

Fresh for Kids® Vegetable Gado Gado



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Vegetable Gado Gado

Preparation: about 20 minutes

Cooking: about 12 minutes

Serves: 4

- 8 even-sized (about 500g) new (chat) potatoes
- 100g green beans, trimmed
- 150g broccoli, trimmed and cut into small florets
- 1 Lebanese cucumber, cut into thick sticks
- 12 cherry tomatoes, halved
- 2 carrots, cut lengthways into sticks
- 4 boiled eggs, peeled and quartered lengthways

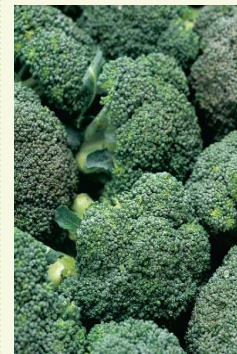
Peanut sauce

- ½ cup crunchy peanut butter
- 1 tbs kecap manis*
- 1 tbs sweet chilli sauce
- ⅓ cup hot water

1. To make the peanut sauce, combine all ingredients in a bowl. Stir until combined. Set aside.
2. Steam or boil potatoes for 10 minutes until just tender. Refresh in cold water and cut in half. Steam or boil beans and broccoli for 2–3 minutes until just tender. Arrange potatoes, beans, broccoli, cucumber, tomatoes, carrots and eggs on serving plates. Serve with warm peanut sauce for dipping.

* *Indonesian sweet soy sauce is available from supermarkets*

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Broccoli

- One of the most nutritious of all vegetables with some iron plus potassium and a high content of vitamins, including vitamin C. The body needs this vitamin for healthy gums and connective tissue throughout the body.
- A good source of folate, one of the B complex vitamins that is important for heart health.

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