



2022

SPRING RECIPES

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How to Spring Clean the Kitchen for healthy eating



Welcome the new season by doing a spring clean of the kitchen.

Tidy up and organize your kitchen

- Go through your pantry, fridge and freezer and get rid of any food items that are expired, or ones that you are not using.
- Once you have decluttered, start putting the remaining items back focusing on keeping nutritious foods arranged in the front.
- Stock up with fresh produce from the supermarkets – the colours will tempt you to eat more.
- Keep chopped up veggies and fruit such as berries in clear containers to make them easy to grab for healthy snacking.

Keep the healthy options in plain sight

- Keeping items such as fresh fruit and vegetables in plain view will encourage you, as well as your family (especially the young kids!), to reach for them more often.
- Keep a bowl of fresh fruit such as Midnight Beauty® grapes or Mix-a-Mato® tomatoes on the kitchen counter.
- Keep a packet of Qukes® baby cucumbers or a punnet of Perfection berries on the top shelf in the fridge.

Eat seasonal

- There is a wide array of seasonal fresh produce available at the grocery store. Not only are the fresh fruits and vegetables delicious, but eating in-season is also affordable, and more nutritious.
- From crisp and refreshing Qukes® baby cucumbers to colourful Mix-a-Mato® tomatoes, and darkly delicious Kumato® tomatoes, there are so many options to add a burst of freshness to your weekly dinner meals.
- For post dinner treats, there's Perfection blueberries and Perfection strawberries.

Cook at home more

- Now is the time to try out some new recipes, and incorporate more healthy Spring produce in your life.
- Jazz up your weekly dinner meals with a refreshing [Qukes® crunch salad with a tangy peanut lime dressing](#).
- Get the family involved, and make a Spring share platter with Qukes®, Perfection Berries, and Minicaps® – perfect for entertaining or dining al fresco.
- Make breakfast super special with [Scorched Fresh Berries on Yoghurt Toast](#).

Eat more whole foods

- One of the best ways to incorporate more healthy habits in your life is by increasing the quantity of whole, unprocessed foods that you consume. Such as fresh fruits and vegetables, along with whole grains such as brown rice, quinoa and freekeh.
- This [Broccolini® Salmon Poke Bowl](#) is a delicious and nutritious work lunch or dinner option with salmon, brown rice, Broccolini® and Qukes® baby cucumbers.
- Compared to processed foods, whole foods are more nutritious and lower in sugar and sodium plus less preservatives.
- Instead of chips and candy, make a [Rainbow Fruit Platter](#) with Perfection berries and Calypso® mangoes to munch on for a post school snack.



Side

Qukes®

Crunch Salad with Peanut Lime Dressing



Serves: 4 as a side



Prep: 20 mins



Cook: 8 mins

Ingredients List

250g Qukes® baby cucumbers, halved lengthways
2 carrots, peeled, shredded
1 cos heart lettuce, shredded
4 green onions, cut into thin 5cm lengths
4 red radishes, thinly sliced into rounds
½ cup (20g) flaked coconut, lightly toasted
½ cup (80g) roasted salted peanuts, coarsely chopped
1 cup coriander leaves
Chilli oil, optional

Peanut lime dressing

1 tbs peanut oil
1 French shallot, thinly sliced
1 garlic clove, thinly sliced
1 tsp dried chilli flakes
⅔ cup (110g) roasted salted peanuts
½ cup (125ml) coconut cream
3 tsp tamari
1 tbs brown sugar
2 limes, juiced

Step-by-Step Instructions

1. For dressing, place the peanut oil, shallot and garlic in a medium saucepan over medium heat. Cook, stirring for 3 minutes or until softened. Add the chilli flakes and peanuts. Cook, stirring for 2 minutes. Remove from the heat. Cool for 5 minutes and then spoon into a food processor.
2. Add the remaining ingredients for the dressing and process until well combined. Season to taste. If the dressing is too thick (as consistency of coconut cream can vary) add a little warm water to adjust to your liking.
3. Arrange the Qukes® baby cucumbers, cut side up on a large serving platter. Drizzle over a little dressing.
4. Combine the carrot, lettuce, green onions and radish and spoon over the Qukes®. Drizzle over a little more dressing. Top with flaked coconut, peanuts and coriander. Drizzle over the chilli oil if using. Serve with the remaining dressing.



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Starter

Qukes®

Rainbow Vegetable Platter with Cashew Butter Guacamole



Serves: 4



Prep: 15 mins

Ingredients List

Rainbow vegetable platter

250g Qukes® baby cucumbers, halved lengthways
175g Minicaps® baby capsicums
320g Mix-a-Mato® tomatoes
1 bunch radish, washed, trimmed
1 bunch baby carrots, trimmed, halved

Cashew Butter Guacamole

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® baby cucumbers, Minicaps® baby capsicums, Mix-a-Mato® tomatoes, radish and baby carrots.



Tip: Replace the avocado with 1 cup beetroot dip and lime juice with orange juice, or replace the avocado with 1 cup hommus dip and lime juice with lemon juice.



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Starter

Chargrilled Mix-a-Mato® Bruschetta



Serves: 4



Prep: 15 mins



Cook: 18 mins



Tip: You will need 8 x 16cm skewers for this recipe. If using wooden skewers, soak them in water for 20 minutes before threading the tomatoes.

