

# CITY GRAPEVINE

Adelaide. Bold. Aspirational. Innovative.

Spring 2026

**A Fresh Look for the  
Central Market Bus**

**Stay Connected with  
Ageing Well**

**Care and Connect**

**Care Finder**

**Adelaide Baroque  
Concert Series**

**For the Love of Trees**

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Their Best Life with  
Pooch Pals!**

**Chicken, rice and  
bean salad**



## ACKNOWLEDGEMENT OF COUNTRY

The City of Adelaide acknowledges the Kaurna People of the Adelaide Plains as the Traditional Custodians of the land on which we live, work and gather. We acknowledge and honour their spiritual and cultural stewardship of this country and recognise their deep and enduring relationship with its lands, waters, the sky, and all living things. We pay our respects to Kaurna Elders past and present and recognise the important role of emerging leaders in sustaining and strengthening culture.

City of Adelaide tampinhi,  
ngadlu Kaurna yartangka  
panpapanpalyarrinhi (inparrinhi).  
Kaurna Miyurna yaitya mathanya  
Wama Tarntanyaku. Parnaku yailtya,  
parnakuta purruna, parnakuta  
yarta, ngadlu tampinhi.

Yalaka Kaurna miyurna ithu yailtya,  
tapa purruna, yarta, kawi, ngayirda  
kuma puru martinhi, puru warri-  
apinhi, puru tangka martulayinhi.  
Kumartarna yaitya miyurna iyangka  
yalaka ngadlu tampinhi.



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Have feedback?

[ageingwell@cityofadelaide.com.au](mailto:ageingwell@cityofadelaide.com.au)

(08) 8203 7203

# Welcome

## SPRING IS A WONDERFUL TIME TO REDISCOVER THE CITY.

As the days grow longer and Adelaide bursts back into colour, there are more opportunities to get out, meet people and enjoy the places that make our city such a special place to live.

In this edition of City Grapevine, you'll find plenty of ideas for doing just that.



Our Ageing Well programs continue to grow, with a new Central Market Bus making the weekly trip more comfortable and accessible, and a new pick-up point in North Adelaide.

We have also welcomed Care and Connect, a monthly gathering giving local carers a chance to share a cuppa, a conversation and the experience of people who understand their journey.

There are plenty of ways to stay connected beyond our programs, too.

This edition introduces Adelaide Baroque's concert series, celebrating more than 40 years of bringing beautiful music to some of our city's most remarkable places, while our Living Story takes us onto the croquet lawns and into a century of Adelaide Park Lands history.

I was particularly pleased to read Sue Gilbey's reflection on her love of trees and the Park Lands.

Her story is a lovely reminder that our city is not simply somewhere we live — it is somewhere we build connections, memories and a sense of belonging.

And for our four-legged residents, Pooch Pals offers a helping hand with those all-important walks, while Nature Day in North Adelaide promises plenty of opportunities for younger residents to get outside and explore.

I hope this spring edition inspires you to try something new, reconnect with your community, and make the most of everything Adelaide has to offer.

**Dr Jane Lomax-Smith,  
Lord Mayor**

# A Fresh Look for the Central Market Bus



Image: Adelaide Central Market

There are exciting changes to the Ageing Well Central Market Bus program.

We are pleased to welcome our new charter company and look forward to continuing this much-loved community program. The new bus has been selected with passenger comfort and accessibility in mind. It features sturdy handrails and a low step to make boarding easier and safer. Passengers board via the side door, and our friendly volunteers are always on hand to provide guidance and ensure everyone boards safely.

We are excited to have introduced a new pick-up point outside the North Adelaide Community Centre and Library, making the service even more accessible for residents in North Adelaide.

With the Adelaide Central Market expansion nearing completion, there has never been a better time to jump on board. Whether you're looking to buy fresh fruit and vegetables, browse local produce, enjoy a coffee with friends, or pick up a beautiful bunch of flowers, the market offers something for everyone.

The Central Market Bus program is more than just a shopping trip - it's an opportunity to get out, meet new people, and enjoy a social drive in and around the city.

