



# COMFORTING SALADS

Hearty and comforting warm salads that are perfect for the cooler months

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## Roasted **Minicaps®** Beetroot & Carrot Salad



Serves: 4



Prep: 15 mins



Cook: 50 mins

### Ingredients List

2 x 175g Minicaps® baby capsicums  
4 (about 155g each) medium beetroot  
peeled, cut into wedges  
3 tbs olive oil  
1 tbs caramelized balsamic  
1 bunch baby carrots scrubbed, trimmed  
¾ cup walnuts, toasted and roughly  
chopped  
60g baby kale

#### Dressing

3 tbs extra virgin olive oil  
1 tbs caramelized balsamic  
1 tsp horseradish cream  
1 tsp caster sugar

### Step-by-Step Instructions

1. Preheat oven to 200°C fan forced. Line a roasting pan with baking paper. Arrange beetroot in the roasting pan. Drizzle with 1 tablespoon of oil and the balsamic. Season. Roast for 30 minutes, turning every 10 minutes until just tender. Remove from the oven and set aside to cool.
2. Combine the Minicaps® and carrots in another roasting pan. Drizzle with the remaining oil and season. Roast for 15-20 minutes until tender. Set aside to cool.
3. Scatter the walnuts over a baking tray and roast under the Minicaps® for 5 minutes until toasted.
4. Add the Minicaps®, carrots, walnuts and kale to the beetroot. Combine all the dressing ingredients. Spoon over the salad. Season and toss gently to serve.







# Barbecued Broccolini® with Salmon and Black Bean Salad



Serves: 4



Prep: 30 mins



Cook: 10 mins

## Ingredients List

100ml extra virgin olive oil  
2 tbs chipotle in adobo sauce  
2 bunches Broccolini®  
2 x 115g packets fresh baby corn,  
halved lengthways  
4 x 150g pieces salmon, pin boked,  
skin on  
Olive oil cooking spray  
1 cup coriander leaves  
1 avocado, halved  
½ cup Kefir (fermented yoghurt) or  
Greek yoghurt  
1 lime, juiced  
300g Mix-a-Mato® tomatoes, sliced  
400g can black beans, rinsed and  
drained

## Step-by-Step Instructions

1. Combine 3 tablespoons of the extra virgin olive oil and chipotle in adobo sauce in a bowl. Remove 2 tablespoons of the combined mixture to a small bowl and set aside for the dressing.
2. Place the Broccolini® and corn onto a tray. Spoon over the chipotle oil and turn to coat. Cut each piece of salmon into 3 pieces crossways. Spray lightly with olive oil and season with salt and pepper.
3. Place ¾ cup of the coriander leaves in a small food processor. Process until finely chopped. Add one avocado half, the yoghurt, remaining 2 tablespoons of oil and half the lime juice. Process until smooth.
4. Preheat a barbecue plate on medium high. Place the salmon onto the barbecue, skin side down, cook, pressing down on the salmon with a spatula to keep it flat, for 3 minutes until golden, turn the salmon over, cook for 2 minutes then remove to a tray. Add the Broccolini® and corn, barbecue for 4-5 minutes, turning occasionally until tender and lightly charred. Remove to the tray.
5. Stir the remaining lime juice into the reserved chipotle oil. Roughly chop the remaining avocado.
6. Spoon ¼ cup of the coriander avocado mixture over the base of 4 plates or bowls. Add the Broccolini®, salmon, corn, tomatoes, black beans and chopped avocado. Spoon over the chipotle lime dressing. Top with the remaining coriander. Serve.



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# Cauli-Blossom®

## *Lentil and Brown Rice Salad with Barbecued Lamb*



Serves: 4



Prep: 20 mins



Cook: 15 mins

### Ingredients List

250g Cauli-Blossom® Fioretto®, cut into single stems, rinsed  
2 tbs olive oil  
1 tbs Cajun spice blend  
12 lamb cutlets  
250g pkt 90 second brown rice  
4 Qukes®, baby cucumbers, chopped  
¾ cup (½ x 400g can) brown lentils, rinsed, drained  
100g roasted red capsicum, chopped  
40g baby spinach  
1 avocado, cut into wedges

#### Dressing

3 tbs extra virgin olive oil  
1 tbs red wine vinegar  
1 tsp maple syrup  
1 tsp Dijon mustard

### Step-by-Step Instructions

1. Place the Cauli-Blossom® onto a tray. Combine the oil and spice blend then spoon over the Cauli-Blossom®. Turn to coat.
2. Preheat barbecue plate on medium. Add the Cauli-Blossom®. Cover with the barbecue hood or a large upturned roasting pan, cook, turning often, for 6-8 minutes or until the stems are tender and lightly charred. Remove to the tray. Cover and stand for 5 minutes while cooking the lamb.
3. Season the lamb cutlets, barbecue for 3 minutes each side for medium or until cooked to your liking. Remove to a platter.
4. Warm the brown rice following packet directions. Cool for 5 minutes then add to the Cauli-Blossom® with the Qukes®, lentils, capsicum, , spinach and avocado.
5. Combine all the dressing ingredients together. Pour over the salad, season and toss gently to combine. Serve with lamb cutlets.







