cooking liquid.

Measure the fruit mixture (chopped citrus and cooking liquid) and add back to the pot. Add 1 cup (220g) sugar for each 1 cup of fruit mixture.

Over a high heat stir until sugar is dissolved, avoid letting it come to a boil until all sugar is dissolved. Bring to the boil and continue to boil, uncovered, without stirring, for about 40–50 minutes or until marmalade sets when tested.

Test marmalade by placing a small amount on cold plate and leave till cooled (about 3 mins).

When you are happy with the consistency, pour hot marmalade into hot sterilised jars and seal.

Per Serve: Energy: 38 kJ | Protein: 0g | Fats: 0g | Carbs: 2.4g | Fibre: 0.1g | Vit C: 1mg



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