Residents are encouraged to travel independently and enjoy shopping at their own pace. If you've never joined us before, we'd love to welcome you on board for a 'come and try' day.

To find out more or register your interest, contact the Ageing Well team on (08) 8203 7548 or email [ageingwell@cityofadelaide.com.au](mailto:ageingwell@cityofadelaide.com.au). You can also register via the Ageing Well website and completing the Sign Up form at [cityofadelaide.com.au/resident/healthy-living-and-wellbeing/ageing-well/](https://cityofadelaide.com.au/resident/healthy-living-and-wellbeing/ageing-well/)

**Host:** Ageing Well  
**When:** Weekly on a Thursday  
**Time:** 10:30 am to 2:00 pm  
**Cost:** \$4 return trip (\$2 one-way)  
**Bookings:** To reserve your seat email [ageingwell@cityofadelaide.com.au](mailto:ageingwell@cityofadelaide.com.au) or phone (08) 8203 7203

# Stay Connected with Ageing Well

Want to keep up to date with what's happening in the community? The Grapevine newsletter is just one of the many City of Adelaide e-newsletters designed to keep you informed about local events, programs, services and opportunities.

By subscribing to City of Adelaide e-newsletters, you can choose the topics that interest you most, including Ageing Well, community events, arts and culture, sustainability and much more. Newsletters are delivered straight to your inbox, making it easy to stay connected and discover what's happening across the city.

To subscribe, visit the City of Adelaide's Subscribe to e-newsletters page at [cityofadelaide.com.au/subscription/](https://cityofadelaide.com.au/subscription/)

Simply enter your name, email address and postcode, select the newsletters you'd like to receive, and click 'Sign Up'.

You can subscribe to:

- Adelaide City Libraries
- Adelaide Town Hall
- Art in the City
- City Business
- North Adelaide Golf Club
- Wellbeing in the City
- What's On in Adelaide
- Your Community

It's a quick and easy way to stay informed and make the most of everything Adelaide has to offer.

## Care and Connect

### A NEW MONTHLY GATHERING FOR CARERS

A warm and welcoming new carers group has launched at the Minor Works Building Community Centre, bringing together local carers for connection, conversation and support.

Following a successful inaugural morning tea on 21 July 2026, Care and Connect will now be held on the third Tuesday of each month. The group is hosted by City of Adelaide volunteer and local resident Gail, who cares for her husband, Peter, and was inspired to create an informal space where carers could meet others who understand the caring journey.

The launch was enjoyed by everyone who attended, with participants leaving encouraged to spread the word and invite other carers to join future gatherings.

Each month, the group will meet in the Community Centre's communal area to enjoy a cuppa, a shared plate, and friendly conversation in a relaxed and welcoming environment.

If you're a carer living in the city, we'd love to see you at the next Care and Connect gathering. Come along for a chat. You don't have to do the caring journey alone.

**Host:** Ageing Well  
**When:** 3rd Tuesday of each month  
**Time:** 10:30 am to 12 noon  
**Where:** Minor Works Building Community Centre, 22 Stamford Court, Adelaide

**No bookings required.**

Dates for your diary:

- Tuesday 18 August 2026
- Tuesday 15 September 2026
- Tuesday 20 October 2026
- Tuesday 17 November 2026
- Tuesday 15 December 2026

If you would like to reach out or meet the Ageing Well team before coming along, we would love to hear from you by phoning the Ageing Well team on (08) 8203 7203 or emailing [ageingwell@cityofadelaides.com.au](mailto:ageingwell@cityofadelaides.com.au)

Image: Care and Connect event



# Care Finder

GETTING SUPPORT TO FIND A SERVICE TO MEET YOUR NEEDS

## What is the Care Finder?

The Australian Government has a workforce of Care Finders across Australia to help older people navigate and access aged care services. The service complements the My Aged Care contact centre and provides the following:

## What help can care finders provide?

Care finders can help vulnerable older people navigate the aged care system and find support services to improve their quality of life. Care finders can help with both accessing services for the first time and changing to new services and support.

