



# LUNCHBOX LEGENDS

Whether packed into lunchboxes or made into a serious after-school hunger buster, Qukes® baby cucumbers are the ultimate in fresh healthy snacks the family will love.

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**QUKES**  
Baby Cucumbers



## 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.

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## 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.

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# 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*



# 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.



# 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.*



# SALLY THE SWEET SOLANATO® TOMATO & QUKES® CATERPILLAR

*Sweet and crunchy, the perfect fun food*

 Serves  
9

 Quick Prep  
30 minutes

## INGREDIENTS

- 200g Sweet Solanato® tomatoes
- 250g Qukes® baby cucumbers, ends trimmed
- 9 yellow Mix-a-mato® tomatoes
- 1 avocado
- 1 Pink Lady apple, grated
- 1 celery stick, sliced into thin 3cm lengths
- 18 candy eyeballs
- 30g white chocolate, melted

## METHOD

1. Slice a thin piece from the top & bottom of each Qukes®. Scoop the seeds from the Qukes® carefully to leave a cavity.
2. Mash the avocado. Squeeze and mix in the excess juice from the grated apple. Spoon the avocado mixture into the Qukes® cavities.
3. Using a skewer, pierce two holes in the tops of each Mix-a-Mato® tomato to form the head. Insert celery to form the antennae.
4. Dip the tops of each candy eyeball into white chocolate and secure two to the Mix-a-Mato® tomato head. Place the Mix-a-Mato® tomato head to the end of the Qukes®. Top each with 2-3 Sweet Solanato® tomatoes.



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# QUKES® BOATS

*Qukes® ahoy!*

 Serves  
4

 Quick Prep  
25 minutes

## INGREDIENTS

- 250g Qukes® baby cucumbers
- 1 large roast chicken
- 1/4 cup whole egg mayonnaise
- 1/4 cup carrot, thinly shredded
- 1/4 cup celery, finely diced
- 2 tbs fresh chives, finely chopped
- 3 slices Tasty cheese

## METHOD

1. Cut Qukes® in half lengthways. Using a teaspoon, scoop out a little flesh from the centre to form a boat.
2. Shred the chicken, you will need 1 ½ cups. Combine the chicken, mayonnaise, carrot, celery and chives. Season and mix well.
3. Place the Qukes®, cut-side up on a board. Spoon the chicken mixture evenly among the Qukes®. Cut each cheese slice into 8 equal triangles. Sandwich two triangles together and stand upright in the chicken mixture, to form the sail. Repeat with remaining cheese. Serve.

*Tip: Slightly remove the bottom of Qukes® to create a base. This will stop the bottom from falling over.*



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# RACING CAR QUKES®

*Get ready...set....go!*

 Serves  
3

 Quick Prep  
30 minutes

## INGREDIENTS

- 250g Qukes® baby cucumbers
- 6 Sweet Solanato® tomatoes
- 1 tbs spreadable cream cheese
- Black writing icing, to decorate

## METHOD

1. Cut two Qukes® crossways into 24 even rounds for the wheels.
2. Pat Qukes® dry with paper towel. Using a 2cm round cutter, press into the centre of each whole Quke®, about halfway down to form a hole for the head. Using a teaspoon, remove and discard flesh.
3. Pat the Quke® rounds dry with paper towel. Spoon a little cream cheese onto each round and press onto Qukes® to form the wheels.
4. Trim one end of each tomato. Place cut-side down in the hole of each Quke®. Decorate tomatoes with two small dots of cream cheese for eyes. Use writing icing for pupils. Serve.



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# HAM CHEESE & SOLANATO® QUKES® SANDWICH

*The sandwich that kids who won't eat sandwiches will eat*

 Serves  
8

 Quick Prep  
15 minutes

## INGREDIENTS

- 250g Qukes® baby cucumbers
- 200g Sweet Solanato® Tomatoes
- 4 cheese slices
- 2 tbs spreadable cream cheese
- 1 tsp barbecue sauce
- 8 thin slices of ham

## METHOD

1. Cut the Qukes® in half lengthways. Use a small spoon to hollow out the centre from both halves. Slice 8 tomatoes into 3 thick rounds.
2. Cut each cheese slice into 4 strips. Combine the cream cheese and barbecue sauce and spread a heaped teaspoon over each slice of ham, then roll ham up to enclose the filling. Top each Qukes® base with 3 tomato slices, 1 ham roll and 2 cheese strips. Sandwich with Qukes® top. Secure with toothpicks, string or wrap tightly in plastic wrap. Pack into lunchbox.



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# LUNCHBOX SKEWERS

*It's like a deconstructed sandwich paddlepop*

 Serves  
8

 Quick Prep  
20 minutes

## INGREDIENTS

- 250g Qukes® baby cucumbers
- 200g Sweet Solanato® Tomatoes
- 175g Minicaps® baby capsicums
- 1/3 cup mayonnaise
- 2 tbs yoghurt
- 200g cooked chicken, shredded
- 1 tbs chives, chopped
- 6 slices grain bread
- 200g piece tasty cheese
- 8 slices ham
- 8 slices salami

## METHOD

1. Combine the mayonnaise, yoghurt, chicken and chives in a bowl. Season and mix well. Spoon evenly onto 3 slices of bread and sandwich together with a second slice of bread. Cut each sandwich into 3 fingers.
2. Cut the cheese into 8, 1.5cm thick x 8.5cm long pieces. Roll the ham and salami up separately.
3. Press a bamboo skewer through the centre on 1 chicken sandwich, followed by a piece of rolled ham, cheese, Qukes®, salami, 2 Minicap® halves, finishing with a Solanato® tomato. Repeat with remaining ingredients. Wrap individually and pack into the lunchbox.



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