



WINTER 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 WINTER RECIPES 2020



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MAIN

ONE-PAN MEXICAN-STYLE BEEF & BROCCOLINI® RICE

Warm the belly, heart & soul



Serves
4-5



Quick Prep
15 minutes



Quick Cook
30 minutes

INGREDIENTS

- 1 bunch Broccolini®, cut into three crossways
- 100g Minicaps® baby capsicums, roughly chopped
- 1 tbs olive oil
- 1 brown onion, finely chopped
- 2 tbs (40g sachet) fajita seasoning
- 500g beef mince
- 1 ¼ cups long-grain white rice, rinsed
- 2 ½ cups chicken stock
- 400g can black beans, drained, rinsed
- 1 fresh corn, kernels removed
- ½ cup plain Greek-style yoghurt
- 1 avocado, diced
- ½ cup fresh coriander sprigs
- Lime wedges, to serve

METHOD

1. Heat oil in a large, heavy-based frying pan over medium heat. Add onion and cook, stirring occasionally for 4 minutes or until softened. Add seasoning and cook for 30 seconds. Add the mince and cook, breaking up lumps with a wooden spoon until browned.
2. Stir in the rice. Cook, stirring, for 1 minute. Add the Minicaps® and stock and bring to a boil. Reduce heat to low and cover with lid. Simmer for 15 minutes. Stir in Broccolini®, black beans, corn and extra 1/2 of cup stock or water if needed. Cover, and cook a further 3 minutes or until rice is tender and liquid is absorbed.
3. Fluff rice with a fork to separate grains.
4. Top rice with yoghurt, avocado and coriander. Serve with lime wedges.



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MAIN

**BROCCOLINI® & FIORETTO®
SWEET & SOUR PORK**

A favourite classic updated



Serves
4



Quick Prep
10 minutes

+ 15 mins marinating



Quick Cook
15 minutes

INGREDIENTS

- 1 bunch Broccolini®, halved crossways
- 200g Fioretto® Cauli Blossom, trimmed
- 3 (about 125g) Minicaps® baby capsicums, roughly chopped
- 3 tsp corn flour
- 1 tbs Shao Hsing cooking wine or sherry
- 1 ½ tbs soy sauce
- 2 tsp white sugar
- 500g pork fillet or scotch fillet, trimmed and thinly sliced
- 2 tbs vegetable or peanut oil
- steamed long grain rice, to serve

METHOD

1. Whisk the corn flour and cooking wine in a bowl until smooth. Stir in the soy and sugar. Add the pork and stir to coat. Cover and refrigerate for 15 minutes if time permits.
2. Meanwhile, for the sauce, stir the corn flour and water together in a small saucepan until smooth. Add the remaining ingredients and cook, stirring constantly over medium-high heat until the sauce comes to the boil. Set aside.
3. Heat a wok over high heat until hot. Drain any marinade from the pork. Add 2 teaspoons of oil to the hot wok and swirl to coat. Add one-third of the pork, making sure each piece comes in contact with the hot work. Stir-fry for 1 minute until seared. Remove to a plate. Repeat with the remaining pork in two batches, adding more oil as required.
4. Wipe the wok clean and heat again over high heat until hot and add the remaining oil. Add the Broccolini®, Fioretto® and Minicaps® and stir fry for 2 minutes until almost tender. Return the pork to the wok, pour over the sweet and sour sauce and stir-fry for 1 minute until hot. Serve with rice.

Sweet And Sour Sauce

- 3 tsp corn flour
- 2 tbs water
- 1 tbs white sugar
- ⅓ cup pineapple juice
- 1 chicken stock cube, crumbled
- 2 tbs tomato sauce
- 2 tsp soy sauce

Speedy Tip: You can use pre-made sweet and sour sauce, you will need ½ cup.





SIDE

SAUTÉED BROCCOLINI® WITH COCONUT LIME DRESSING

joosched up and fancy

 Serves
4

 Quick Prep
5 minutes

 Quick Cook
9 minutes

INGREDIENTS

- 2 bunches Broccolini®
- 2 tbs shredded coconut
- 1 tbs olive oil

Coconut Lime Dressing

- ½ cup coconut water
- 1 lime, juiced
- 2 tbs fish sauce
- 2 tbs white sugar
- 1 tbs grated fresh ginger
- 2 tbs sweet chilli sauce

METHOD

1. For the dressing; combine all the ingredients in a small saucepan. Bring to a boil then simmer for 5 minutes until reduced by half. Refrigerate to cool.
2. Place the shredded coconut into a large non-stick pan over medium heat, cook, shaking the pan until light golden. Remove to a plate.
3. Increase heat to high. Add the oil to the hot pan. Wash the Broccolini® and add to the pan with water still clinging. Shake to combine, cover and cook for 1 - 2 minutes without removing the lid. Remove the lid and shake pan for 1-2 minutes until the Broccolini® is bright green and tender.
4. Pour over the dressing, sprinkle with shredded coconut and serve.
5. Combine the mint and yoghurt together and serve with fritters.



