



Pocket guide to seasonal fruit and vegetables

Imperfect fruit
and vegetable
recipes brought
to you by
the EPA and
Harris Farm
Markets



lovefoodhatewaste.nsw.gov.au
Brought to you by the NSW Environment Protection Authority

Seasonal Winter Fruits and Vegetables

Fruit	Vegetables	
Apples	Beetroot	Potatoes
Avocados	Broccoli	Pumpkin
Banana	Brussels sprouts	Radicchio
Cumquat	Cabbage	Silverbeet
Custard apples	Carrots	Spinach
Dates	Cauliflower	Swede
Grapefruit	Celeriac	Sweet potato
Kiwifruit	Celery	Turnips
Lemons	Fennel	Witlof
Mandarins	Kale	
Nashi Pear	Kohlrabi	
Oranges	Leeks	
Pears	Okra	
Pomelo	Onions	
Quince	Parsnips	
Rhubarb		
Tangelos		

Roasted Pumpkin Soup



Ingredients

1 x imperfect butternut pumpkin
1 x onion
2 x cloves of garlic
2 x carrots
1 x vegetable stock cube
1 x bay leaf
3 cups of water (for soup)
olive oil
salt and pepper

Method

Heat oven to 200°C fan-forced.
Prepare two baking trays lined
with baking paper.
Peel pumpkin, de-seed and dice.
Spread over the tray, drizzle
with olive oil, season with a
pinch of salt and bake for
20-25 minutes.

Cut onion into wedges, crush
the garlic, dice the carrots.
Spread the onion, garlic and
carrot over the second tray
and drizzle with olive oil,
season with salt and bake for
20 minutes.

Put vegetables into a large
pot. Add three cups of water,
crumble in the stock cube,
cover, bring to the boil and
simmer with a lid for 10
minutes.

Blend ingredients until a
smooth soup has formed.
Add seasoning.

Serves: 4-6.

Recipe and photo by
Anastasia Zolotarev

Lamb Rack with Parsnip and Potatoes



Ingredients

1 x lamb rack (6 cutlets)
3 x large imperfect parsnips
6 x large imperfect potatoes
a few sprigs of rosemary,
oregano and thyme
½ cup of extra virgin olive oil
salt and pepper

Method

Heat oven to 180°C. Place lamb rack on a roasting tray and allow to come to room temperature. Blend herbs and olive oil in a food processor. Pour over the lamb rack. Season with salt then put into the oven. Scrub potatoes and slice into thin

circles. Set aside. Use a peeler to shave parsnip into thin slices (lengthways). Remove lamb tray for a minute to arrange potatoes and parsnips around the lamb and top with more olive oil.

Roast for 25-30 minutes for medium rare or 40 minutes for well done.

The veggies will soak up all the lamb juices and infuse the herbal aroma so mix them around a couple of times.

Serves 3.

Recipe and photo by
Anastasia Zolotarev

Prebiotic Tray Bake



Ingredients

200g Jerusalem artichokes
1 x jicama, peeled and cut into wedges (optional)
200g imperfect parsnips, peeled and quartered lengthways
300g heirloom or Dutch carrots, trimmed
2 x leeks, cut into 2cm rounds
2 x medium Spanish onions, peeled and cut into wedges
12 x imperfect asparagus spears, trimmed
3 x tablespoons extra virgin olive oil

Garlic tahini drizzle

1 x garlic clove, crushed
sea salt, to taste
70g sesame tahini
3-4 x tablespoons fresh lemon juice or more, to taste
2-3 x tablespoons water
red pepper flakes

Method for prebiotic tray bake

Preheat oven to 200°C.

To prepare the artichokes, scrub well but don't peel unless the skin seems too rough. Cut in half lengthwise and immediately rub the cut surface with half a lemon to stop it browning.

Place all the prepared vegetables, except the asparagus, in a single layer, on a lined roasting tray (or two). You don't want the vegetables to crowd, as they won't roast and crisp well. Drizzle with oil and rub to coat.

Roast for 25 minutes, turning the vegetables once, and then take out and add the asparagus. Roast for a further five minutes or until the

asparagus is just cooked and all the vegetables are golden around the edges.

Meanwhile, to make the garlic tahini drizzle, place the garlic and a pinch of salt in a mortar and mash to a puree with pestle. Transfer to a bowl and whisk in the tahini. Add the lemon juice and a little bit of the water, whisking continuously, adding a little more water each time until the sauce reaches the consistency of thick cream (or runny yoghurt). Taste and adjust seasoning.

Arrange the roasted vegetables on a serving platter and pour over garlic tahini drizzle.

Serves: 4

Recipe by Lee Holmes

Thanks to Harris Farm Markets for sharing their recipes with us.

info@lovefoodhatewaste.nsw.gov.au

[f](#) LoveFoodHateWasteNSW

www.lovefoodhatewaste.nsw.gov.au

