



# QUKE O'CLOCK RECIPE BOOK

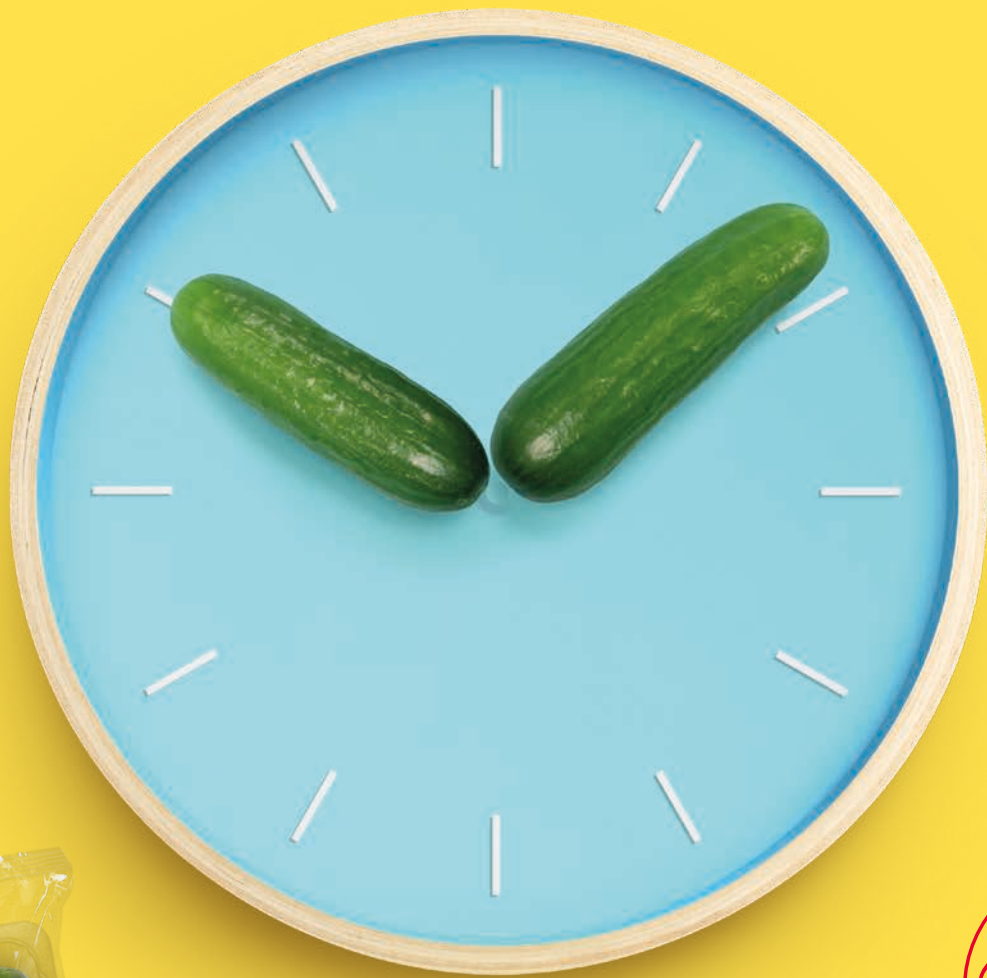
Qukes® recipes for every occasion



**QUKES**  
Baby Cucumbers

Tummy going tick tock?

IT'S QUKE  
O'CLOCK



**QUKES**  
Baby Cucumbers



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# QUKES® & APPLE DONUTS

Makes 8

Prep 15 mins

## Ingredients List

- 2 x medium pink lady apples
- ½ cup spreadable cream cheese, peanut butter or Chocolate hazelnut spread
- 4 Qukes® baby cucumbers, thickly sliced into rounds
- 2 tsp toasted sesame seeds

## Step-by-Step Instructions

1. Cut two thick rounds from the centre of each apple and place onto a clean surface, saving the rest of the apple for another use.
2. Thickly spread the apple slices with cream cheese, peanut butter or chocolate hazelnut spread.
3. Cut the core from the centre of each piece of apple, using a small cookie cutter.
4. Top apple with slices of Qukes®.
5. Sprinkle with toasted sesame seeds to serve.