Care finders can help someone with:

- Talking to My Aged Care on their behalf and arranging an assessment
- Attending and providing support at the assessment

- Finding and shortlisting aged care providers in their area
- Completing forms and understanding aged care service agreements
- Checking in once services are up and running to make sure everything is okay
- Other challenges by connecting them to supports in the community, such as health, mental health, housing and homelessness, drug and alcohol services and community groups.

Ref: [myagedcare.gov.au](https://myagedcare.gov.au)

Care Finders are there to support people who require more intense support and have limited family, friends and loved ones for support.

To find out more about your local Care Finder, call My Aged Care on 1800 200 422 or visit [myagedcare.gov.au/help-care-finder](https://myagedcare.gov.au/help-care-finder)

# Adelaide Baroque Concert Series

Looking for an enjoyable and affordable cultural outing? Adelaide Baroque's concert series offers the opportunity to experience beautiful music in some of Adelaide's most stunning venues.

Performances take place throughout the year in locations including St Peter's Cathedral, St John's Church on Halifax Street, North Adelaide Baptist Church, and a selection of intimate Sunday afternoon house concerts across Adelaide.

For more than 40 years, Adelaide Baroque has delighted audiences with performances of Baroque music from the 17th and 18th centuries, alongside selected contemporary Australian works. The ensemble is renowned for its exciting, expressive and historically informed performances, and has played an important role in nurturing generations of Australian musicians through workshops and performance opportunities.

If rising ticket prices have meant attending fewer concerts, Adelaide Baroque offers an affordable way to enjoy world-class performances in remarkable settings.

The 2026 season concludes with Handel's Messiah in the magnificent surroundings of St Peter's Cathedral. Featuring much-loved choruses including For Unto Us a Child Is Born and the iconic Hallelujah Chorus, it's a wonderful way to celebrate the festive season.

Looking ahead, Adelaide Baroque will celebrate its 50th anniversary in 2027 with a special concert series featuring acclaimed Australian baritone Christopher Richardson, performances of Schubert's song cycles, Handel and Bach arias, Bach's St Matthew Passion, and a range of chamber music concerts.



IMAGE: Adelaide Baroque – Provided by Renata

For more information or to receive the concert program, visit [adelaidebaroque.com.au](https://adelaidebaroque.com.au), email [generalmanager@adelaidebaroque.com.au](mailto:generalmanager@adelaidebaroque.com.au), or contact the ticket office at [ticketing@adelaidebaroque.com.au](mailto:ticketing@adelaidebaroque.com.au) or 0410 914 764.

# For the Love of Trees

BY SUE GILBEY

I have lived in Adelaide city for 22 years and previous to that I owned property in the Southeast of the city that I rented out. I chose to retire to Adelaide because it is a small, beautiful, walkable city surrounded by lovely parklands in all directions. Where I live now, on Kurna land in the world's only intergenerational CBD based eco-community is close to everything, built sustainably and it makes me very happy.

As I age, I have become closer to the wonders of nature and every day I walk in one of the nearby Adelaide Park Lands. The birds and the ducks, and other critters, are not at all frightened of me and my walker. I love the interconnectedness of everything. The air is cleaner in the parklands, you can breathe deeply, through photosynthesis the trees give us good clean oxygen. It feels so good to inhale it.

In the introduction to the book *The History Trees*, by Colin Salter, this quote stood out to me:

