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10 great recipes for healthy eating

www.nzkiwiberry.com
**Orange Cured Tuna** with Caesar Dressing, Capers, KiwiBerries & Preserved Lemon Oil.

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 Orange</td>
<td></td>
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<tr>
<td>1 Lemon</td>
<td></td>
</tr>
<tr>
<td>400gm Fresh Tuna</td>
<td></td>
</tr>
<tr>
<td>2 tbsp Capers</td>
<td></td>
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<tr>
<td>2 tbsp Avocado oil</td>
<td></td>
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<tr>
<td>8 KiwiBerries</td>
<td></td>
</tr>
<tr>
<td>Pinch of salt</td>
<td></td>
</tr>
<tr>
<td>2 tbsp Soya Sauce</td>
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### Ingredients - Caesar Dressing

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 Tbsp Mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1 tbsp Capers</td>
<td></td>
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<tr>
<td>2 Anchovies</td>
<td></td>
</tr>
<tr>
<td>Handful Parsley</td>
<td></td>
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<tr>
<td>Salt &amp; Pepper to taste</td>
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<tr>
<td>2 tbsp lemon Juice</td>
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### Preparation

1. Cut tuna into small cubes, add lemon juice, soya sauce and avocado oil, season, add half caesar dressing.
2. Place mix in mould.
3. Top with quartered KiwiBerries.
4. Garnish with red pepper.

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*Fruit information and more recipes available at [www.nzkiwiberry.com](http://www.nzkiwiberry.com)*
Crisp Confit Chicken with herbed Israeli Cous Cous & Pear and KiwiBerry Chutney

Ingredients

1 cup Balsamic
2 Red onions
1 tbsp Ginger grated
.5 tsp brown sugar
2 Pears peeled and cored
1 punnet KiwiBerries - Quartered
1 clove Garlic

Preparation

Slice red onions and finely chop garlic, cook in hot frying pan, add ginger, brown sugar, add sliced pear, lastly add balsamic cook until reduced to thick syrup, allow to cool, then add KiwiBerries

Preparation

Cous Cous

Boiling chicken stock, lemon juice and olive oil, pour over cous cous, leave to absorb liquid

Melt duck fat in a pot add seasoned chicken legs, cook on low heat for 2 hours

Fruit information and more recipes available at www.nzkiwiberry.com
**Tandoori Crusted Bluenose** with ginger garlic green beans topped with KiwiBerry, pineapple and mint salsa

**Ingredients**

- 600gm Bluenose
- 2 tbsp Tandoori paste
- 2 tbsp Sweet chilli sauce
- 100 gm Cashew Nuts
- 20 gm Ginger
- 10 gm Garlic
- 200 gm Green Beans
- 100 gm Pineapple
- Handful Mint
- 1 Red Onion
- 4 tbsp Lime juice
- 4 tbsp Lemon Juice
- 0.5 Punnet KiwiBerries

**Preparation**

**Mix tandoori paste half sweet chili and ground cashew nuts into paste and coat fish.**

**Salsa**

**Combine grated ginger, diced pineapple, chopped mint finely chopped red onion, add lemon and lime juice, remaining sweet chilli, and kiwi berries.**

**Preparation**

**Pan fry Tandoori coated Bluenose, until golden on both sides, transfer to preheated oven (180deg) cook for further 1 and a half minutes until cooked through.**

**Pan fry green beans with garlic until tender.**

**Place green beans on a plate topped with bluenose and finish with salsa.**

*Fruit information and more recipes available at [www.nzkiwiberry.com](http://www.nzkiwiberry.com)*
**Sautéed Prawns** with KiwiBerry salad, sweet chilli and lime dressing

**Ingredients**
- 20 Prawns
- 100gm Snow peas
- 2 Carrots
- 100gm Mesclun
- 3 Limes
- 3 tbsp Sweet chilli
- 1 tsp Miso paste
- 4 tbsp Avocado oil
- Salt and pepper to taste
- 1 Punnet KiwiBerries

**Preparation**
- Sauté prawns in frying pan, set aside until cool

**Preparation**
- **Dressing**
  - Juice of limes, sweet chilli, miso paste, avocado oil and whisk

**Preparation**
- Julienne the carrots, add prawns, snow peas and mesclun, finish with dressing

*Fruit information and more recipes available at www.nzkiwiberry.com*
**Pan Roasted Pork Sirloin** with Asian greens, KiwiBerry Puree & Caramel Apples