# QUKES® WITH NUT BUTTERS

## Ingredients List

- 6 Qukes® baby cucumbers (halved)
- 2 Little Gem® bananas (halved)
- 1 Apple (thickly sliced)
- Peanut, cashew, or almond butter
- Toasted sesame seeds
- Pepitas (pumpkin seeds)
- Shredded or flaked coconut

## Step-by-Step Instructions

1. Spread the Qukes® baby cucumbers, Little Gem® bananas, and apple wedges with nut butter of choice.
2. Sprinkle with seeds and coconut before serving.

Tip:

Enjoy with espresso or black tea to complement the flavours!



Serves 2

Prep 10 mins



serves 4

Prep 10 mins

Cook 6 mins

# SMASHED JALAPENO AVOCADO & QUKES<sup>®</sup> CRUMPETS WITH SOFT BOILED EGGS

## Ingredients List

2 x 250g Qukes<sup>®</sup> baby cucumbers  
1 large ripe avocado  
1 tbs finely chopped pickled jalapeno  
4 large free range eggs  
8 crumpets, toasted  
200g cottage cheese  
1 tbs black sesame seeds  
1 lemon, rind finely grated  
Micro herbs, to serve, optional

## Step-by-Step Instructions

1. Slice 8 Qukes<sup>®</sup> lengthways, each into 4. Combine the avocado and jalapeno together and season.
2. Half fill a medium saucepan with water and bring it to the boil over high heat, stir in 1 teaspoon of salt. Pierce a small hole in the larger end of each egg with a sharp safety pin or needle. Lower the eggs into the boiling water, leave for 30 seconds then stir to form a whirlpool in the pan. Boil gently for 5 minutes. Remove the eggs to a large bowl of iced water. Stand for 3 minutes. Drain and peel.
3. Spread 4 crumpets with the avocado mixture. Spread the remaining 4 crumpets with cottage cheese. Top all crumpets with sliced Qukes<sup>®</sup> then half a soft boiled egg. Sprinkle with lemon rind sesame seeds, and micro herbs. Place 1 avocado crumpet and 1 cottage cheese crumpet on each serving plate, season and serve.



serves 1

Prep 10 mins

Cook 4 mins

# SOFT BOILED EGGS WITH QUKE<sup>®</sup> DIPPERS

## Ingredients List

2 free-range eggs (room temperature)  
½ tsp white vinegar  
3 Qukes<sup>®</sup> baby cucumbers (quartered)  
2 pieces grain bread (toasted & cut into fingers)  
2-3 habanero chillies  
2 tsp raw sugar  
2 tsp dried oregano  
½ cup (125g) sea salt flakes

## Step-by-Step Instructions

1. Bring a small saucepan of water to the boil over high heat. Add the vinegar and reduce heat to medium before lowering the eggs into the water using a spoon. Gently stir the eggs after adding to the pan (the stirring motion helps to centre the yolks). Cook for 4 minutes and transfer to egg cups.
2. Cut off the top of the eggs, sprinkle the cut surface of the Qukes<sup>®</sup> baby cucumbers with habanero salt and serve as dippers with toast.
3. For the habanero salt, place the chilli's in a small food processor and process until finely chopped (the chilli's can be finely chopped manually if you do not have a food processor). Add the sugar, oregano and half the salt. Pulse until well combined and spoon into a bowl, stirring in the remaining salt. Spoon into a clean airtight jar.