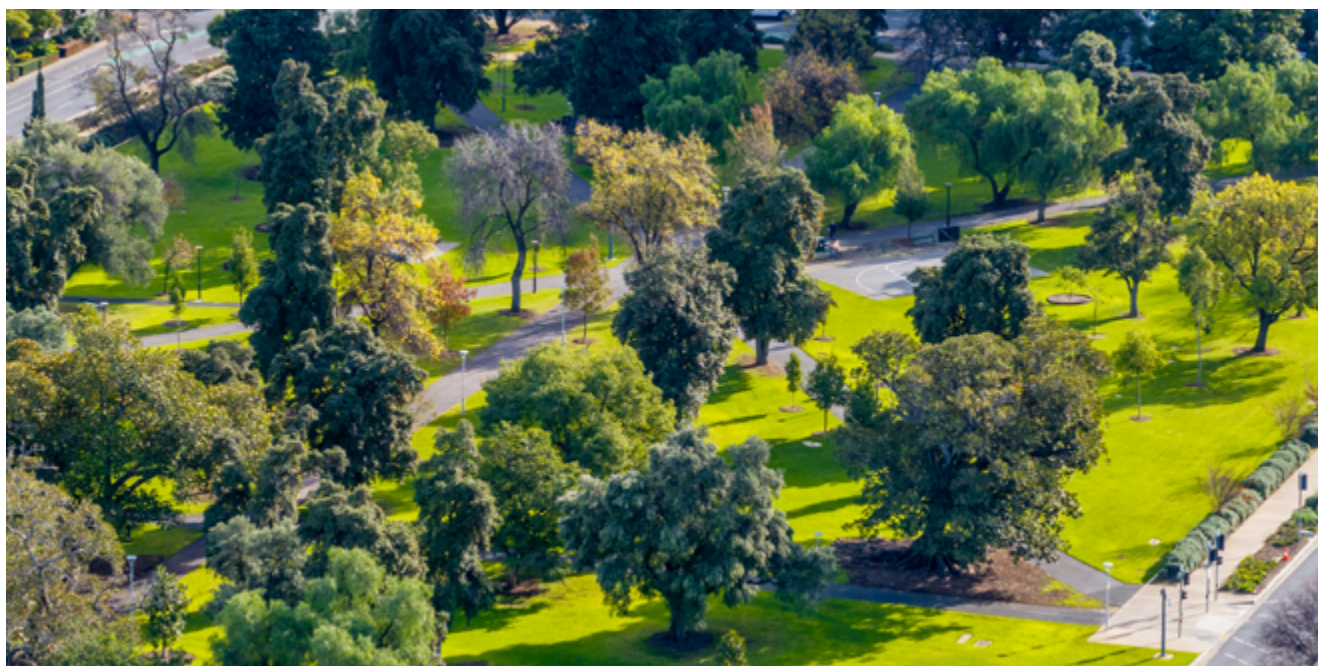
Image: Adelaide Park Lands aerial view

"Trees take their time to live and breathe and their positive contribution to a healthy ecological environment is well established. They are complex, sensitive biological organisms just as we are -----they connect us to our past and theirs and for that we owe them respect and admiration. Their roots are ours".

Ref: *The History Trees: Extraordinary Tales of Trees Through Time* Colin Salter

We thank Sue for sharing her story and her love of trees, nature, and the interconnectedness of our natural world. If you have a story about your own connection with the city, we'd love to hear from you. Email us at [ageingwell@cityofadelaide.com.au](mailto:ageingwell@cityofadelaide.com.au)

Keep an eye out for a range of intergenerational activities throughout the Nature Festival – 25 September to 11 October 2026. Find an activity near you by visiting [naturefestival.org.au](http://naturefestival.org.au)



# A Rich History of Croquet in Adelaide

Local resident Edward is an avid member of the South Terrace Croquet Club and took time to share some of the history of the long-standing club in the Adelaide Park Lands.

Formerly known as the East Terrace Croquet Club, the South Terrace Croquet Club has been part of the Adelaide Park Lands for more than a century. Established in 1911, the club's first lawn was laid in 1912 and officially opened by the Lady Mayoress in February 1913. A second lawn followed in 1915, and today the club continues to play on its original two lawns.

In the early years, the lawns were protected by a hedge of Kaffir Apple trees planted along three sides of the grounds. With their sharp thorns, these hedges served a practical purpose, keeping horses and cattle from wandering onto playing surfaces.

Croquet has evolved over the years, but some traditions remain. Early female players wore long skirts with flat white canvas shoes, reflecting the fashion of the time. Players use long-handled mallets to guide coloured balls through a course of six hoops arranged in a distinctive pattern. While both centre-style and side-style striking techniques have been used over the years, centre style is now the most common.

The club has welcomed many players throughout its history. Until 2009, the Beaumont Road Croquet Group was based at the club after members transitioned from tennis to golf croquet. Today, many people discover croquet later in life as an enjoyable and accessible way to stay active, social and mentally engaged.