# Oven Baked Broccolini® and White Bean Salad



Serves: 4-6



Prep: 20 mins +  
2 hours cooling



Cook: 1 hour

## Ingredients List

- 1 bunch Broccolini®
- 175g Minicaps® baby capsicums, halved
- 1 medium (300g) sweet potato, peeled, cut into 4cm pieces
- 1 eggplant (300g), cut into 5cm
- 4 tbs olive oil
- 2 zucchini, cut into 2cm thick rounds
- 1 red onion, peeled, coarsely chopped
- 1 cup (35g) firmly packed torn kale leaves, washed
- ½ bunch thyme
- 1 tbs maple syrup
- ½ tsp dried chilli flakes
- ¼ cup (40g) pumpkin seeds
- 400g can white beans (cannellini beans), drained and rinsed
- 1 cup fresh herbs (like flat leaf parsley leaves, basil and coriander)
- Extra virgin olive oil
- 1 lemon, halved

## Step-by-Step Instructions

1. Preheat the oven to 230°C. Once the oven has preheated place a large, dry roasting pan into the hot oven. Heat for 5 minutes (this prevents the vegetables from steaming).
2. Place the Minicaps®, sweet potato and eggplant into the hot roasting pan. Drizzle with 2 tablespoons of the oil. Season with salt and pepper. Roast for 30 minutes.
3. Remove the pan from the oven, turn the vegetables over, quickly add the zucchini and onion. Return to the oven and roast for a further 10 minutes.
4. Remove the pan from the oven again. Add the Broccolini® and kale, nestling them amongst the vegetables. Drizzle with the remaining oil. Scatter over the thyme and season. Roast for a further 10 minutes or until the Broccolini® and vegetables are just tender. Cool to room temperature.
5. Meanwhile, spoon the remaining oil into a small nonstick frying pan with the, maple syrup, chilli flakes and pumpkin seeds. Cook, stirring often over medium heat, for 3-5 minutes until the seeds are toasted and sticky. Remove to a plate lined with baking paper. Cool then break into pieces.
6. Add the white beans and herbs to the roasted Broccolini® and vegetables. Drizzle with extra virgin olive oil, squeeze over the lemon, season and stir gently to combine. Scatter over the sticky pumpkin seeds. Serve.



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# Roasted Treviso™ Radicchio Fennel & Blood Orange Salad



Serves: 4



Prep: 20 mins



Cook: 50 mins

## Ingredients List

1 Treviso™ Radicchio Lettuce cut into 4  
2 tbs extra virgin olive oil  
400g fennel sliced crossways  
1 tbs maple syrup  
½ cup walnuts  
2 blood oranges peeled, sliced into rounds  
½ cup small flat leaf parsley leaves

### Dressing

3 tbs extra virgin olive oil  
1 blood orange juiced  
1 tsp dijon mustard  
1 tsp maple syrup

## Step-by-Step Instructions

1. Preheat oven to 200°C fan forced. Lightly grease two roasting pans. Arrange the radicchio in 1 roasting pan. Drizzle over 1 tablespoon of oil, season and turn to coat. Set aside.
2. Add fennel to the second roasting pan. Combine maple syrup and remaining oil, spoon over the fennel, turning to coat. Season well. Roast for 25-30 minutes, turning once, or until fennel is golden and tender. Set aside.
3. Place the pan with Treviso™ radicchio into the oven, roast for 15-20 minutes, turning after 10 minutes. Scatter the walnuts over a baking tray, place into the oven under the radicchio and cook for 5-8 minutes until toasted.
4. Arrange the radicchio on a board or serving platter. Top with fennel, oranges, walnuts and parsley. Whisk all the dressing ingredients together and spoon over the salad just before serving.







## Autumn Adora Seedless® Grape Salad



Serves: 4-6



Prep: 10 mins



Cook: 3 mins +  
30 mins cooling

### Ingredients List

- 500g packet pre-cooked beetroot, quartered
- 2 tbs olive oil
- 2 large red onions, peeled, cut into 1cm-thick rounds
- 1 cup (100g) walnut halves
- 400g Adora® seedless grapes, larger ones halved
- ½ cup (100g) red quinoa
- ½ cup mint leaves, to serve