### Tip:

If you can't find dried habanero chillis, it's easy to dry fresh chillis. Place the uncut chillis onto a wire over a baking tray. Place into a 100°C fan forced oven for 1 hour or until they have shrivelled and feel dry when cool.



serves 2-4

Prep 10 mins

Cook 20 mins

## Ingredients List

2 soft boiled eggs  
6 Qukes® baby cucumbers  
4 slices sourdough bread  
Greek Yoghurt  
Perfection Berries  
Protein Water

### Sheet baked blueberry protein pancakes

3/4 cup (150g) cottage cheese  
1 (200g) Perfection Ecoganic® Red Tip® banana, peeled  
1 1/4 cups (115g) traditional rolled oats  
3 large eggs  
2 tbs (40ml) coconut, soya or oat milk  
3 tsp baking powder  
1/2 tsp ground cinnamon  
2 tbs (26g) protein powder  
125g Perfection Blueberries®  
2 tbs pumpkin, sunflower and sesame seed mix  
Nut butter, Perfection Berries or sliced Little Gem® banana, maple or honey, to serve

### Habanero Salt

2-3 dried habanero chillis  
2 tsp raw sugar  
2 tsp dried oregano  
1/2 cup (125g) sea salt flakes

# POST WORKOUT BREAKFAST BOARD

## Step-by-Step Instructions

1. For the **Sheet Baked Blueberry Protein Pancakes**, preheat the oven 180°C fan forced. Grease and line the base and sides of 18x28cm (base) slab pan with baking paper.
2. Combine the cottage cheese, banana, oats, eggs, milk, baking powder, cinnamon and protein powder in a blender or Nutra bullet. Blend for 2 minutes until smooth. Check the oats have broken down, if not, blend for a further 1 minute.
3. Pour the mixture into the prepared pan. Sprinkle the top with half the blueberries. Sprinkle with the seed mix.
4. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Stand 10 minutes in the pan. Cut into pieces.
5. Serve warm or at room temperature topped with a dollop nut butter, sliced banana or blueberries and a drizzle maple or honey and serve with grazing plate extras.
6. For the **Habanero Salt**, place the chillis in a small food processor and process until finely chopped. Add the sugar, oregano and half the salt. Pulse until well combined and spoon into a bowl, stirring in the remaining salt. Spoon into a clean airtight jar.
7. **To assemble** place on a tray the soft boiled eggs, cut the top off and sprinkle with Habanero salt.
8. Cut Qukes® baby cucumbers into quarters and add to the traysprinkled with habanero salt.
9. Toast sourdough bread slices, and butter or use your favourite spread or nut butter. Add to tray.
10. Place Greek yoghurt in a bowl, and top with berries and add to the tray with pancakes. Serve.



Serves 4

Prep 10 mins

# QUKES<sup>®</sup> TUNA & MIX-A-MATO<sup>®</sup> CHEESY TORTILLA

## Ingredients List

250g Qukes<sup>®</sup> baby cucumbers, thickly sliced  
200g Mix-a-Mato<sup>®</sup> tomatoes, halved  
8 flour tortillas  
2 cups (160g) grated tasty cheese  
Olive oil cooking spray  
200ml carton crème fraiche or light sour cream  
1 tbs horseradish cream  
3 tbs chopped chives  
425g can tuna, drained  
1 small avocado, diced  
Lime wedges, to serve

## Step-by-Step Instructions

1. Place 4 tortillas on the work bench. Sprinkle with cheese and sandwich together with a second tortilla. Spray both sides of the tortillas lightly with oil. Heat a non-stick frying pan over medium heat until hot. Add one tortilla. Cook for, 1-2 minutes on each side or until light golden. Remove to a board and repeat with remaining tortillas.
2. Combine the crème fraiche, horseradish cream and half the chives. Season. Spoon over one side of each cheesy filled tortilla. Break the tuna into chunks and arrange over each tortilla.
3. Top with Qukes<sup>®</sup>, Mix-a-Mato<sup>®</sup> tomatoes and diced avocado. Sprinkle with remaining chives. Serve with lime.

## Variation

1. Swap the avocado for a fried egg. Follow steps 1-2 above, top with a fried egg, Qukes<sup>®</sup>, Mix-a-Mato<sup>®</sup> tomatoes and remaining chives. Serve with lime.