## Come and Try Croquet

The South Terrace Croquet Club welcomes new players through regular 'come and try' sessions, as well as corporate and private group bookings. Friendly club members are on hand to introduce the basic skills and help newcomers enjoy their first game.



Croquet is a social sport that combines gentle physical activity with strategy and precision. While it may appear simple at first glance, successfully guiding a ball through the narrow hoops can be surprisingly challenging. The game is often compared to billiards or pool, but played outdoors on grass courts.

The club has two registered coaches who support new members as they develop their skills. For those interested in competition, there are opportunities to represent the club in pennant matches.

The club can accommodate groups of up to 35 people and regularly hosts community, corporate and private events.

Nestled off Beaumont Road at the corner of South and East Terraces, the club enjoys a peaceful setting surrounded by the beautiful Adelaide Park Lands. Visitors can enjoy the shade of mature trees and the sounds of local birdlife, including parrots and magpies, making it a wonderful place to spend a morning or afternoon.

Whether you are looking for a new hobby, gentle exercise or simply a welcoming community, the South Terrace Croquet Club offers a great opportunity to discover one of Adelaide's oldest and most enjoyable sporting traditions.

Find out more by contacting the club on [southterracecroquetclub@gmail.com](mailto:southterracecroquetclub@gmail.com) or phone Secretary Glenn Martin 0400 290 031 or Ted on 0401 391 395

**Our Living Story segment celebrates the interests, experiences and passions of people who call Adelaide and North Adelaide home.**



Image: Coffee Cups

# Cups and Catch Ups

Our popular Cups and Catch Ups social gatherings are expanding, giving you even more opportunities to connect with others in the community.

Join us on the first Wednesday of each month at The Reserve Social, Currie Street, where you can enjoy a relaxed morning over a coffee, tea or your favourite café treat while getting to know other local residents.

From September, we'll also be introducing a second monthly gathering at Café Troppo, Sturt Street on the second Wednesday of each month. This new location offers another welcoming space to meet new people, share stories and enjoy good conversation. You may even like to come along to our Cups and Catch Ups Christmas Picnic at Whitmore Square/ Iparrityi – watch this space!

Whether you're new to the area or simply looking to broaden your social circle, Cups and Catch Ups is a great way to get out and about, explore local cafés and build meaningful community connections – one cuppa at a time.

WE'D LOVE TO SEE YOU THERE!  
NO BOOKINGS REQUIRED.

## **The Reserve Social, Currie Street, Adelaide**

**When:** 1st Wednesday of each month

**Time:** 10:30 am to 12 noon

- Wednesday 2 September 2026
- Wednesday 7 October 2026
- Wednesday 4 November 2026
- Wednesday 2 December 2026

