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WORK LUNCHES

EXPLORE THE WORLD OF TASTE
PERFECTION.COM.AU



SOLANATO® TOMATO, RICOTTA AND BASIL SQUARES



MAKES

6



PREP TIME

10 mins



COURSE

Lunch



DIFFICULTY

Easy

INGREDIENTS LIST

200g Solanato® tomatoes
200g piece fresh ricotta
3 tbs basil pesto
6 lunch size Vita-Weat crackers
½ cup small basil leaves
Finely grated parmesan, to serve

STEP BY STEP INSTRUCTIONS

1. Beat the ricotta with a wooden spoon until smooth and creamy. Stir in the basil pesto and season with salt and pepper.
2. Thickly spread the ricotta mixture onto the crackers. Cut tomatoes in half and press into the ricotta. Top with basil leaves and parmesan. Serve.





PERFECTION GREEK SALAD



SERVES

4



PREP TIME

15 mins



COURSE

Lunch



DIFFICULTY

Easy

INGREDIENTS LIST

500g Kumato® tomatoes
175g Qukes® baby cucumbers,
roughly chopped
5 (100g) Minicaps® baby capsicums,
chopped
½ small red onion, very thinly sliced
100ml extra virgin olive oil
200g piece Greek feta
12 (70g) Greek Kalamata olives
1-2 tsp dried oregano
Lemon wedges, to serve

STEP BY STEP INSTRUCTIONS

1. Cut the Kumato® tomatoes into 6 wedges then in half crossways. Add to a large serving bowl. Add the Qukes®, Minicaps® and onion. Drizzle with 1 tablespoon oil, season with salt and plenty freshly ground black pepper and toss to combine.
2. Add the feta in 1 piece then scatter over the olives. Drizzle with remaining olive oil and sprinkle with oregano. Serve with lemon wedges.





NO COOK FELAFEL & QUKES® SNACK BOWL



SERVES

5



PREP TIME

5 mins



COURSE

Lunch



DIFFICULTY

Easy

INGREDIENTS LIST

250g Qukes® baby cucumbers, halved lengthways
200g Solanato® tomatoes
175g Minicaps® baby capsicums, halved
100g hummus dip
100g beetroot dip
1 cup purchased tabouli (see tip)
250g purchased felafel, sliced
100g feta, cut into cubes
3 tbs extra virgin olive oil
1 small lemon, juiced
½ tsp caster sugar
Baked Lebanese bread & lemon wedges, to serve



STEP BY STEP INSTRUCTIONS

1. Combine the hummus and beetroot dip together, spoon into base of 4 lunchbox or snack bowls. Add Qukes®, tomatoes, Minicaps®, tabouli and felafel. Scatter over the feta and season with pepper.
2. Combine oil, lemon, sugar and season. Spoon into a separate container to take to work or school. Spoon dressing over just before serving. Serve with baked Lebanese bread and lemon wedges.



To make your own tabouli, Add 1 cup burghul into a large bowl. Cover with cold water, stand 30 minutes then drain, pressing through a sieve to remove all water. Chop 200g Sweet Solanato® or Kumato® tomatoes, stir into the burghul with 4 chopped Qukes®, 1 bunch chopped parsley, 1 bunch chopped mint, 3 chopped shallots, 2 tbs extra virgin olive oil and juice ½ lemon. Season and mix well.



Some felafel are more delicious warm, so just before adding the dressing, warm the felafel for 1-2 minutes on medium / 50% in the microwave.



To bake Lebanese bread, cut into pieces, spray lightly with olive oil and bake in a single layer 180°C fan forced for 8-10 minutes. Once cool it becomes crisp.



