



KIDS LUNCH

EXPLORE THE WORLD OF TASTE
PERFECTION.COM.AU



ABOUT PERFECTION

The crack of crisp Broccolini®. The luscious, red sweetness of raspberries. Tastes, textures and colours that turn everyday meals into memorable moments. These are our greatest passions in life. Since 1978 we've travelled the world searching for fresh produce that's tastier and fresher in flavour. And when we find the absolute best, we bring it home to Australia, to grow, perfect and share with you.

OUR PRODUCE

We're behind some of Australia's favourite, freshest flavours. From Broccolini® - one of our greatest and tastiest field discoveries, to our coolest, crunchiest creation yet, Qukes® baby cucumbers. Among our many claims to fame are our luscious, vine-ripened tomatoes, grown especially for you in all shapes and sizes. And our exclusive lines of blueberries, raspberries and mangoes - like a taste of tropical paradise.

EXPLORE KIDS LUNCH RECIPES



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Broccolini® ham cheese muffin trees

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Lunch box Qukes®, ham and salad monster rolls



LUNCH BOX

BROCCOLINI® HAM CHEESE MUFFIN TREES

Get lost in a forest of flavour



Serves
12



Quick Prep
15 minutes



Quick Cook
25 minutes

INGREDIENTS

- 12 Broccolini® (about 2 bunches)
- 2 cups self-raising flour, sifted
- 2 tbs coconut or raw sugar
- 1/2 cup grated zucchini
- 1/2 cup grated carrot
- 2 green shallots, finely chopped
- 100g ham, chopped
- 1 cup grated tasty cheese
- 2 eggs
- 1/2 cup extra light olive oil
- 1 cup milk
- to serve Extra finely grated cheese, optional

METHOD

1. Preheat oven to 180°C fan-forced. Grease a 12-hole (1/2 cup-capacity) muffin pan.
2. Drop the Broccolini® into a saucepan of boiling salted water. Cook for 2 minutes, until bright green and just tender. Drain well and pat dry with paper towel. Cut them in half crossways, set the flower ends aside. Finely chop 4-6 stems, you need 1/4 cup, set the rest aside (see tip).
3. Combine the flour, sugar, carrot, zucchini, shallots, ham, cheese and chopped Broccolini® stems in a large bowl. Whisk eggs, oil and milk together, season with salt and pepper. Add to ham mixture, stir gently to combine. Divide evenly among muffin holes. Bake for 20-22 minutes or until light golden and cooked through. Stand in pan for 5 minutes, then transfer to a wire rack.
4. Carefully make a hole in the centre of each muffin using end of wooden spoon. Insert the Broccolini® and sprinkle with extra cheese. Serve.



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LUNCH BOX

QUKES® STAR SANDWICHES

A simple addition to your lunchbox repertoire

 Serves
4

 Quick Prep
15 minutes

INGREDIENTS

- 250g Qukes® baby cucumbers
- 8 large slices grain, wholemeal or white sandwich bread
- 1 large avocado, mashed
- 1 1/3 cups (200g) cooked chicken, shredded
- 1/4 cup whole egg mayonnaise
- 2 tbs spreadable cream cheese

METHOD

1. Dice 2 Qukes® and slice 1 into rounds. Thinly slice remaining Qukes® lengthways.
2. Place 4 slices of bread on a board and spread with avocado. Combine the chicken, mayonnaise and diced Qukes® then spread over the avocado. Top with sliced Qukes® and season.
3. Spread the cream cheese over one side of the remaining 4 slices of bread. Cut stars and moons from the centre of each. Place cream cheese side down onto the sandwich. Top the cream cheese side of star cut outs with round of Qukes®.

Variations: Replace the chicken with canned tuna or salmon or replace the avocado with hommus and chicken and mayonnaise with sliced ham or salami



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LUNCH BOX

QUKES® FUNNY FACE ANIMAL SANDWICHES

Liven up ordinary lunches



Serves
2



Quick Prep
15 minutes

INGREDIENTS

- 250g Qukes® baby cucumbers
- 200g Sweet Solanato® tomatoes
- 4 tbs spreadable cream cheese
- 2 tbs mango chutney
- 100g ham, salami or turkey
- 4 slices tasty cheese

For The Frog Face

- Minicaps® baby capsicums
- 125g Perfection Blueberries
- 4 rice cakes

For The Elephant Face

- 4 slices white bread
- 4 cos lettuce leaves
- 1 red radish, thinly sliced
- 4 blueberries, black grapes or black olives

METHOD

1. Slice 3 Qukes® lengthways and 6 tomatoes into rounds. Mix the cream cheese and chutney together and season.
2. **For the elephant**, spread the cream cheese mixture evenly over all 4 slices of bread. Top 2 slices of bread with tomatoes, ham, sliced Qukes® and cheese. Top with remaining bread, spread side down. Poke two lettuce leaves into the sandwich. Position 2 radish rounds as eyes, securing with a little cream cheese. Position the blueberries in centre of radish with a little cream cheese. Shape a Qukes® for the trunk and secure with cream cheese.
3. **For the frog**, Spread cream cheese mixture evenly over all 4 slices of the rice cakes. Top 2 slices of the rice cakes with tomatoes, ham, sliced Qukes® and cheese. Top with remaining rice cakes spread side down. Cut four rounds from 1 Quke® for the eyes and top each with a blueberry. Secure to the rice cake with cream cheese. Cut a mouth shape from Minicap® and shape Qukes® for legs. Secure with cream cheese.