# CHINESE-STYLE QUKES® WITH CHILLI OIL DRESSING

Serves 4

Prep 10 mins  
+ 15 mins standing

## Ingredients List

2 x 250g Qukes® baby cucumbers  
6 green onions, cut into 5cm lengths  
6 pieces (40g) crystalized ginger, thinly sliced  
1 tsp each of black and white sesame seeds  
2 tsp sesame oil  
Potstickers, dumplings, springs rolls or steamed bao buns, optional to serve

## Chilli Oil Dressing

4 tbs (80ml) chilli oil  
½ cup (80ml) rice vinegar  
1½ tbs caster sugar

## Step-by-Step Instructions

1. Cut the Qukes® baby cucumbers in half and place in a bowl.
2. For the dressing, combine the chilli oil, rice vinegar and sugar. Stir until the sugar is dissolved. Pour over the Qukes® and stir gently to coat. Stand for 15 minutes.
3. Meanwhile, cut the green onions into matchsticks and place in a bowl of iced water. Place in the freezer for 10 minutes (this makes them curl) then drain well.
4. To serve, spoon the Qukes and chilli oil dressing onto a serving plate. Top with ginger, green onions and sesame seeds. Drizzle with sesame oil and serve with pot stickers, dumplings, spring rolls or steamed bao buns.

## Tips:

The Qukes® salad is delicious served as a side or makes a great starter or snack. Chilli oil is available in the Asian section of the supermarket.



Makes 4

Prep 15 mins

Cook 32 mins

# QUKES® BRUSCHETTA FOUR WAYS

## Ingredients List

250g Qukes® baby cucumbers, thinly sliced lengthways

2 tbs olive oil

2 tbs red wine vinegar

1 tsp caster sugar

2 tsp thyme

2 long green chilli, thinly sliced

4 slices sourdough

200g chèvre

Extra thyme, to serve

## Variation 2

Replace the chèvre with 1 smashed avocado. Slice 2 Kumato® tomatoes. Spread the sourdough with avocado, top each with Kumato® tomato slices and drained marinated Qukes®.



## Step-by-Step Instructions

1. Combine 1 tbs of oil, red wine vinegar, sugar, thyme and green chilli in a bowl. Add the Qukes® and mix to coat. Set aside for 1 hour.
2. Brush both sides of sourdough with remaining oil. Chargrill each side for 3-4 minutes until lightly charred.
3. Spread 4 slices of sourdough with chèvre. Top with well drained marinated Qukes®. Scatter with extra thyme, serve.

## Variation 1

Replace the chèvre with 250g fresh ricotta. Top with two slices of prosciutto and drained marinated Qukes®.



## Variation 3

Replace the chèvre with 150g spreadable cream cheese. Thinly slice 2 red radishes. Spread the sour dough with cream cheese. Top each with 2 slices of smoked salmon, sliced radish and drained marinated Qukes®.



# AFTER SCHOOL QUKES<sup>®</sup> MUFFIN TIN SNACK TRAY

Serves 2

Prep 15 mins  
+ 10 mins cooling

Cook 10 mins



## Ingredients List

250g Qukes<sup>®</sup> baby cucumbers  
6 large Perfection Fresh Strawberries, hulled, halved  
Fresh fruit, like Perfection Blueberries, Adora or Autumn Crisp seedless grapes  
4 slices bread, crusts removed  
2 tsp butter  
¾ cup (75g) finely grated tasty cheese  
Olive oil cooking spray  
½ avocado  
1 tbs reduced fat sour cream  
150g fresh ricotta  
1 tbs Greek yoghurt  
1 tbs honey

## Step-by-Step Instructions

1. Preheat the oven 180°C fan forced. Spread one side of each slice of bread with butter and sprinkle with cheese. Press the cheese on with your fingertips. Sandwich two slices together, cheese side up. Repeat. Cut each sandwich into four, 2 cm-thick fingers.
2. Place onto a baking tray. Spray lightly with olive oil. Bake for 8-10 minutes until light golden. Set aside to cool.
3. Cut in half lengthways and place into 1 hole of a muffin tin tray.
4. Cut the Qukes<sup>®</sup> in half lengthways and place into two holes of the muffin tray.
5. Mash the avocado and sour cream together and spoon into one hole of the muffin tray.
6. Place the ricotta, yoghurt and honey into a small food processor. Pulse until almost smooth. Add the strawberries and pulse until almost combined. Spoon into 1 hole of the muffin tray.
7. Fill the last muffin hole with fresh fruit and serve.



