



SPRING RECIPES

- 2020 -

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 SPRING RECIPES 2020



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Qukes® best matched sandwiches



ENTERTAIN

MIX-A-MATO® CHEDDAR PULL-A-PART

Flavourfully easy



Makes
20



Quick Prep
20 minutes



Quick Cook
30 minutes

INGREDIENTS

- 2 x 320g Mix-a-Mato® tomatoes with olive oil & salt
- 10-12 dinner bread rolls, halved (see tip)
- 125g butter, softened
- 2 garlic cloves, crushed
- 2 tbs finely chopped flat leaf parsley
- 40g finely grated parmesan
- 80g mozzarella, grated
- 200g cheddar cheese, grated
- 160g salami, chopped
- 120g (1/2 cup) mixed pitted olives, chopped

METHOD

1. Preheat oven to 220°C fan forced. Scatter the tomatoes in a roasting pan. Drizzle with both oil sachets and sprinkle with both salt sachets. Shake the pan to coat. Roast for 8 minutes until the tomatoes are tender and just start to collapse. Set aside to cool for 15 minutes. Reduce the oven to 180°C fan forced.
2. Meanwhile, mix butter, garlic, parsley and half the parmesan until well combined, season. Spread over the cut side of the rolls. Arrange garlic buttered side up on a greased 38cm round (or 30cm x 45cm) oven tray. Bake for 5 minutes until rolls start to colour. Remove from the oven.
3. Combine the mozzarella and cheddar and sprinkle 3/4 over the rolls. Top with salami, olives, tomatoes, remaining cheddar mix and remaining parmesan. Bake for 15 minutes until cheese has melted. Serve warm.

Tip 1: The number of dinner rolls will depend on the size of your rolls.

Tip 2: Time saving tip, replace the homemade garlic rolls with purchased garlic bread.

Tip 3: The pull apart can be made ahead. Bake for 10 minutes in step 3. Warm in a 160°C fan forced oven for 10 minutes to serve.



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MAIN

SMASHED QUKES® SOUVLAKI BOWL

Because bowls are all the rage



Serves
4



Prep
20 minutes
+ 30 mins standing



Quick Cook
25 minutes

INGREDIENTS

- 375g Qukes® baby cucumbers
- 4 Kumato® tomatoes, cut into wedges
- 1/3 cup burghul
- 1 cup flat leaf parsley, chopped
- 1/2 cup mint leaves, chopped
- 2 tbsp olive oil
- 1 brown onion, finely chopped
- 1 large garlic clove, crushed
- 1 tbs sweet paprika
- 600g lamb mince
- 1 tbs pomegranate molasses
- 1/4 cup pine nuts, toasted
- 250g haloumi, sliced into 8
- 1 cup tzatziki
- 1 cup (50g) pitted kalamata olives
- Pomegranate molasses & pita crisps, to serve

METHOD

1. Place burghul in a bowl and add enough cold water to cover. Set aside for 30 minutes until softened. Drain in a sieve over a bowl, pressing down with the back of a spoon to drain excess moisture. Discard liquid. Dice 3 Qukes® and stir into the burghul with the parsley and mint. Cut the remaining Qukes® in half lengthways and turn cut side down onto the board. Use a wide blade knife to smash the Qukes® in rough pieces.
2. Heat 1 tablespoon of oil in a frying pan over medium heat. Add onion and garlic, cook stirring often for 5 minutes until soft. Add paprika and cook, stirring for 1 minute. Increase the heat to high, add mince and cook, stirring to break up the mince for 8 minutes until browned. Add the pomegranate molasses and cook for 1 minute. Stir in pine nuts and season with salt and pepper.
3. Heat the remaining oil in a small frying pan over medium-high heat. Cook the haloumi, in batches for 2-3 minutes each side until golden.
4. Spoon tzatziki over the base of 4 serving bowls. Add Qukes®, olives, Kumato®, haloumi, salad and mince. Drizzle with pomegranate molasses. Season and serve with pita crisps.



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SALAD

SOLANATO® ITALIAN PASTA SALAD

Bringing back the pasta salads

 **Serves**
4-5

 **Quick Prep**
15 minutes

 **Quick Cook**
10 minutes

INGREDIENTS

- 200g Sweet Solanato® Tomatoes, halved
- 175g Minicaps® baby capsicums, halved, seeds removed
- 1 tbs olive oil
- 375g fresh ricotta and spinach agnolotti
- 150g mixed olives, pitted, roughly chopped
- 1 tbs drained capers
- 60g rocket leaves
- 1/2 cup small basil leaves
- 50g parmesan, shaved