### Step-by-Step Instructions

1. Preheat the oven to 200°C. Place the beetroot and onion each on separate roasting pans lined with baking paper. Spoon over the oil and season. Place the onions and beetroot trays into the oven (onions positioned above the beetroot). Roast for 25-30 minutes or until the onions are light golden and the beetroot is roasted. Set aside to cool.
2. Meanwhile, combine all the dressing ingredients in a medium bowl, season. Remove 3 tablespoons to a jug and set aside for serving. Add the grapes to the bowl and stir to coat in the dressing.
3. Heat a large non-stick frying pan over high heat until hot. Add the grapes and dressing from the bowl and cook shaking the pan often for 3-4 minutes until slightly blistered. Remove from the heat and set aside to cool in the pan.
4. Place the quinoa in a saucepan with 1 cup water and allow to stand for 15 minutes. Then place the saucepan over high heat and bring to the boil. Reduce the heat to low, cover and simmer for 12-15 minutes until the water has been absorbed. Remove from the heat, stand for 5 minutes then stir with a fork to separate the grains then spread onto a tray to dry and cool for 10 minutes.
5. Spoon the quinoa onto a large platter. Top with the beetroot and onions. Spoon over the blistered grapes and pan juices, stir gently to combine. Top with walnuts and mint. Spoon over the reserved dressing, season and serve.



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# Autumn Crisp® Grapes

## Chicken & Roasted Minicaps® Rice Salad



Serves: 4-6



Prep: 15 mins



Cook: 3 mins



Tip: 2 large kale leaves will give you 2 firmly packed cups (or about 90g)

### Ingredients List

- 1 cup (145g) roasted salted cashews
- 175g Minicap® baby capsicums, halved, ends trimmed
- 2 large kale leaves, stems removed, leaves torn (see tip)
- 1 tbs olive oil
- 1 tsp sriracha
- 350g Autumn Crisp® green seedless grapes
- 3 cups (400g) cooked, shredded chicken
- 2 cups (400g) cooked brown rice

#### Tamari Dressing

- ½ cup (80ml) extra virgin olive oil
- 1 ½ tbs (30ml) tamari
- 1 large lime, juiced
- 2 tsp brown sugar



### Step-by-Step Instructions

1. Place the cashews onto a baking tray. Place into the oven and preheat the oven to 200°C fan forced. Set the timer for 5 minutes, stir the cashews and cook a further 3 minutes until warmed through. Set aside to cool.
2. Roughly chop the Minicaps®. Place into a large roasting pan at one end. Arrange the kale in the same pan in a single layer. Combine the oil and sriracha and spoon over the Minicaps® and kale, rubbing the mixture into the kale leaves so they are all well coated. Season. Roast for 15 minutes until the kale is crisp and Minicaps® tender. Set aside to cool.
3. Combine all the tamari dressing ingredients together in a bowl. Remove 3 tablespoons to a jug and set aside. Cut some of the grapes in half. Add all the grapes and the chicken to the dressing in the bowl and stir to coat.
4. Warm the rice following the packet directions. Spoon into a large serving bowl. Add the roasted Minicaps® and kale. Add the grapes and chicken, toss gently to combine.
5. Spoon the salad into a large serving bowl, scatter over the cashews, pour over the remaining dressing. Serve.





# Midnight Beauty®

## Grape Waldorf Salad



Serves: 4-6



Prep: 20 mins

### Ingredients List

- 2 small red apples
- 1 small green apple
- 1 lemon, halved
- 3 small cos lettuce, trimmed, quartered lengthways
- 1 stick celery, finely diced
- 200g Midnight Beauty® black seedless grapes, halved
- ½ cup (50g) walnuts, toasted, chopped
- sea salt flakes and cracked pepper

### Dressing

- 160g (1 cup) Midnight Beauty® black seedless grapes, picked from the stems
- ¼ cup (60g) extra virgin olive oil
- 2 tbs white wine vinegar
- 2 tsp Dijon mustard

### Step-by-Step Instructions

1. To make the dressing, blend the grapes in a blender until pureed. Pour into a sieve over a jug, pressing as much liquid through as possible. Discard the solids then pour into a serving jug. Whisk the oil, vinegar and mustard in a separate jug until well combined.
2. Use a mandolin to thinly slice the apples into rounds. Squeeze the lemon halves over the apple slices to prevent browning.
3. Arrange the lettuce wedges on a board or platter. Top with apple slices, celery and grapes. Spoon the oil dressing over then spoon over the grape juice. Sprinkle with walnuts. Season to serve.



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# Perfection Strawberries *and Haloumi Salad*



Serves: 2



Prep: 10 mins



Cook: 3 mins

## Ingredients List

40g baby spinach, rocket or salad leaves  
¼ cup basil leaves  
6 Qukes® baby cucumbers, thinly sliced lengthways  
1 avocado, quartered, sliced  
250g Perfection Berries Strawberries, washed, hulled, halved  
2 tbs extra virgin olive oil  
125g haloumi, coarsely crumbled  
1 lime, halved

## Step-by-Step Instructions

1. Combine the spinach and basil on a plate. Top and Qukes®, avocado and strawberries.
2. Heat 1 tablespoon of the oil in a non-stick frying pan over medium-heat. Add the haloumi and cook, 3-4 minutes, stirring occasionally until golden. Spoon the warm haloumi over the strawberries. Drizzle with remaining extra virgin olive oil and a squeeze of lime.



Tip: You can switch the Strawberries with Perfection Raspberries, Blueberries or Blackberries.



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