Ingredients List

2 x 320g packets Mix-a-Mato® tomatoes with olive oil and salt
3 tbs olive oil
8 slices sourdough bread
400g spreadable labneh
150g coppa or bresaola

Herb Vinaigrette

¾ cup firmly packed flat leaf parsley leaves
¼ cup firmly packed soft herbs (like coriander, basil or mint)
½ cup (125ml) olive oil
1 tbs apple cider vinegar
1 tsp honey
1 tsp dijon mustard
½ tsp sea salt flakes



Step-by-Step Instructions

1. For the herb vinaigrette, place all the ingredients in a mini chopper or small food processor. Process until well combined. Spoon into a jug, cover and refrigerate until you are ready to serve.
2. Place the tomatoes and olive oil in a bowl, season and stir to coat. Thread the tomatoes onto 8 skewers.
3. Brush both sides of the sourdough with the oil in the bowl from the tomatoes.
4. Preheat a barbecue grill or chargrill pan on high heat. Cook the sourdough for 3-4 minutes on each side until toasted and the Mix-a-Mato® skewers for 10 minutes, turning until lightly charred.
5. Spread the sourdough with the labneh. Top with the coppa or bresaola and blistered Mix-a-Mato® tomatoes. Drizzle with herb vinaigrette and serve.

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Drinks

Qukes®

Pink Peppercorn and Rosemary Gin & tonic



Serves: 4



Prep: 10 mins

Ingredients List

- 8 (350g) Qukes® 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® baby cucumbers 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.



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Dessert

Calypso® Mango Pavlova Ice Creams



Tip: Ice creams will keep 3 weeks in the freezer either in their moulds or individually wrapped in plastic and stored in a snap lock bag.



Makes: 16



Prep: 90 mins +
Overnight freezing

Ingredients List

4 Calypso® mangoes, peeled, chopped
4 tbs caster sugar
400ml coconut cream
6 (75g) purchased meringue nests
250g Perfection Strawberries, washed, hulled
2 passionfruit, halved
100g white chocolate, melted, optional



Step-by-Step Instructions

1. Place the mango and 3 tablespoons sugar in a food processor. Process until smooth, transfer to a jug, stir in the coconut cream. Crush 4 meringue nests and stir into the mango mixture. Spoon into 16 x 1/3 cup (80ml) capacity ice-block moulds so they are one-third full. Place into the freezer for 1 hour.
2. Meanwhile, place the strawberries and remaining sugar in the food processor. Process until finely chopped. Remove to a bowl, stir in the passionfruit. Cover and refrigerate until ice creams are semi frozen.
3. Spoon 1 tablespoon (20ml) of the strawberry and passionfruit mixture into each mould over the partially set mango mixture. Fill with the remaining mango mixture. Insert paddle pop sticks. Cover and freeze for overnight.
4. Dip the moulds into warm water and carefully remove to a tray.
5. Crumble the remaining 2 meringue nests. Drizzle the white chocolate over the ice creams, then quickly sprinkle over the crushed meringues. Serve.

Variation: Swap the strawberries for blackberries. Mango and blackberries are a super combination.



Snack

Perfection Berries

Nutella Rice Paper Rolls



Tip: The rice paper rolls can be made up to 12 hours ahead. Place into an airtight container lined with baking paper and keep in the fridge until you're ready to serve.



Makes: 8



Prep: 45 mins

Ingredients List

- 250g Perfection berries such as Strawberries, Raspberries, Blueberries or Blackberries
- 2 tbs Nutella
- 125g spreadable cream cheese
- 8 rice paper sheets
- ¼ cup hazelnuts, toasted, chopped, optional
- 8 lamington fingers

Nutella Dipping Sauce

- ¼ cup Nutella
- 1 ½ tbs (30ml) milk

Step-by-Step Instructions

1. Hull and thickly slice the strawberries.
2. Beat the Nutella and the cream cheese together with hand mixer until well combined.
3. Pour enough lukewarm water into a large shallow dish. Dip 1 rice paper sheet very quickly (1-2 seconds only) into the water then place on a clean dry benchtop.
4. Place 4-5 berries 2cm in from one edge of rice paper. Dollop 1 tablespoon of Nutella mixture over the berries. Sprinkle with hazelnuts if using. Slice 1 lamington finger into 5 crossways and arrange over the Nutella mixture, (don't overfill or the rolls will split). Roll up, folding edges in. Repeat with remaining ingredients.
5. For the dipping sauce, combine the Nutella and milk in a bowl, mix well. Spoon into a small serving bowl, sprinkle with remaining hazelnuts and serve with berry Nutella rice paper rolls.

Variation: Fresh mint and basil are a great addition.



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Dessert

Gluten Free Perfection Berries

Blueberry Rockcakes



Makes: 18



Prep: 15 mins



Cook: 20 mins

Ingredients List

1 ½ cups (130g) desiccated coconut
⅓ cup (80g) almond meal
1 cup (220g) caster sugar
2 tbs gluten-free cornflour
2 eggs, lightly beaten
1 tsp vanilla extract
125g Perfection blueberries



Step-by-Step Instructions

1. Preheat the oven to 160°C fan forced. Grease and line two baking trays with baking paper.
2. Place the coconut, almond meal, sugar and cornflour in a bowl, stir until well combined. Make a well in the center, add the eggs and vanilla, mix well. Fold through the blueberries.
3. Shape 2 tablespoons (40g) of mixture into a round and place onto a tray, flatten slightly with fingertips. Repeat with the remaining mixture, allowing room for spreading.
4. Bake for 15 minutes, swap the trays around in the oven and bake a further 5 minutes or until the macarons are light golden. Stand on trays for 10 minutes. Transfer to a wire rack to cool. Serve.

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