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WEEKEND LUNCH

PERFECTION BLUEBERRY SWIMMING FISH

Kids can help decorate their fish

 Serves
8

 Quick Prep
15 minutes

 Quick Cook
32 minutes

INGREDIENTS

- 4 x 125g Perfection Blueberries
- 4 Qukes® baby cucumbers
- 8 large slices sandwich bread
- 60g spreadable cream cheese
- 3 carrots
- 8 white marshmallows

METHOD

1. Place the fish template onto 1 slice of bread and cut around the outer edge. Repeat with the remaining slices of bread. Place bread onto a large board or platter and carefully spread each slice with cream cheese.
2. Thinly slice the carrots into rounds, then cut each round in half. Arrange the carrot over the fish to form the scales and cut small triangles to form the mouth. Cut a centre round from each marshmallow (so both sides are sticky, should be 1½ cm diameter). Position on each fish as the eye. Top each with a blueberry. Arrange 5-6 blueberries above each fish to form bubbles. Cut 2 centre pieces, lengthways, from each Quke®, then half each crossways and trim to shape the tail.
3. Pile the remaining blueberries at either end of the board and under the fish to create the water.

[Click here to download the fish template](#)



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LUNCH BOX

BROCCOLINI® CORN & BACON FRITTERS

Yummy way to include the greens

 **Serves**
8

 **Quick Prep**
15 minutes

 **Quick Cook**
30 minutes

INGREDIENTS

- 1 bunch Broccolini®
- 3 rashers rindless bacon, chopped
- 1 cob fresh corn, kernels removed
- 250g piece fresh ricotta
- 2/3 cup milk
- 3 eggs, separated
- 1/3 cup grated mozzarella
- 1 cup plain flour
- 1 1/4 tsp baking powder
- light olive oil, for cooking
- 1/4 shredded mint
- 1 cup greek yoghurt

METHOD

1. Drop the Broccolini® into a saucepan of boiling salted water, cook for 1 minute. Drain the Broccolini®, then refresh under cold water, drain again then pat dry and chop.
2. Saute the bacon in a non-stick pan over medium heat for 4 minutes until lightly golden. Add the corn and cook for 1 minute. Set aside to cool.
3. Beat the ricotta, milk, egg yolks and mozzarella with a hand mixer until well combined. Sift the flour and baking powder together over the bowl then stir to combine. Stir in the Broccolini® and corn mixture. Beat egg whites with a hand mixer to firm peaks then fold into a ricotta batter.
4. Cover the base of a large non-stick frying pan with oil and heat over medium heat. Using 1/4 cup of the mixture per fritter, cook in batches for 3 minutes each side until golden and firm to touch in the centre, adding remaining oil as required. Transfer to a wire rack over a baking tray, keep warm in the oven while cooking the remaining fritters.



Tip: Can be served hot as a side or cold in a lunchbox served with chutney

5. Combine the mint and yoghurt together and serve with fritters.

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LUNCH BOX

LUNCH BOX QUKES[®], HAM AND SALAD MONSTER ROLLS

Happy monsters with a crunchy bite

  **Serves**
4

 **Quick Prep**
10 minutes

INGREDIENTS

- 250g Qukes[®] baby cucumbers
- 1 avocado, mashed
- 4 green oak lettuce leaves
- 4 slices tasty cheese
- 4 slices ham
- 4 round brioche bread rolls, split
- 1 carrot, peeled, shredded
- Large edible candy eyes, for decoration

METHOD

1. Slice 6 Qukes[®] lengthways, each into 4.
2. Spread the avocado over both sides of the buns and arrange the lettuce over the bun bases. Top with cheese, ham, carrot and sliced Qukes[®]. Sandwich with the bun top. Secure the eyes with a little cream cheese or melted white chocolate to lolly pop stick or pretzel stick and insert into the bun.
3. Place into lunch box with fresh fruit and vegetables.

Tip: Large edible candy eyes are available from some supermarkets or online at cake decorating suppliers. Or to make your own stick dark brown M&M's to flat side of white choc melts with a little cream cheese or melted white chocolate.





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