## **Café Troppo, Sturt Street, Adelaide**

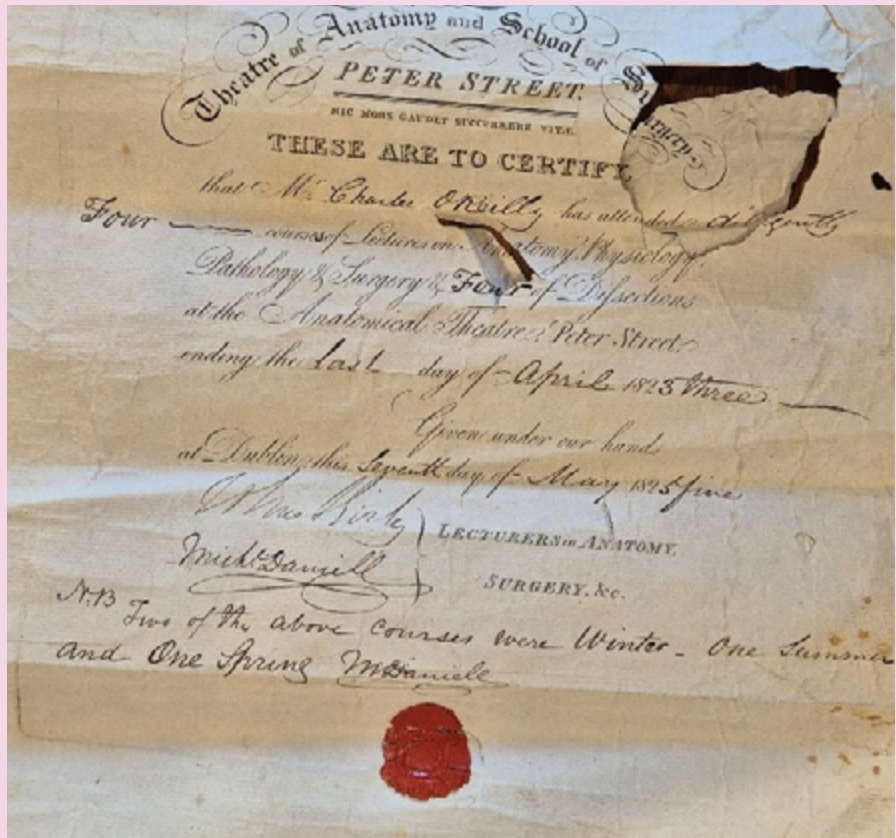
**When:** 2nd Monday of each month

**Time:** 10:30 am to 12 noon

- Monday 14 September 2026
- Monday 12 October 2026
- Monday 9 November 2026
- Monday 14 December 2026

Watch this space for Cups and Catch Ups in other areas of the city over the next few months.

## Found Treasure



Images: Found items including a certificate from 1893 supplied by Kathleen.

If you have photographs, letters, recordings, newsletters or other items that capture Adelaide's history through the experiences of local residents, consider exploring whether they may become part of our shared story. Today's personal treasures could become tomorrow's valuable historical record.

Local resident, Kathleen, has kindly shared information about archiving precious artefacts. Kathleen believes that every object has a story and every story helps preserve the rich history of our city for future generations.

"This winter I helped a friend sort through years of precious belongings from an old house. It gave me a new insight into our material possessions, including those we keep but never use, nor even share.

As an ageing person who has lived in Adelaide's south-west corner for more than 50 years, an elder in the city community, it made me think what I needed to do to pass on my own treasures, not just to tell my own story. And, to

tell it in a way that reflected the whole history of the city from the point of view of a resident. In this time, I have been an activist with and for my local community and decided it was particularly important to pass on the stories of a few major battles we've had to make change happen, for the better as we saw it.

If this interests you, because you also have personal treasures connected to the life of the city, read on.

I remembered one precious film that I had was a video compiled of television news reports of a battle by residents in Alfred Street for affordable family homes not to be demolished to make way for a car park (in 1982), which I donated to the State Library of South Australia some years ago, called Alfred Street Against the World. I always hoped that one day this may be shown to our whole community.

I also have photos of the nearby Adelaide Park Lands on West Terrace. Around the 1990's, residents learned that engineering works were

planned by City of Adelaide that would prevent flooding on and below the Keswick railway line. By getting together, we managed to communicate with Council and suggest that surface water was precious to humans and other biodiversity, leading to the development of the wonderful Wirrarninthi bushland in Park 23. What could I do with the documents and photos I had retained from that time?

The City Archives may consider them, but essentially those archives only exist to take items relating to the history of the council. An interview with the Lord Mayor confirmed this, though she was proud that finances had been dedicated to telling the oral history of local Adelaide citizens in the 2025/26 financial year. I remember too that you can listen to such oral histories made in the past by their professional historians, and they are fascinating!

The State Archives only takes material generated by other official State institutions and the only place to offer my treasures is the State Library, and recently I visited the new research facilities and City Library side by side. When I discussed the matter of donations, I discovered that you can no longer offer your treasures directly across the desk as I had once done with archivists to donate my video. Now you must consult and conform with the library's collections policy (see their website) and electronically provide a list of items you wish to donate. There is no alternative for those who are not necessarily IT savvy, even if they are visiting from interstate or overseas, so please pass this on to others".

