

THIS MONTH, IT'S ALL ABOUT STRAWBERRIES

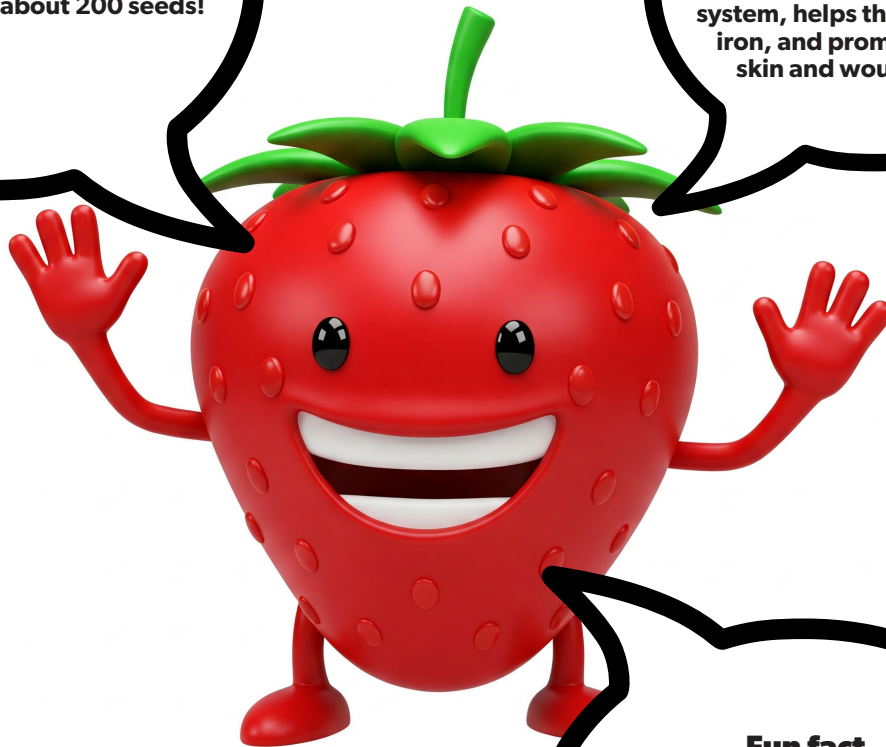
Simple, Seasonal, Sensational!

Did you know?

Strawberries are the only fruit
with their seeds on the outside
- and each one has about 200 seeds!

Why we love them

Strawberries are juicy, sweet,
and packed with vitamin C, which
is important for a strong immune
system, helps the body absorb
iron, and promotes healthy
skin and wound healing



Fun fact

In medieval times, strawberries
were considered a symbol of love
and purity - they were often
served at important feasts in the
shape of a heart!

**TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'
FAVOURITE TASTY STRAWBERRY RECIPES!**

WE ONLY USE



FRESHUK BEEF



FRESHUK PORK



FREERANGE EGGS

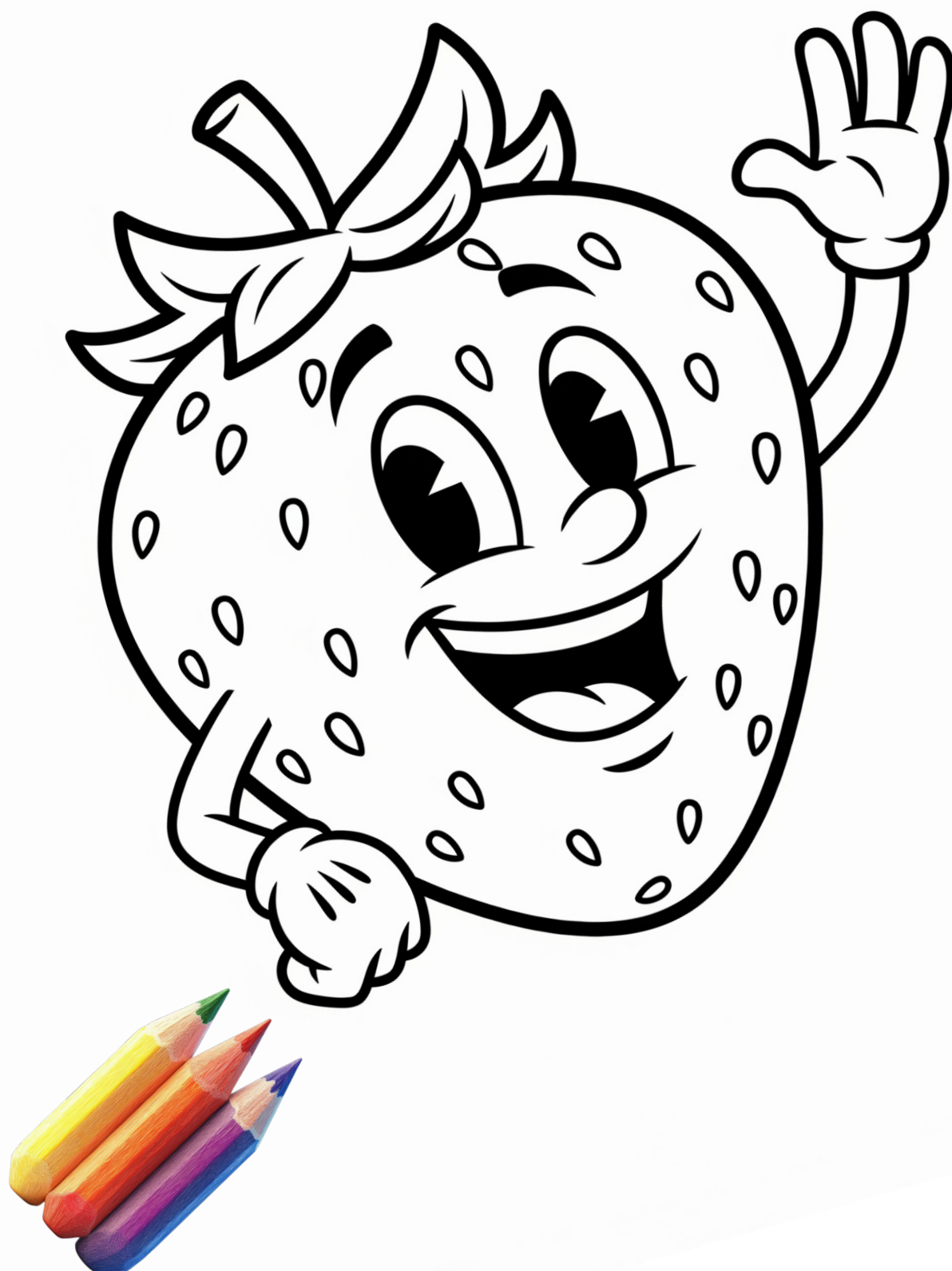


LOCAL FRUIT & VEG



WHOLE MEAL PASTA

fresh ingredients  **fresh food**



Colour me...

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RECIPE

STRAWBERRY, CUCUMBER AND MINT SALAD (COLD SALAD)

INGREDIENTS

- Strawberries (sliced) - 375g
- Cucumber (thinly sliced) - ½ large cucumber
- Fresh mint (chopped) - a few sprigs
- Lemon juice - 25ml
- Honey - ½ tbsp

METHOD

1. Combine strawberries and cucumber in a bowl.
2. Mix lemon juice, honey, and chopped mint to make a dressing.
3. Pour over the salad and mix gently.
4. Chill before serving.

STRAWBERRY YOGURT POTS

INGREDIENTS

- Fresh strawberries (diced) - 375g
- Natural or Greek yoghurt - 500ml
- Honey (optional) - 1 tbsp
- Granola - 150g

METHOD

1. Layer yoghurt and strawberries in small cups or bowls.
2. Drizzle with honey if using.
3. Top with granola just before serving.



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RECIPE

STRAWBERRY OAT MUFFINS

INGREDIENTS

- Fresh strawberries (chopped) - 300g
- Self-raising flour - 150g
- Porridge oats - 75g
- Eggs - 1 to 2
- Milk - 125ml
- Brown sugar - 75g
- Vegetable oil - 50ml

METHOD

1. Preheat oven to 180°C and line a muffin tray.
2. Mix dry ingredients in one bowl.
3. In a separate bowl, whisk eggs, milk, and oil.
4. Combine wet and dry mixtures, then fold in strawberries.
5. Spoon into cases and bake for 20-25 minutes until golden.

STRAWBERRY AND BANANA SMOOTHIES

INGREDIENTS

- Strawberries - 375g
- Bananas - 2 to 3
- Milk or dairy-free alternative - 500ml
- Honey (optional) - $\frac{3}{4}$ tbsp

METHOD

1. Add strawberries, bananas, milk, and honey to a blender.
2. Blend until smooth.
3. Serve chilled in cups or bottles.



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RECIPE

STRAWBERRY JELLY WITH FRUIT CHUNKS

INGREDIENTS

- Strawberries (sliced) - 250g
- Other soft fruits (e.g. grapes, kiwi) - 250g
- Sugar-free jelly mix - 1 pack (make up to 750ml)

METHOD

1. Prepare jelly according to packet instructions.
2. Divide fruit into 5 small cups.
3. Pour jelly over fruit.
4. Chill until fully set.

MINI STRAWBERRY SHORTCAKES

INGREDIENTS

- Strawberries (sliced) - 300g
- Ready-made shortcake biscuits - 10 halves (5 portions)
- Whipping cream - 250ml
- Vanilla extract - ¼ tsp

METHOD

1. Whip cream with vanilla until fluffy.
2. Layer each biscuit with whipped cream and strawberries.
3. Add a second biscuit on top or more cream and fruit.
4. Serve immediately.



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