Serving suggestion: Delicious served as a side to pan fried fish or chicken.

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MAINS

ONE PAN BROCCOLINI® CAPRESE CHICKEN

Family approved hit with tried and true flavours



Serves
4



Quick Prep
15 minutes



Quick Cook
32 minutes

INGREDIENTS

- 1 bunch of Broccolini®, washed and halved crossways
- 1 tsp smoked paprika
- 6 skinless chicken thigh fillets, trimmed
- 3 tbs olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 1 tbs balsamic vinegar
- 1 tbs brown sugar
- 400g can cherry tomatoes
- 8 traditional bocconcini
- ½ cup parsley leaves
- Chargrilled garlic bread slices, to serve

METHOD

1. Sprinkle paprika, salt and pepper over both sides of the chicken. Heat 1 tbs oil in an ovenproof frying pan over medium-high heat. Cook the chicken in batches for 3-4 minutes or until browned. Transfer to a plate.
2. Reduce the heat to medium. Add remaining oil, onions and garlic to the pan. Cook, stirring for 2 minutes. Add vinegar and sugar and cook, stirring for 2 minutes until slightly reduced. Add the can of cherry tomatoes and bring to a simmer. Return the chicken to the pan.
3. Press a piece of baking paper onto the surface of the pan and cover with a lid. Cook on medium-low for 10 minutes. Add olives and Broccolini® and return the baking paper to the surface to cover. Cook for 3-4 minutes until Broccolini® is bright green. Remove the cover.
4. Preheat grill on medium-high. Scatter bocconcini over the chicken. Grill for 3-4 minutes until cheese softened. Scatter over parsley. Serve with garlic bread.



Tip: Delicious served over pasta or mashed potatoes.

Tip: If you don't have an oven proof frying pan, complete steps 1-3 in a frying pan. For step 4, transfer to an overproof dish.

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SOUP

MEDITERRANEAN VEGETABLE SOUP WITH CHORIZO

Super easy with that healthy goodness

 **Serves**
6

 **Quick Prep**
30 minutes

 **Quick Cook**
60 minutes

INGREDIENTS

- 1 bunch Broccolini®, trimmed, chopped
- 175g Minicaps®, trimmed, thinly sliced
- 1kg vine-ripened tomatoes
- 1 tbs olive oil
- 2 garlic cloves, crushed
- 1 leek, halved, thinly sliced
- 3 tsp smoked paprika
- 350g washed potatoes, unpeeled, cut 2cm pieces
- 2 carrots, peeled, finely chopped
- 2 stalks celery, finely chopped
- 1 litre chicken stock
- 2 zucchini, diced
- 1 chorizo, finely chopped
- crusty bread, to serve

Parsley oil

- 1 cup flat leaf parsley leaves
- ½ cup olive oil

METHOD

1. Cut a cross in the base of each tomato. Place into a large stock pot, cover with boiling water. Stand 3 minutes. Drain, peel the tomatoes then finely chop.
2. Heat the oil in a large saucepan over a medium heat. Add the garlic, leek and paprika. Cook, stirring 5 minutes until soft. Add tomatoes, bring to the boil, stirring occasionally. Boil gently 20 minutes until mixture thickens.
3. Add the potatoes, Minicaps®, carrot, celery and stock. Bring to boil. Cover and boil gently, stirring occasionally, for 20 minutes. Add zucchini and Broccolini®. Cover and simmer 5 minutes, or until vegetables are tender. Remove from heat.
4. Meanwhile, cook the chorizo in a small frying pan over medium-high heat for 3 minutes, or until golden.
5. To make parsley oil, combine ingredients with salt and pepper in a blender or small processor. Blend or process until well combined.
6. To serve, ladle soup into serving bowls. Top with chorizo. Drizzle with parsley oil. Serve with crusty bread.



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MAIN

MIX-A-MATO® TOMATO & CHORIZO PAELLA

Zing up a paella with a rainbow of tomatoes

 **Serves**
4

 **Quick Prep**
20 minutes

 **Quick Cook**
40 minutes

INGREDIENTS

- 200g Mix-a-mato® tomatoes
- 200g Grape Kumato®
- 175g Minicaps® baby capsicums, chopped
- ¼ cup olive oil
- 1 large brown onion, finely chopped
- 2 garlic cloves, crushed
- 1 tbs smoked paprika
- 3 fresh bay leaves
- 200g chorizo, cut into 2cm pieces
- 1 ½ cup paella rice
- ½ cup white wine
- 2 ½ - 3 cups chicken stock
- Pinch saffron
- Pinch chili flakes
- ½ cup flat leaf parsley, chopped
- Lemon wedges, to serve