Find out more at the State Library of South Australia at [slsa.sa.gov.au/home](https://slsa.sa.gov.au/home) or phone (08) 7424 6300

## Do you have a legal or financial concern?

### Did you know you can find legal and financial help at our libraries?

Uniting Care Wesley Bowden Financial Counsellors are available once a month at both Hutt St and North Terrace branches.

Financial counselling can help people who are struggling with debts, bills, and fines, and can help you with budgeting and provide you with information about your rights as a consumer.

Contact the City of Adelaide libraries at [library@cityofadelaide.com.au](mailto:library@cityofadelaide.com.au) or phone (08) 8203 7203.

You can also find out more about the dates and times at:

#### Financial Counselling North Terrace

[experienceadelaide.com.au/whats-on/financial-counselling-north-terrace/](https://experienceadelaide.com.au/whats-on/financial-counselling-north-terrace/)

#### Financial Counselling Hutt Street

[experienceadelaide.com.au/whats-on/financial-counselling-hutt-street/](https://experienceadelaide.com.au/whats-on/financial-counselling-hutt-street/)

## Lawyer in the Library

Lawyer in the Library is a monthly drop-in service offered by Uniting Communities Law Centre. If you have a legal concern, come in for a confidential chat about how Uniting Communities can help you. Support is available for a broad range of legal issues, including:

- Consumer credit
- Tenancy
- Centrelink disputes
- Minor criminal offences
- Traffic offences

[experienceadelaide.com.au/whats-on/lawyer-in-the-library-north-terrace2026/](https://experienceadelaide.com.au/whats-on/lawyer-in-the-library-north-terrace2026/)

No bookings needed, just come in for a confidential chat about how Uniting Communities can help you.

# Help Your Pup Live Their Best Life with Pooch Pals!



Image: Two people walking two dogs along a footpath

Pets are family. They give us unconditional love, endless joy, and constant companionship. However, keeping up with daily walks can sometimes be a challenge. Whether you are managing a hectic family schedule, dealing with health issues, or simply finding it harder to get around, the City of Adelaide is here to support you and your furry friend.

We are thrilled to offer Pooch Pals, a free community program designed to keep your dog fit, healthy, and socialised.

Through Pooch Pals, eligible dogs living in the City of Adelaide are carefully matched with a dedicated volunteer for a fun, enriching weekly walk. It is the perfect solution for dogs with boundless energy and owners who need a helping hand.

Your peace of mind is our top priority. To ensure a safe and happy experience for everyone:

- Training: All volunteers are fully screened and trained by our team.
- Trial Runs: Every dog participates in a trial walk with staff before being matched.
- Perfect Matches: We carefully pair volunteers and dogs based on personality and energy levels.

Whether you need a little assistance or want your dog to enjoy an extra weekly adventure, we would love to hear from you! To be eligible, you need to live in the City of Adelaide and be home when the volunteer picks up and returns your dog.

## Get Involved Today

To find out more or apply for the program, visit our website or contact our friendly team directly:

**Phone:** (08) 8203 7203

**Email:** [wellbeing@cityofadelaide.com.au](mailto:wellbeing@cityofadelaide.com.au)

[cityofadelaide.com.au/resident/healthy-living-and-wellbeing/pooch-pals/](https://cityofadelaide.com.au/resident/healthy-living-and-wellbeing/pooch-pals/)

# » Nature Day «

## IN NORTH ADELAIDE

### FREE FUN IN NATURE!

Bring your little adventurers aged one to 12 years to the beautiful Adelaide Park Lands and nature play space, to enjoy this free event for curious kids and nature lovers.

From nature scavenger hunts and cubby building to seed bombs, potions and tinkering, there is something for every young explorer. Dig and create in the sandpit, explore the biodiversity trail, enjoy stories at the pop-up library and plant your own wildflowers to take home.

Image: Nature play activities in the park



**Host:** City of Adelaide  
**When:** Friday 2 October 2026  
**Time:** 9:00 am to 12:30 pm  
**Where:** Tidlangga/Bundeys Reserve,  
MacKinnon Parade, North Adelaide  
**Cost:** FREE

Grab a coffee from the van while the kids play and make a day of it with cafés and lunch spots just a short stroll away on Melbourne Street.