**Serves 2**

**Prep 15 mins**

**Cook 8 mins**

### Ingredients List

250g Qukes® baby cucumbers

2 small carrots, cut into sticks

Perfection Fresh Strawberries  
and Autumn Crisp and Adora  
seedless grapes

Cooked brown rice

Kewpie mayonnaise

#### Teriyaki Chicken

3 chicken thigh fillets, cut into  
5 cm pieces

2 tsp cornflour

1 tbs vegetable oil

1 tbs soy sauce

1 tbs mirin

1 tsp caster sugar

1 tsp toasted sesame seeds,  
optional

# QUKES® BENTO STYLE LUNCHBOX WITH TERIYAKI CHICKEN

### Step-by-Step Instructions

1. For the teriyaki chicken, place the chicken in a bowl, add the cornflour and toss until well coated.
2. Heat a large frying pan over high heat and add the oil. Add the cornflour coated chicken and cook, for 1-2 minutes on each side until just golden.
3. Combine the soy, mirin and sugar and pour over the chicken.
4. Reduce the heat to medium and cook, turning the chicken in the sauce until the chicken is cooked through and the sauce has reduced and thickened.
5. Sprinkle with sesame seeds. Set aside to cool.
6. Divide the Qukes®, carrots, fruit, brown rice, kewpie mayonnaise, and teriyaki chicken between two lunchboxes.



# LUNCHBOX VEGETABLE FRIED RICE WITH QUKES<sup>®</sup>

## Ingredients List

- 1 tbs (20ml) vegetable oil
- 4 Qukes<sup>®</sup> baby cucumbers (roughly chopped)
- 2 eggs (lightly beaten) 2 stems
- Broccolini<sup>®</sup> (roughly chopped)
- 3 green shallots (thinly sliced)
- 4 Minicaps<sup>®</sup> baby capsicums (sliced)
- 2 ¼ cups (450g) cooked brown rice
- 2 tbs (40ml) light soy sauce
- 1 carrot (coarsely grated)
- 3 tsp sesame seeds (toasted)

## Lunch Box Extras

- Qukes<sup>®</sup> baby cucumbers
- Petite Tomatoes<sup>™</sup>
- Perfection Strawberries, Blueberries and Raspberries
- Crisp Delight<sup>™</sup> watermelon
- Midnight Beauty<sup>®</sup>, AutumnCrisp<sup>®</sup>, or Sweet Sapphire<sup>®</sup> Grapes
- Cheese slices and crackers
- Hummus dip and falafel
- Mini blueberry muffin

## Step-by-Step Instructions

1. Heat half the oil in a frying pan or wok over medium heat. Add the eggs and swirl to form a thin round omelette. Cook for 30-45 seconds or until light golden underneath and the top is almost set. Slide onto a board and roll up.
2. Add the remaining oil to the pan and increase the heat to high. Add the Broccolini<sup>®</sup>, shallots and Minicaps<sup>®</sup>, stir fry for 1 minute. Add the rice to cook, stirring occasionally for 2-3 minutes until warmed through. Remove from the heat and stir through the soy sauce.
3. Slice the omelette and stir through the rice. Set aside to cool.
4. Scatter over the Qukes<sup>®</sup>, carrots and sesame seeds. Spoon into a lunch box with lunch box extras.

## Tip

Use our suggested lunch box extras to create a well-balanced, nutritious lunch box for kids!

