

# QUICK BITES

with Australian Pineapples...

Family Meal Time:

## NOT JUST ABOUT WHAT'S ON THE PLATE...

Recent research from Australian Pineapples shows that only 37 per cent of families with teens are eating together on a daily basis.\*

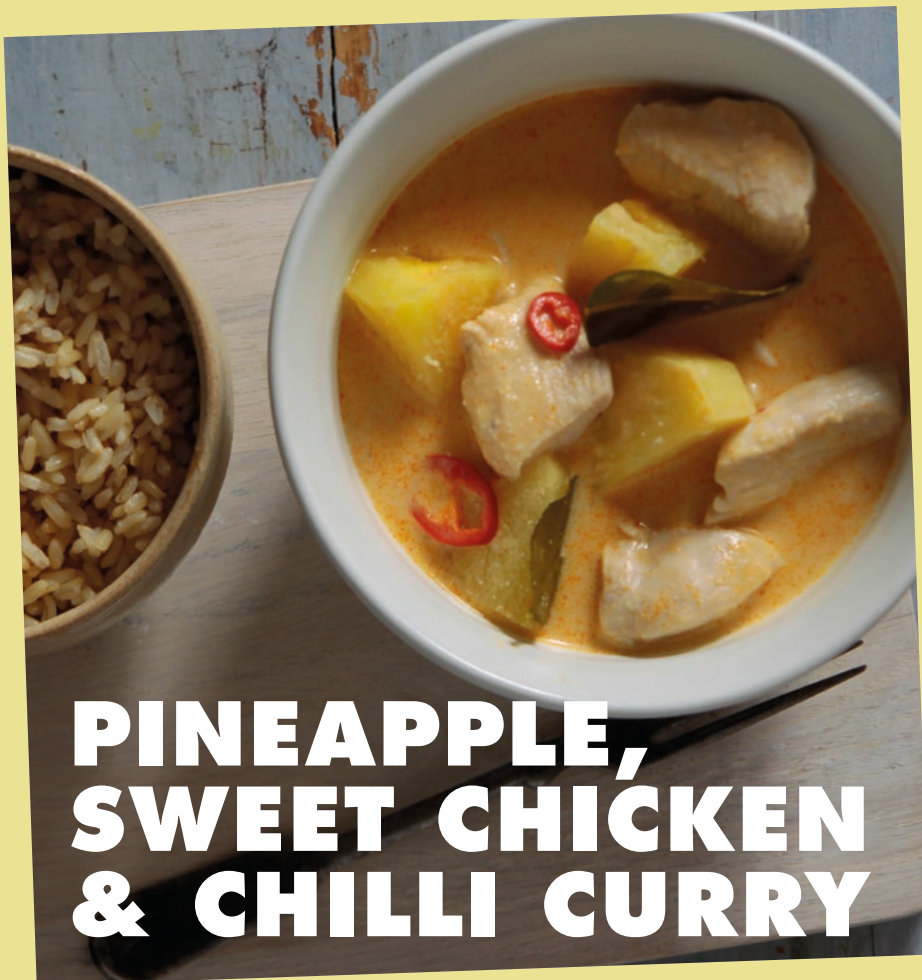
Nutritionist Dr Joanna McMillan says the importance of family meal time is not only an opportunity to provide a nutritional meal at the table, but instils healthy eating habits and social confidence for life.

The research also found parents of 12–17 year olds are concerned about their children's diets, with 64 per cent stating they want their children to eat more fruit.

*Teenagers are often busy with after school activities, social engagements, sports and study, but there needs to be an emphasis on family meal time to make sure they are getting the foods their body needs.*



– Joanna McMillan  
NUTRITIONIST



### PINEAPPLE, SWEET CHICKEN & CHILLI CURRY

#### INGREDIENTS (Serves 4-6)

- 750g chicken breast or thigh, chopped
- 500ml coconut milk
- 1tbsp red curry paste
- ½ tsp fish sauce
- 3 kaffir lime leaves
- ½ fresh pineapple, diced
- 2 red chillies - sliced (seeds removed if required)
- 2 chicken stock cubes
- Serve with brown rice and steamed vegetables

#### METHOD

1. Pour coconut milk, fish sauce, curry paste and stock into pot and dissolve to creamy consistency.
2. Bring curry to the boil over medium heat.
3. Add chicken and continue to cook over medium heat for 5 mins.
4. Add pineapple, kaffir lime leaves and chillies.
5. Continue to cook over low-med heat for 15 min.

#### 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.



For more seasonal recipes, news, hints and tips, visit: [www.australianpineapples.com.au](http://www.australianpineapples.com.au)

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\* The Australian Pineapples Family Nutrition Report, commissioned by the industry body for Australian Pineapple growers.