Dressing

- 1/4 cup extra virgin olive oil
- 1 tbs red wine vinegar
- 1 tsp caster sugar
- 1/2 tsp chilli flakes
- 1 tsp Dijon mustard

METHOD

1. Preheat oven to 200°C fan forced. Place Minicaps® into a large roasting pan. Drizzle with oil and season. Roast for 8-10 minutes until just tender but still holding their shape. Set aside to cool in the pan.
2. Cook the pasta in a large saucepan of boiling salted water following the packet directions, drain. Allow to cool.
3. Meanwhile, add the pasta, Sweet Solanato® tomatoes, olives, capers, rocket, basil and half of the parmesan to the Minicaps®. Stir gently with a large metal spoon to combine.
4. Whisk all the dressing ingredients in a jug. Pour over the pasta salad and toss gently to coat. Spoon salad onto a serving platter or board. Scatter with remaining parmesan, season and serve.

Tip: This meal is best served as a side dish



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BREAKFAST

MIX-A-MATO® PARMESAN BREAKFAST PANCAKES

Warm, tangy, creamy, juicy. A tantalising mouth feel.



Serves
4



Quick Prep
15 minutes



Cook
40 minutes

INGREDIENTS

- 2/3 cup self-raising flour
- 1 1/4 cups wholemeal self-raising flour
- 1 tbs raw or brown sugar
- 1 1/4 cups parmesan cheese, grated
- 1 3/4 cups buttermilk
- 2 eggs, lightly beaten
- Melted ghee or olive oil, for cooking
- Greek yoghurt & grated parmesan, to serve

Blistered Mix-a-Mato® Tomatoes

- 500g Mix-a-Mato® tomatoes
- 3 tbs extra virgin olive oil
- 1/4 cup basil leaves

METHOD

1. For the blistered tomatoes; Preheat oven to 220°C fan forced. Scatter the tomatoes in a small roasting pan and drizzle over oil. Season with salt and pepper. Roast for 8 minutes until tomatoes just start to colour. Cool. Stir in basil.
2. Meanwhile, to make pancakes, combine flours in a large bowl. Stir in the sugar and parmesan. Whisk buttermilk and eggs together until well combined. Pour into the flour mixture, stir to combine (batter should be the consistency of thickened cream).
3. Brush melted ghee over base of a medium, non-stick frying pan over a medium heat. Spoon 1/4 cup batter into the pan, repeat to cook a second pancake. Cook for 3 minutes, or until bubbles appear on the surface. Carefully turn over, cook for a further 2-3 minutes, or until golden underneath. Place pancakes onto a tray and keep warm. Repeat with remaining ghee and batter to make 12 pancakes.
4. Top each pancake with a dollop of yoghurt. Spoon over blistered tomatoes and pan juices. Sprinkle with parmesan. Serve.

Tip: Pancakes freeze well. Place into a freezer bag and freeze for 3 months. Warm in an oven, sandwich press or toaster.

Tip: Spread any leftover pancakes with ricotta or spreadable cream cheese, top with sliced Mix-a-Mato® and ham. Sandwich with a second pancake for a snack or lunch.

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MAIN

CALYPSO® MANGO & JALAPEÑO SALSA WITH PAN SEARED FISH

Healthy for the heart



Serves
4



Quick Prep
20 minutes



Quick Cook
10 minutes

INGREDIENTS

- 4 small sweet potato, scrubbed, cut into thin chips
- 3 tbs olive oil
- 4 x 180g portions of white fish fillets, skin on, bones removed

Calypso® Mango & Jalapeño Salsa

- 1 Calypso® mango
- 125g Solanato® tomatoes, chopped
- 3 tbs extra virgin olive oil
- 1 tbs lemon juice
- 1/2 tsp caster sugar
- 3 green shallots, chopped
- 1 tbs pickled Jalapeño, finely chopped
- 3/4 cup fresh coriander leaves

METHOD

1. Preheat the oven and a large flat oven tray to 220°C fan forced. Place the sweet potato into a bowl. Drizzle over 2 tablespoons oil and season with sea salt and pepper. Toss well to coat. Spread the chips in a single layer onto the hot tray. Roast for 20-25 minutes, turning once, until tender and golden.
2. For the salsa, whisk oil, lemon juice, sugar and salt and pepper in a medium bowl until well combined. Cut, peel and dice the mango, add to the dressing with the tomatoes, shallots, jalapeño and coriander. Toss gently to coat.
3. Ten minutes before the chips are ready, season the fish with salt and pepper. Heat half the remaining oil in a frying pan over a medium high heat. Add two pieces fish, skin side down. Cook for 1-2 minutes until golden, turn fish over and cook for 1 minute. Transfer to a baking tray, skin side up. Repeat with remaining fish. Place fish into the oven, under the sweet potato and cook for 6-8 minutes or until cooked through.
4. Serve the fish with salsa and sweet potato fries.