MAC'N CHEESE LUNCHBOX SALAD



SERVES

4



PREP TIME

20 mins



COOK TIME

8 mins



COURSE

Lunch



DIFFICULTY

Easy

INGREDIENTS LIST

250g Qukes® baby cucumbers, chopped
200g Solanato® tomatoes, halved
175g Minicaps® baby capsicums, sliced
2 cups macaroni pasta
1 slice grain bread
¼ cup finely grated parmesan
250g spreadable cream cheese
4 tbs Greek yoghurt
2 cups shredded cooked chicken

STEP BY STEP INSTRUCTIONS

1. Preheat oven to 200°C fan forced. Cook the pasta in a saucepan of boiling salted water until al dente. Drain then refresh in cold water. Drain well.
2. Meanwhile, process the bread into crumbs and scatter on a greased baking tray. Sprinkle over the parmesan and spray lightly with oil. Bake for 6 minutes until light golden. Cool, then break into pieces.
3. Whisk the cream cheese and yoghurt together until smooth. Stir in the chicken, pasta, Qukes®, Solanato® tomatoes and Minicaps®. Season and mix well. Spoon into cups, boxes or bowls. Top with parmesan crumbs just before serving.



Spoon the parmesan crumb into separate containers when packing in a lunchbox. This keeps it nice and crisp, add just before serving.



To boost the flavour, stir 1/2 cup basil pesto into the cream dressing and add a handful of basil leaves.





LUNCHBOX GUACAMOLE QUKES® BABY CUCUMBERS



MAKES

8



PREP TIME

15 mins



COURSE

Lunch



DIFFICULTY

Easy

INGREDIENTS LIST

250g Qukes® baby cucumbers
½ cup (40g) finely grated tasty cheese

Guacamole

1 small avocado, halved
1 tbs finely chopped fresh chives
1 small tomato, deseeded, finely chopped
½ lime, juiced

STEP BY STEP INSTRUCTIONS

1. Using a small sharp knife cut each Quke® lengthways leaving them still attached at the base.
2. To make guacamole, mash the avocado. Place in a bowl. Add chives, tomato and 1 tablespoon lime juice. Season. Stir to combine.
3. Spoon the guacamole into the Qukes®. Sprinkle with cheese. Serve.





LAYERED DIP WITH QUKES® BABY CUCUMBERS



SERVES

6



PREP TIME

10 mins



COURSE

Snacking



DIFFICULTY

Easy

INGREDIENTS LIST

250g Qukes® baby cucumbers
¼ cup flat leaf parsley leaves, chopped
¼ cup mint leaves, chopped
3 green onions, thinly sliced
2 tbs pine nuts, toasted
2 tbs extra virgin olive oil
½ tsp smoked paprika
¼ tsp chilli flakes
A baguette, to serve



Hommus

400g can chickpeas, rinsed, drained
1 lemon, rind finely grated, juiced
2 tbs tahini
2 garlic cloves, crushed
½ tsp sweet paprika
⅓ cup extra virgin olive oil

Fresh Beetroot dip

400g whole cooked beetroot, chopped
1 long red chilli, finely chopped
2 green shallots, finely chopped
1 tbs red wine vinegar
¼ cup extra virgin olive oil
2 tsp horseradish cream

STEP BY STEP INSTRUCTIONS

1. To make the hummus; combine all the ingredients in a food processor with salt and pepper. Process until smooth. Press a piece of plastic wrap onto the surface of the dip and refrigerate until ready to serve.
2. To make the beetroot dip; combine all the ingredients in a food processor with salt and pepper. Process until well combined. Press a piece of plastic wrap onto the surface of the dip and refrigerate until ready to serve.
3. Just before serving, spread the hummus over the base of a large shallow serving bowl. Spoon the beetroot dip over the hummus. Combine the parsley, mint and onions and spoon over the dip. Thinly slice the Qukes® lengthways, each into six and arrange in a spiral pattern over the dip. Sprinkle over the pine nuts.
4. Combine the oil, paprika and chilli and spoon over the Qukes®. Season. Serve with a baguette.



You can replace the homemade dips with 400g tubs of ready-made hummus and beetroot dip.



KUMATO® & JALAPENO SNACKS



MAKES

8



PREP TIME

10 mins



COURSE

Lunch



DIFFICULTY

Easy

INGREDIENTS LIST

500g Kumato® tomatoes
150g spreadable cream cheese
2 tbs jalapenos, drained, finely chopped
1 tbs chopped fresh coriander, plus extra to garnish
8 x soy linseed & sesame Vita-Weat lunch slices

STEP BY STEP INSTRUCTIONS

1. Thickly slice the Kumato® into rounds.
2. Combine the cream cheese, jalapenos and chopped coriander. Spread evenly over the crackers. Top with Kumato® slices. Season with salt and pepper. Top with coriander leaves if desired. Serve.