Serves 2-4

Prep 10 mins

Cook 6 mins



### Ingredients List

- ½ avocado (mashed)
- 4 slices sandwich bread
- 1 cup cooked chicken (chopped)
- 1 tbs whole egg mayonnaise
- 4 Qukes® baby cucumbers (sliced)

### Lunch Box Extras

- Qukes® baby cucumbers
- Mix-a-Mato® or Petite Tomato™
- Perfection Strawberries, Blueberries and Raspberries
- Midnight Beauty®, AutumnCrisp®, or Sweet Sapphire® Grape
- Tzatziki & Crackers
- Cheese Cubes
- Nut-free Butter Cookies

### Step-by-Step Instructions

1. Spread the avocado over all 4 slices of bread. Mix the chicken and mayonnaise together and spoon onto 2 slices of bread. Top with Qukes® and then sandwich the remaining bread, avocado side down.
2. Cut into rounds and poke a face in the top of each. Place into a lunch box with lunch box extras.

### Tip

Use our suggested lunch box extras to create a well-balanced, nutritious lunch box for kids!

# QUKES® CHICKEN & AVOCADO SANDWICHES

Serves 2

Prep 15 mins



Serves 4

Prep 15 mins

# QUKES<sup>®</sup>

## RAINBOW VEGETABLE PLATTER WITH CASHEW BUTTER GUACAMOLE

### Ingredients List

250g Qukes<sup>®</sup> baby cucumbers,  
halved lengthways

175g Minicaps<sup>®</sup> baby capsicums

320g Mix-a-Mato<sup>®</sup> tomatoes

1 bunch radish, washed, trimmed

1 bunch baby carrots, trimmed,  
halved

¼ cup (60g) cashew butter

¼ cup (60g) crème fraiche or light  
sour cream

2 tbs Greek yoghurt

1 avocado, coarsely mashed

1 lime, juiced

3 tbs (85g) basil pesto

Chopped salted cashews and  
baby basil leaves, to serve,  
optional

### Step-by-Step Instructions

1. Combine the cashew butter, crème fraiche and yoghurt in a bowl, mix until well combined. Add the avocado and 2 tablespoons lime juice. Season and stir gently to combine. Spoon into a bowl. Swirl through the basil pesto. Top with cashews and basil leaves.
2. Serve the cashew butter guacamole with Qukes<sup>®</sup>, Minicaps<sup>®</sup> baby capsicums, Mix-a-Mato<sup>®</sup> tomatoes, radish and baby carrots.

### Variation 2

Replace the avocado with 1 cup beetroot dip and lime juice with orange juice.

### Variation 3

Replace the avocado with 1 cup hummus dip and lime juice with lemon juice.

# QUKES<sup>®</sup>

## PINK PEPPERCORN & ROSEMARY GIN & TONIC

Serves 4

Prep 10 mins

### Ingredients List

8 (350g) Qukes<sup>®</sup> baby cucumbers  
1 tsp pink peppercorns  
2 cups crushed ice  
200ml gin  
400ml good quality tonic water,  
chilled  
4 sprigs rosemary  
1 small lemon, quartered,  
optional

### Step-by-Step Instructions

1. Thinly slice the Qukes lengthways, leaving them attached at one end. Place the Qukes<sup>®</sup> and ice into 4 glasses. Lightly crush the peppercorns and divide among the glasses.
2. Spoon the ice into glasses, then pour 50ml gin into each glass. Top up with tonic water and poke in a sprig of rosemary. Squeeze a little lemon into each glass. Serve.







**Makes 12**

**Prep 15 mins**

### Ingredients List

175g Minicaps® baby capsicums  
125g Brie, chopped  
50g fig or quince paste, sliced  
200g Sweet Solanato® tomatoes  
250g Qukes® baby cucumbers, halved crossways  
150g charcuterie (like salami, prosciutto, chorizo)  
300g antipasto (like marinated artichokes, eggplant, zucchini)  
60g stuffed mixed olives  
125g cherry bocconcini drained  
1 cup large basil leaves

# QUKES® ANTIPASTO SKEWERS

### Step-by-Step Instructions

1. Cut the Minicaps® in half lengthways and top with chopped brie and fig paste.
2. Press Sweet Solanato® tomatoes, Qukes® and stuffed Minicaps® randomly with charcuterie, antipasto, olives, bocconcini and basil leaves onto skewers.
3. Drizzle with extra virgin olive oil, season and serve.