METHOD

1. Preheat oven to 220°C fan-forced.
2. Heat 2 tablespoons of the oil in a large heavy based frying pan or paella dish over a medium to low heat. Add the onion and garlic. Cook, stirring, for 5 minutes, or until soft. Add the Minicaps®, paprika and bay leaves. Cook, stirring for 5 minutes.
3. Add the chorizo and cook, stirring for 10 minutes, or until golden. Stir in rice. Add the wine, 2 ½ cups of stock and saffron. Bring to the boil without stirring. Cover with a sheet of baking paper and a tight fitting lid. Cook for 20 minutes or until the rice is tender, checking to see if more stock is required.
4. Meanwhile, combine the remaining oil, tomatoes and chili in a roasting pan. Season. Roast for 10-12 minutes, or until just blistered. Stir in parsley. Gently stir the tomatoes and juices into the paella, serve with lemon wedges.




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VEGETARIAN

RICOTTA BAKED PASTA SHELLS WITH BROCCOLINI® CASHEW PESTO

Always a winner with a pasta bake

 **Serves**
6 as a main

 **Quick Prep**
5 minutes

 **Cook**
60 minutes

INGREDIENTS

- 2 x 250g punnets Cherry Tomatoes, halved
- 2 tbs olive oil
- 1 brown onion, finely chopped
- 2 large garlic cloves, crushed
- 400g can cherry tomatoes
- 400g large shell pasta
- 600g fresh ricotta
- ½ cup pecorino cheese, finely grated
- 3 egg yolks
- 100g (1 ¼ cups) mozzarella, grated

Broccolini® Cashew Pesto

- 1 bunch Broccolini®,
- ⅔ cup basil leaves,
- 2 green chillies, chopped
- 1 garlic clove, roughly chopped
- ¼ cup salted cashew nuts, roasted
- ¼ cup extra virgin oil,
- ½ cup grapeseed oil,
- ¼ cup pecorino cheese, finely grated

METHOD

1. To make the pesto; drop the Broccolini® into a saucepan of boiling salted water. Cook 2 minutes or until bright green. Drain. Refresh in cold water. Pat dry with a paper towel then roughly chop. Place the Broccolini® into a food processor with basil, chilli and garlic. Pulse until finely chopped. Add cashew nuts, pulse until well combined. Combine the olive oil and grapeseed oil in a jug. With the processor running, add the oil in a slow and steady stream until all the oil has been incorporated. Transfer pesto to a bowl. Stir in pecorino. Season.
2. Heat the oil in a saucepan over medium heat. Add the onion and garlic and cook 2 minutes until the onion is soft. Add the fresh and canned tomatoes, season well. Cook, for 20 minutes or until tomatoes soften.
3. Cook the pasta in a large saucepan of boiling salted water for half the time recommended on the packet, the pasta needs to be firm and hold its shape. Drain carefully, spread onto a greased tray and set aside to cool slightly.
4. Beat the ricotta, pecorino and egg yolks together until well combined. Stir in ½ cup Broccolini® pesto. Spoon into the pasta shells.
5. Preheat the oven to 180°C fan-forced. Spoon the tomato sauce into the base of an 8-cup capacity lightly greased baking dish. Poke the pasta shells into the sauce. Cover tightly with foil and bake for 15 minutes. Increase the oven to 220°C fan-forced, remove the foil and sprinkle over the mozzarella. Bake uncovered for 8-10 minutes, or until lightly golden on top. Spoon over some of the remaining pesto. Serve.



CAKE

BROCCOLINI® HAZELNUT CAKE

A sweetie with a greenie? Yes, and it rocks!

 **Serves**
8 servings

 **Quick Prep**
10 minutes

 **Cook**
90 minutes

INGREDIENTS

- 1 bunch Broccolini®
- 1 apple, peeled, grated
- 120g roasted hazelnuts, finely chopped
- 1 cup brown sugar
- 3 eggs
- 1 cup light olive or vegetable oil
- 1 ½ self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp ground cinnamon

Frosting

- 200g cream cheese, softened
- ½ icing sugar, sifted
- ¼ cup roasted hazelnuts, chopped

METHOD

1. Preheat the oven to 170°C fan forced. Grease and line the base and sides of a 7cm deep, 11x21cm (base) loaf pan. Place the Broccolini® into a food processor. Process until finely chopped. Transfer to a bowl, add apple and hazelnuts.
2. Using an electric mixer, whisk brown sugar, eggs and oil on high speed until thick and pale. Sift flour, bicarbonate of soda and cinnamon together over the oil mixture and gently fold into the mixture until just combined.
3. Stir in the Broccolini® mixture. Spread mixture into the cake pan and smooth the surface. Bake for 55-60 minutes or until a skewer inserted into the centre comes out clean. Stand for 10 minutes in the pan then lift onto a wire rack to cool completely.
4. For the frosting, beat the cream cheese until smooth. Add the icing sugar and beat until thick. Spread over the top of the cake. Scatter over the hazelnuts. Serve.



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