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MAIN

TURKISH STYLE CHICKEN KEBABS WITH KUMATO® TOMATO SALAD

Spring back up to being BBQ ready



Serves
4



Prep
20 minutes
+ 60 mins marinating



Quick Cook
16 minutes

INGREDIENTS

- 1 tsp onion salt
- 2 large garlic cloves, crushed
- 1/4 tsp ground turmeric
- 1 tbs sweet paprika
- 1 tsp dried oregano
- 3/4 cup thick Greek yogurt
- 6 chicken thigh fillets, trimmed
- 4 flatbreads, barbecued
- Yogurt, to serve
- Chilli sauce, lemon wedges and vegetable oil, to serve

Kumato® Tomato Salad

- 4 Kumato® tomatoes, sliced
- 1/2 small red onion, cut into thin wedges
- 1 cup flat leaf parsley leaves
- 2 tbs extra virgin olive oil

METHOD

1. Combine onion salt, garlic, turmeric, paprika, dried oregano and yogurt in a bowl. Add the chicken and turn to coat. Cover and refrigerate for 1 hour.
2. Combine Kumato® tomato salad ingredients in a bowl. Season and cover. Set aside for 1 hour.
3. Preheat barbeque plate on medium high. Remove chicken from marinade, discarding the marinade. Place two chicken thighs onto a board, one over the other. Insert 4 skewers, repeat twice more. Drizzle both sides with a little oil. Barbeque for 5-8 minutes each side or until lightly charred and cooked through. Remove to a board, stand for 5 minutes and then cut between skewers.
4. Place flatbreads onto serving plates. Spoon over yoghurt and drizzle with chilli sauce. Top with chicken and Kumato® tomato. Serve with lemon wedges.

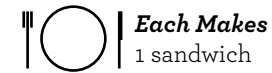


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BRUNCH ENTERTAINING

QUKES® BEST MATCHED SANDWICHES

No excuses - also perfect for work or school

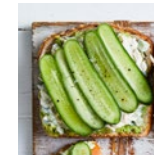


Each Makes
1 sandwich



Quick Prep
10 minutes

1. QUKES®, CHICKEN & AVOCADO SANDWICH



INGREDIENTS

- 1/2 cup (70g) chopped cooked chicken
- 2 tbs mayonnaise
- 2 Qukes® baby cucumbers
- 2 slices of sandwich bread of your choice
- 1/2 small avocado, smashed

METHOD

Combine chicken, mayonnaise & 1 diced Quke®. Spread 1 slice of bread with smashed avocado, top with chicken mixture and 1 sliced Quke®. Season and sandwich with a second slice of bread.

2. QUKES®, CHICKEN & ANTIPASTO SANDWICH



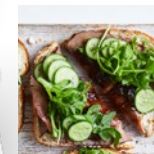
INGREDIENTS

- 2 slices of sandwich bread of your choice
- 1 tbs mayonnaise
- 1/2 tsp dried oregano
- 1/2 cup (70g) shredded chicken
- 3 Mix-a-Mato® tomatoes, sliced
- 40g chopped marinated capsicum
- 1 tbs chopped olives
- 40g crumbled feta
- 1 Qukes® baby cucumber sliced

METHOD

Mix mayonnaise with dried oregano and spread over 1 slice of bread. Top with shredded chicken, Mix-a-Mato tomato slices, chopped marinated capsicum, chopped olives, crumbled feta and sliced Quke®. Sandwich with second slice of bread.

3. QUKES®, ROAST BEEF & CARAMELIZED ONION SANDWICH



INGREDIENTS

- 2 slices of sandwich bread of your choice
- 1 tbs spreadable cream cheese
- 3 slices (70g) rare roast beef
- 1 tbs onion jam
- 10g rocket
- 1 Qukes® baby cucumber, sliced

METHOD

Spread 1 slice of bread with cream cheese. Top with roast beef, onion jam, rocket and sliced Quke®. Sandwich with second slice of bread.

Tip: this is also delicious with our pickled Qukes® recipe on perfection.com.au



4. GREEK-STYLE FALAFEL SANDWICH



INGREDIENTS

- 1/2 cup (70g) chopped cooked chicken
- 2 tbs mayonnaise
- 2 Qukes® baby cucumbers
- 2 slices of sandwich bread of your choice
- 1/2 small avocado, smashed

METHOD

Combine the Quke®, Solanato® tomatoes, 1 tbs parsley leaves and 1 tbs lemon juice. Spread 1 slice bread with 2 tbs hommus. Top with smashed falafels and Qukes® mixture. Season. Sandwich with second slice of bread.