Put it in your diary and register to attend by visiting [naturefestival.org.au](https://naturefestival.org.au)



# Fake emails – Be alert to SCAMS

Sporadically, many of us are at risk of being scammed. Scams may suggest you have won a prize or a free health monitoring kit and you need to update your personal details or payment details to qualify for the gift. There may be other variations to how spam messages are presented.

Phishing scams attempt to impersonate trusted organisations in order to get you to click on links so they can gain access to your details. Below is a collection of resources for you to read or utilise if you suspect you may have been scammed.

## Helpful resources:

If you believe you have been scammed, contact your bank or financial institution immediately, and report the incident to Scamwatch.

Scamwatch – Tips on how to spot and avoid scams: [scamwatch.gov.au/stop-check-protect/help-to-spot-and-avoid-scams](https://scamwatch.gov.au/stop-check-protect/help-to-spot-and-avoid-scams)

Australian Government – Cyber safe actions: [actnowstaysecure.gov.au/cyber-safe-actions](https://actnowstaysecure.gov.au/cyber-safe-actions)

Scamwatch – Information about Phishing scams: [scamwatch.gov.au/types-of-scams/phishing-scams](https://scamwatch.gov.au/types-of-scams/phishing-scams)

Australian Cyber Security Centre – Personal Cyber Security Guides: [cyber.gov.au/protect-yourself/resources-protect-yourself/personal-cyber-security-guides](https://cyber.gov.au/protect-yourself/resources-protect-yourself/personal-cyber-security-guides)

Scamwatch – Report a Scam: [scamwatch.gov.au/report-a-scam](https://scamwatch.gov.au/report-a-scam)

Services Australia – video on Identifying and reporting scams: [youtube.com/watch?v=J5UjxmV9yQ4](https://youtube.com/watch?v=J5UjxmV9yQ4)

## Protect yourself from SCAMS:

Scammers can target anyone, but unfortunately older Australians are frequently targeted by online scams.

Last year alone, 62,000 Australians over 65 years reported a total loss of \$99 million due to fraud and scams – the largest amount lost of any age group.

### To protect yourself, remember these three steps:

#### STOP

Always take a moment before giving your money or personal information to anyone. Scammers will create a sense of urgency to pressure you into acting quickly. Don't rush to make decisions about money or sharing personal details.

#### CHECK

Make sure the person or organisation you're dealing with is real. Scammers pretend to be from organisations you know and trust. Always verify who you are really dealing with before taking any action.

#### PROTECT

Act quickly if something feels wrong. The sooner you take action, the better you can protect yourself and others from scammers.

Image: Person using a laptop computer



# Chicken, rice and bean salad

PACKED WITH PROTEIN FOR A SUMMER SALAD FAVOURITE!



## Ingredients:

- 1 teaspoon lemon zest
- 1 teaspoon paprika
- $\frac{1}{4}$  cup (60ml) lemon juice
- 1 tablespoon olive oil
- 8 chicken tenderloins (about 500g total)
- 250g green beans, trimmed
- 2 cups '90 second quick' brown rice and quinoa blend
- 2 cups baby spinach
- 425g can black beans, rinsed, drained
- 250g punnet cherry tomatoes, halved
- 300g corn kernels, rinsed, drained
- 4 lemon wedges, to serve

## Method:

1. Combine the zest, paprika, lime juice and olive oil in a ceramic dish. Add the chicken and turn to coat. Set aside.
2. Steam, boil or microwave the green beans for 2 to 3 minutes or until just tender. Drain.
3. Heat a large chargrill pan or barbecue hotplate over medium heat.
4. Grill the chicken for 3 to 4 minutes each side, or until cooked through.
5. Meanwhile, heat the microwave brown rice and quinoa blend according to the packet instructions.
6. Divide the brown rice and quinoa blend between the four bowls.
7. Top each with spinach, black beans, tomatoes, corn kernels and two chicken tenderloins.
8. Serve with a lemon wedge in each bowl.

Ref: [heartfoundation.org.au/recipes](https://heartfoundation.org.au/recipes)

# CITY GRAPEVINE

Discover the stories that shape our city