# HOW TO CREATE A VEGETARIAN GRAZING BOARD



To create a grazing board, include items from each of the following categories:

**VEGETABLES: 2 to 3 options** Vegetables add colour and freshness to the board, and can also act as a vehicle for dips and small bites. For a textural and flavour contrast, use a mix of fresh, blanched, pickled and chargrilled vegetables. Our favourite option is Qukes® baby cucumbers – you can serve them whole, halved, or pickled. Other options include Petite® snacking tomatoes, chargrilled Broccolini® and Cauli-Blossom®, along with sweet and crunchy Minicaps baby capsicums.

**FRUIT: 1 to 2 options** Fruit adds freshness to the grazing board, otherwise the other items can feel a bit heavy. Try to add at least 2 – 3 seasonal fruit options in a variety of colours. Options include Midnight Beauty® seedless grapes, Perfection Berries (strawberries, blueberries or raspberries), and cubed Calypso® mango.

**DIPS: 1-2 dips** Dips made from scratch are always better, however, if you don't have time purchase them from the supermarket. Dress the supermarket dip by adding fresh herbs, spices, nuts, seeds and a good drizzle of extra virgin olive oil.

**SALTY THINGS: 1 – 2 options** These items include spiced nuts, roasted chickpeas, olives, wasabi peas or pretzels.

**SMALL SKEWERS:** These are optional, but skewers always look impressive, easy to eat and give colour, height and shape to the grazing board.

**SMALL BOWLS: 1 to 2 options** Items such as pesto, chutney and pickles. These are super important and often overlooked as they add the perfect finishing touch to the cheese.

**CRACKERS/BREAD: 2-3 varieties** Make sure they are different shapes and sizes,

**CHEESE: 2-3 varieties is recommended** Fresh cheese like ricotta, buffalo mozzarellas, feta and chevres. Soft cheese like Camembert and Brie. Hard and semi-hard cheese like Parmesan. Cheddar and Manchego. Blue cheese or washed rind cheese should be considered. However, both these are polarizing and can have a strong aroma so consider their placement on the board or platter.

## PUTTING TOGETHER THE GRAZING BOARD

**DECIDE ON THE THEME:** Having a theme is the best place to start, as this cements the combinations of ingredients you select and ensures they all work well together. Options include Greek, Mediterranean, Indian, a Nacho platter, or Crudites.

**PREPARE:** Create a shopping list, prep as many ingredients as you can in advance, and make sure that you have all the utensils needed to build the platter. This includes boards, small bowls, along with cutlery and small plates for serving. Make sure you have a combination of homemade and purchased as its best to assemble the board just before serving so everything is fresh.

**BUILD:** When it comes to assembly, start with the largest items first – place bowls and ramekins in position. Then follow with items such as cheeses, breads and larger fruits and veg. Then onto crackers, smaller fruits, veg & nuts. Decorate and add colour with fresh herbs, edible flowers and extra small fruits like berries.

**ENJOY:** The key things to remember when creating your grazing board is to make it look and taste impressive. Colours, textures and a variety of ingredients are paramount. Fill in any gaps on your platter with fresh herbs and crackers.

# VEGETARIAN GRAZING BOARD

Serves 6

Prep 3 hours

Cook 30 mins



## Qukes® and Charred Artichoke Skewers

You will need 12 small skewers  
3 Qukes® baby cucumbers, cut into quarters, crossways  
1 tbs lemon juice  
2 tbs honey  
1 tbs extra virgin olive oil  
3 tsp thyme leaves  
120g (6 whole) marinated artichokes, drained, halved  
olive oil cooking spray  
12 (120g) semi dried tomatoes

1. Whisk the lemon, honey, oil, and thyme together until well combined. Season and set aside.
2. Preheat a chargrill over medium-high heat until hot. Pat the artichokes dry with paper towel, then lightly spray both sides with olive oil. Chargrill, for 3 minutes each side until lightly charred. Remove to a plate and cool.
3. Press the artichokes, Qukes® and tomatoes onto skewers. Spoon over the lemon dressing, turning to coat. Place onto the grazing board.