DUKKAH CRUSTED QUKES® BABY CUCUMBERS



SERVES

8



PREP TIME

10 mins



COOK TIME

5 mins



COURSE

Snacking



DIFFICULTY

Easy

INGREDIENTS LIST

250g Qukes® baby cucumbers
150g spreadable cream cheese
3 tsp sweet chilli sauce
Micro herbs, optional to serve

Macadamia dukkah

¼ cup sesame seeds
2 tsp ground coriander
3 tsp ground cumin
½ tsp freshly ground black pepper
1 cup roasted salted macadamia nuts
1 tsp sea salt flakes, crushed

STEP BY STEP INSTRUCTIONS

1. For the macadamia dukkah; scatter sesame seeds in a small non-stick frying pan over medium heat. Cook, shaking the pan often for 3-5 minutes or until lightly toasted. Add coriander, cumin and pepper. Cook, shaking the pan for a further 2 minutes, then remove to a bowl. Finely chop the macadamia nuts and add to the sesame seeds with the salt. Stir to combine then set aside to cool.
2. Cut each Quke® in half lengthways.
3. Mix the cream cheese and chilli sauce together then thickly spread over the cut side of each Quke®. Spread 2 tablespoons of the dukkah onto a plate. Dip the Qukes® into the dukkah. Scatter with micro herbs and serve.



Keep any un-used dukkah in a clean jar in the fridge. It will keep for 3 months. Delicious sprinkled over salads, poached or fried eggs or used as a crumb for schnitzel.





12 BEST MATCHED SANDWICHES



SERVES

1



PREP TIME

10 mins



COURSE

Lunch



DIFFICULTY

Easy

1. QUKES®, CHICKEN & AVOCADO SANDWICH



INGREDIENTS

- ½ cup (70g) chopped cooked chicken
- 2 tbs mayonnaise
- 2 Qukes® baby cucumbers
- 2 slices of sandwich bread of your choice
- ½ small avocado, smashed

1. 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.

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

1. 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

2. QUKES®, CHICKEN & ANTIPASTO SANDWICH



INGREDIENTS

- 2 slices of sandwich bread of your choice
- 1 tbs mayonnaise
- ½ tsp dried oregano
- ½ 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

1. 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.

4. GREEK-STYLE FALAFEL SANDWICH



INGREDIENTS

- ½ cup (70g) chopped cooked chicken
- 2 tbs mayonnaise
- 2 Qukes® baby cucumbers
- 2 slices of sandwich bread of your choice
- ½ small avocado, smashed

1. 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. UKES® SALMON, MUSTARD & AVOCADO SANDWICH



INGREDIENTS

- 1 tbs spreadable cream cheese
- 1 tsp dijon mustard
- ½ avocado, smashed
- 2 slices sandwich bread of your choice
- 2 slices smoked salmon or ½ x 185g can salmon
- 2 Qukes® baby cucumbers

1. 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 UKES® & SALAD SANDWICH



INGREDIENTS

- 2 tbs cottage cheese
- 1 tbs mango chutney
- 2 Qukes® baby cucumbers
- 2 slices sandwich bread of your choice
- ¼ cup grated carrot
- 2 snow peas, shredded
- 1 radish, thinly sliced

1. 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. UKES® 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

1. To make curried egg, finely chop hard boiled eggs. Stir in curry powder, 2 tbs mayonnaise and chopped chives.
2. 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. UKES® TURKEY, CRANBERRY & CAMEMBERT 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

1. 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. UKES® SALAMI, PESTO & RICOTTA SANDWICH



INGREDIENTS

- ¼ 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

1. 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. UKES® 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

1. 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. UKES® TUNA & MAYO SANDWICH



INGREDIENTS

- 2 slices sandwich bread of your choice
- 1 tbs spreadable cream cheese
- ½ x 185g can tuna, drained
- 1 tbs mayonnaise
- 2 Qukes® baby cucumbers, diced

1. 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. UKES® HAM, CHEESE & AVOCADO SANDWICH



INGREDIENTS

- 2 slices sandwich bread of your choice
- ½ small avocado, smashed
- 1 slice tasty cheese
- 60g shaved ham
- 1 Qukes® baby cucumber, sliced

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