

FRESH MARKET UPDATE

MAY 2022

WE'RE DIGGING UP THE DEALS FOR YOU!

As we approach the winter months, it is extra important that we all get the best out of our produce. The month of May will see a variety of both fresh fruit and vegetables that will keep immunities high and your costs low whilst shopping with PAK'nSAVE.

The most vibrantly coloured vegetables and fruit are richest in vitamins, minerals, fibre and antioxidants. They get their eye-catching colours from phytochemicals – the natural bioactive compounds which promote good health. We have three orange beauties in great supply this month plus flavourful parsnips.



You're grow-ing to love this!

PERSIMMON & FETA SALAD



Ingredients:

- 3 persimmons, sliced
- ½ red onion, sliced
- 4 handfuls mixed salad greens
- 2 radishes, sliced
- 1/3 cup crumbled feta
- 1/3 cup pistachios

Method:

Place all salad ingredients into a bowl or arrange on a large plate.

View the full recipe for further details including the ingredients for the perfect dressing.

→ [Click here for the recipe](#)

- THE PICK OF THE PAK -



NZ SATSUMA MANDARINS

The lunchbox favourite, satsuma mandarins, are now in season. They're easy to peel, zingy, sweet, juicy and packed with nutrition, making them the perfect snack for a busy school day. As well as lunchboxes, mandarins work well in salads like this [Mandarin Salad with Citrus Vinaigrette](#).

CARROTS

Liven up your cooking with versatile carrots. Use them as a base for colourful salads, as the star of fritters (perfect for an after-school snack) or roasted with a touch of honey. Carrots are in season and offer nutrients folate and B6, which are great for growth and development in tamariki, so be sure to include them as a staple at the dinner table or as a crunchy snack in the lunchbox.



- THE PICK OF THE PAK -

PERSIMMONS

Beautiful, bright persimmons can be enjoyed by biting into them like an apple or celebrated as the hero of both sweet and savoury dishes. They are ripe when crisp and add a delicious pop of orange colour to salads, salsas, cheeseboards and more. Persimmons are a good source of vitamin A which supports healthy skin.



PARSNIPS

Parsnips are sweet and super versatile. They are fabulous roasted, mashed or as the base of a creamy soup. Try them paired with kūmara in a crispy rosti, with apples in a purée or glazed with honey and roasted. Check out the recipe [here](#) and to follow further ideas from 5+ A Day.



HEALTH IS WEALTH

Did you know?

- Persimmons contain a source of dietary fibre, vitamin C and potassium.
- Carrots are also a good source of vitamin A which is important for healthy eyesight.
- With parsnips being as versatile as they are, be sure to mix and match with other low-priced produce in-store that are in season.
- Satsuma mandarins are grown locally in NZ and with the help of such growers as First Fresh, the abundance you see in-store will continue to help stock our shelves, giving you the first pick!

ROASTED PARSNIP & GARLIC SOUP

Ingredients:

- 5 parsnips
- 6 cloves garlic
- 2 tablespoons olive oil
- 1 tablespoon ground turmeric
- 4 cups vegetable stock
- 1 cup milk of choice
- Pinch salt & pepper

Method:

Peel and slice parsnips into small pieces and place on a baking tray. Drizzle with olive oil and sprinkle over salt. Bake for 20 minutes. Remove tray and add unpeeled garlic cloves. Return to oven and bake for a further 15 minutes until parsnips & garlic are tender

Peel the skin off the garlic cloves and set aside. Place the parsnips into a pot with the vegetable stock and bring to a boil

Remove the parsnips from the pot and place in a food processor with garlic, turmeric, milk and pepper. Blend until smooth. Transfer mixture back into the pot and mix well. Bring to the boil again, and simmer for 10 minutes

Serve warm soup in bowls and garnish with chilli flakes, sprouts, coriander leaves and cashew nuts



→ [Click here for the recipe](#)

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