

QUICK BITES

with Australian Pineapples...

Waste not, want not:

FRESH PINEAPPLES OFFER VALUE FOR THE WHOLE FAMILY

According to experts, Aussies throw away four million tonnes of food each year due to poor meal planning.*

However, with the right advice and a versatile ingredient such as the iconic Australian pineapple, family meal times will leave little left on the plate.

Pineapples are big in flavour, but also in mass. In fact, just one Pineapple can be used in several recipes – and the best part is, whatever is left can be sliced up raw and shared with the whole family!

Award-winning nutritionist, Joanna McMillan has created simple recipes designed to take the hassle out of healthy eating and clear those plates!

“Pineapples are the perfect fruit to use in recipes as they are great value for money and can be used in so many ways, from curries to quinoa. It’s all about thinking outside the fruit bowl.”



– Joanna McMillan
NUTRITIONIST



QUINOA SALAD WITH PINEAPPLE & CORIANDER

INGREDIENTS (Serves 4-6)

- 2 tbs olive oil
- 2 cups quinoa
- 4 cups water
- dash of salt
- 2 cups fresh pineapple, chopped
- 1 avocado, peeled and roughly chopped
- ½ cup red onion finely chopped
- ½ cup fresh coriander leaves
- 1 cup cucumber, roughly chopped
- Juice of 4 limes

METHOD

1. Wash the quinoa in a fine strainer.
2. Place the water, salt and quinoa in a medium pot and bring to a boil.
3. Reduce heat to low and simmer until water is absorbed, about 20 minutes.
4. In a medium bowl mix all the salad ingredients and set aside.
5. Toss the cooked quinoa with the pineapple mixture and serve.

Rule #1.

CHOOSE IT

The colour of a pineapple’s skin can naturally vary between summer and winter, but they are always ready to eat as soon as they hit the stores. So you can’t easily judge a pineapple by its cover. Nor can you test it by thumping it or pulling a leaf from the crown.

Instead, check that the fruit is free from soft spots or bruises, and if it has a top, make sure the leaves are fresh and green.



Rule #2.

CHOP IT

Slicing a pineapple is easy when you know how. Select a large sharp knife and always cut away from your body.

1. Chop off crown and base, then slice down around the edges to remove skin.
2. Cut pineapple lengthways in half and then into quarters.
3. Remove core cutting from top to base (or leave it if you like it crunchy).
4. Slice each quarter into bite size pieces.



Rule #3.

CHOMP IT

Contrary to popular belief, pineapples don’t need to ripen at home. If they’re on the shelf, they’re ready to eat immediately. In fact, the best place to store a pineapple is in your tummy! So tuck in as soon as you can.



www.australianpineapples.com.au

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*Foodwise: www.foodwise.com.au/food-waste/food-waste-fast-facts