**Ingredients**

- 21 Tbsp sesame oil
- 150gm Snow Peas
- 800gm Pork Sirloin sliced into 200gm steaks
- 150gm Bok Choy
- 150gm Chinese cabbage
- 20gm Ginger (thinly sliced)
- 2 Cloves garlic (chopped)
- 2 red onion (sliced)
- 4 Green Apple
- 1 Chilli
- 2tsp Soy Sauce
- 1tsp Fish sauce
- 1 punnet kiwiBerry

**Preparation**

- Heat oil in frying pan, Season Pork and sear until golden brown.
- Take out of pan place on oven tray put in hot oven (180) for 2 minutes.
- Saute sliced onions, garlic & ginger, & chilli & apple add fish sauce, sweet chilli, and oyster sauce cook off for 2 minutes. Then add snow peas bok choy and Chinese cabbage, cook for further 2 minutes.

- Blend KiwiBerries to puree (Used as finishing sauce)

- Place vegetables on plate, pork on top, followed with kiwiBerry sauce

Fruit information and more recipes available at [www.nzkiwiberry.com](http://www.nzkiwiberry.com)
Venison Loin with honey truffle Parsnip, KiwiBerry and ginger jelly

**Ingredients**

- 100gm Venison Loin
- 4 Parsnip
- 1 Leek
- 1 Carrot
- 1 Beetroot
- 1 packet of chives
- 1 punnet of KiwiBerry
- White Wine
- 0.5 tsp Gelatin
- 1 1/2 cups Chicken stock
- 4 tbsp Truffle honey
- 1 tbsp Finely grated ginger

**Preparation**

- Julienne 1 Parsnip, leek, beetroot and carrot, deep fry until crispy.
- KiwiBerry jelly - Puree peeled KiwiBerries, dissolve gelatin add to puree, allow to set for 2 hours in refrigerator.
- Peel remaining parsnip slice bitter core out, blanch for 5 minutes in boiling salted water, remove and pat dry.
- Coat with manuka honey and truffle oil, cook in oven at 180 deg until golden.
- Season Venison fillet, seal in hot frying pan then place in oven until cooked to your liking, rest before carving

*Fruit information and more recipes available at www.nzkiwiberry.com*
Pan Fried Scallops with KiwiBerry rocket and pine nut, avocado and balsamic dressing

**Ingredients**
- 20 Pan fried scallops
- 300gm Rock salt
- .5 cup Pine nuts toasted
- 2 Avocado
- 12 KiwiBerry
- 4tbsp balsamic
- 8tbsp Olive Oil
- Half Lemon juice
- 50gm Mesclun

**Dressing**
Mix balsamic, olive oil and lemon juice, salt & pepper.

**Salad**
Avocado, pinenuts, KiwiBerries, mesclun, and seared scallops, salt & pepper to taste, add dressing.

Fruit information and more recipes available at www.nzkiwiberry.com
**Pan Fried Haloumi** with mesclun salad with pear, hazelnut, KiwiBerry and wholegrain mustard dressing

**Ingredients**

- 100gm Mesclun
- 3 Pears peeled and cored
- 0.5 cup Hazelnuts, blended
- 1 Punnet KiwiBerries, sliced
- Half Cucumber diced
- 200gm Haloumi Cheese sliced

**Dressing**

- 4 tbsp Avocado oil
- 1 tsp Wholegrain Mustard
- 1 Lemon juice
- 1 tsp Sweet chilli sauce

**Preparation**

Pan fry Haloumi until golden, place on top of mixed salad and finally add dressing.

**Fruit information and more recipes available at** www.nzkiwiberry.com
42 Below with orange, grapefruit, passionfruit, lime and KiwiBerry syrup cocktail

**Ingredients**

- 8 Shots 42 Below Vodka
- 2 cups Orange juice
- 2 Cups Grapefruit Juice
- .5 cup lime juice
- .5 cup lime juice
- Passionfruit juice
- .5 punnet KiwiBerries
- 5tbsp Sugar Syrup

**Preparation**

Mix all ingredients in blender.
KiwiBerry Smoothie with spirulina, banana and pineapple juice

Ingredients

1 Punnet KiwiBerries
1 Banana
1 cup Orange Juice
1 cup Pineapple Juice
1 tsp Spirulina

Preparation

Blend all ingredients, serve in a tall glass.