## Poached Spiced Figs

125g Qukes® baby cucumbers, thickly sliced  
1/3 cup (80ml) red wine vinegar  
1/3 cup (80ml) honey  
2 tbs water  
4 sprigs oregano  
12 dried figs  
125g marinated feta or goat cheese

1. Combine the vinegar, honey, water and oregano in a small saucepan. Bring to the boil. Boil for 1 minute. Add the figs, simmer for 1 minute then remove from the heat. Cover and set aside for 1 hour, turning the figs occasionally.
2. Remove the figs to a board. Using a sharp knife split them in half, leaving them attached. Top one half of each fig with goats' cheese and sliced Qukes and press together to secure. Place onto a plate then on to the grazing board.

## For Assembly

- Assorted dips, [Pickled Qukes®](#)
- Ready made spinach and feta triangles
- Qukes® baby cucumbers and purchased Chargrilled eggplant and zucchini
- Perfection Fresh Strawberries, Blueberries, Blackberries and Raspberries, Autumn Crisp® Brand green grapes and Adora Seedless® Brand black grapes
- Fruit and nut paste
- Mixed seed and sourdough superseed crispbread + crackers
- Cheese- 1 Wedge each of Cheddar, Brie and Blue

## Qukes® Hummus

125g Qukes® baby cucumbers, grated  
2 tsp tahini  
3 tsp lemon juice  
350g store bought hummus dip  
2 tbs Greek yoghurt  
Toasted sesame seeds, mint and extra virgin olive oil, to serve

1. Combine the tahini and lemon juice in a bowl, stir until smooth. Add the remaining ingredients. Season and mix well.
2. Spoon into a bowl. Sprinkle with sesame seeds and mint. Drizzle with extra virgin olive oil and place on the grazing board.

## Tandoori Roasted Almonds

1 egg white  
1/4 cup (60g) caster sugar  
2 tbs tandoori curry paste  
1/4 tsp cayenne pepper, optional  
2 cups (320g) raw almonds (skin on)

1. Preheat the oven to 160°C fan forced. Line a baking tray with baking paper.
2. Using a hand mixer, beat the egg white in a medium bowl to stiff peaks. Add the caster sugar 1 tablespoon at a time, beating until thick and glossy. Add the tandoori paste and cayenne pepper and stir to combine. Add the almonds and stir until the almonds are well coated.
3. Spread onto the baking tray. Cook, stirring every 10 minutes for 30 minutes or until the almonds feel dry to touch. Set aside to cool then place in a bowl on the grazing board.

## Spiced Qukes® Yoghurt Dip

6 Qukes® baby cucumbers, diced  
500g Greek-style yoghurt  
2 tbs olive oil  
1 small garlic clove, crushed  
1/2 long green chilli, finely chopped  
1 tsp smoked paprika  
1 tsp cumin  
1 tsp mustard seeds  
1 tbs sesame seeds  
1 tbs pepitas  
1/3 cup roasted hazelnuts, coarsely chopped  
Extra-virgin olive oil, to serve

1. Spoon the yoghurt into a sieve lined with muslin. Place over a bowl, cover and refrigerate for 2-3 hours until the whey drains and the yoghurt thickens. Discard the whey and spoon the yoghurt into a bowl. Stir in the Qukes® and season. Cover and refrigerate until ready to serve.
2. Up to 1 hour before serving, heat the oil and garlic in a small frying pan over medium low heat. Add the chilli, paprika, cumin and mustard seeds. Cook, for 3 minutes until aromatic. Cool for 5 minutes.
3. Spoon the spiced oil over the Quke® and yoghurt dip, sprinkle with sesame seeds, pepita and hazelnuts. Drizzle with extra virgin olive oil and place onto the grazing board.

CALM THE  
CHAOS WITH

**Qukes**  
Baby Cucumbers