5. QUKES® SALMON, MUSTARD & AVOCADO SANDWICH



INGREDIENTS

- 1 tbs spreadable cream cheese
- 1 tsp dijon mustard
- 1/2 avocado, smashed
- 2 slices sandwich bread of your choice
- 2 slices smoked salmon or 1/2 x 185g can salmon
- 2 Qukes® baby cucumbers

METHOD

Mix cream cheese with Dijon mustard, avocado & 1 diced Quke®. Spread over 1 slice of bread. Top with 2 slices of smoked salmon (or 1/2 x 185g can salmon) and 1 sliced Quke®. Season. Sandwich with second slice of bread.

6. HEALTHY QUKES® & SALAD SANDWICH



INGREDIENTS

- 2 tbs cottage cheese
- 1 tbs mango chutney
- 2 Qukes® baby cucumbers
- 2 slices sandwich bread of your choice
- 1/4 cup grated carrot
- 2 snow peas, shredded
- 1 radish, thinly sliced

METHOD

Mix cottage cheese with mango chutney and 1 diced Quke®. Spread over 1 slice of bread. Top with grated carrot, shredded snow peas, radish and 1 sliced Quke®. Season. Sandwich with second slice bread.

7. QUKES® CURRIED EGG & LETTUCE SANDWICH



INGREDIENTS

- 1 tsp mayonnaise
- 2 slices sandwich bread of your choice
- 2 baby cos lettuce leaves, shredded
- 1 Qukes® baby cucumber, sliced

Curried Eggs

- 2 peeled hard boiled eggs
- 2 tsp curry powder
- 2 tbs mayonnaise
- 1 tbs chopped chives

METHOD

To make curried egg, finely chop hard boiled eggs. Stir in curry powder, 2 tbs mayonnaise and chopped chives.

Spread 1 slice of bread with remaining mayonnaise. Top with shredded cos lettuce, curried egg and 1 sliced Quke®. Season. Sandwich with second slice bread.

8. QUKES® TURKEY, CRANBERRY & CAMEBERT SANDWICH



INGREDIENTS

- 2 slices sandwich bread of your choice
- 2 tbs cranberry sauce (or sweet chilli)
- 50g camembert, sliced
- 60g sliced turkey
- 1 Qukes® baby cucumber, sliced

METHOD

Spread 1 slice of bread with 1 tbs cranberry sauce (or sweet chilli). Top with sliced camembert, sliced turkey, and sliced Quke®. Finish with a dollop of cranberry and season. Sandwich with second slice bread.

9. QUKES® SALAMI, PESTO & RICOTTA SANDWICH



INGREDIENTS

- 1/4 cup (60g ricotta)
- 1 tbs basil pesto
- 2 slices sandwich bread of your choice
- 10g rocket
- 3 slices (40g) salami
- 3 Mix-a-Mato® tomatoes, sliced
- 1 Qukes® baby cucumber, sliced

METHOD

Combine ricotta & basil pesto. Spread over 1 slice of bread. Top with rocket, salami, sliced Mix-a-Mato® tomatoes and sliced Quke®. Season. Sandwich with second slice bread.

10. QUKES® PROSCIUTTO, BRIE & FIG SANDWICH



INGREDIENTS

- 2 slices sandwich bread of your choice
- 2 tsp dijon or seeded mustard
- 15g baby spinach
- 50g brie, sliced
- 2 sliced prosciutto
- 1 fresh fig, sliced
- 1 Qukes® baby cucumber, sliced

METHOD

Spread 1 slice of bread with Dijon or seeded mustard. Top with baby spinach, sliced brie, prosciutto, sliced fresh fig and sliced Quke®. Season. Sandwich with second slice bread.

11. QUKES® TUNA & MAYO SANDWICH



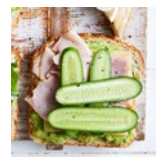
INGREDIENTS

- 2 slices sandwich bread of your choice
- 1 tbs spreadable cream cheese
- 1/2 x 185g can tuna, drained
- 1 tbs mayonnaise
- 2 Qukes® baby cucumbers, diced

METHOD

Spread 1 slice of bread with cream cheese. Mix tuna and mayonnaise and place on top of the bread, top with diced Qukes®. Season. Sandwich with second slice bread.

12. QUKES® HAM, CHEESE & AVOCADO SANDWICH



INGREDIENTS

- 2 slices sandwich bread of your choice
- 1/2 small avocado, smashed
- 1 slice tasty cheese
- 60g shaved ham
- 1 Qukes® baby cucumber, sliced

METHOD

Spread bread with smashed avocado. Top with tasty cheese slice, shaved ham and sliced Quke®. Sandwich with a second slice of bread.



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