



COLD COMFORTS

Comforting meals and desserts that are perfect for the cooler months

PERFECTION.COM.AU



Moroccan Spiced Oven roasted Broccolini® with Roast Lamb



Serves: 4



Prep: 10 mins



Cook: 40 mins



Tip: If you like a little heat, add ½ teaspoon dried chilli flakes to the Moroccan spice blend.

Ingredients List

1 tbs (20ml) extra virgin olive oil
1 tbs lemon juice, juiced
2 garlic cloves, crushed
1 tsp smoked paprika
1 small (800g-900g) boneless lamb leg
1 cup (250g) tzatziki dip, to serve
Lemon wedges, to serve

Moroccan spiced roasted Broccolini®

2 bunches Broccolini®
2 tbs (40ml) olive oil
1 tbs Moroccan spice blend
Freshly ground black pepper

Step-by-Step Instructions

For the lamb

1. Preheat the oven to 200°C fan forced.
2. Combine the oil, lemon, garlic and paprika on a plate. Add the lamb. Turn to coat both sides. Season with freshly ground black pepper.
3. Preheat a large non-stick frying pan on medium high heat. Cook the lamb, skin side down for 2-3 minutes until golden. Turn and cook for 1 minute. Transfer the lamb to a roasting pan. Place in the oven, roast for 20 minutes, for medium, or until cooked to your liking. Remove from the oven. Cover loosely with foil, stand for 15 minutes.

For the oven roasted Broccolini®

4. Increase the oven to 220°C fan forced.
5. Place the Broccolini® in a single layer in a lightly greased roasting pan.
6. Spoon over the oil. Sprinkle over the spice blend. Season with pepper. Toss gently to coat.
7. Roast for 12 minutes (while the lamb is standing) or until the flowers are golden and crisp and the stems tender.
8. Slice the lamb, serve with roasted Broccolini®, tzatziki, lemon wedges and pan juices.





Roasted **Bambino®** Brussels Sprouts *with Jalapeno Dressing*



Serves: 3-4 as a side



Prep: 5 mins



Cook: 10 mins

Ingredients List

300g Bambino® Brussels Sprouts
Olive oil cooking spray
2 tsp Mexican spice blend
1 lime, cut into wedges

Creamy Jalapeno Dressing

¼ cup (60g) crème fraîche or sour cream
1 tbs mayonnaise
2 tbs pickled jalapeño, finely chopped
2 tsp (10ml) jalapeño pickling brine (from the jar)



Step-by-Step Instructions

Air fryer method:

1. Preheat the air fryer to 200°C. Trim the ends of the Brussels sprouts. Cut them in half, keeping any loose leaves that fall off. Place the sprouts and loose leaves in a large bowl. Spray with oil, sprinkle over the Mexican spice blend. Toss until the sprouts are well coated.
2. Place the Brussel sprouts and leaves into the air fryer basket. Cook for 5 minutes. Shake the basket and air fry for a further 4-5 minutes until deep golden and crisp.
3. Depending on the size of your air fry basket, you can cook all the sprouts in 1 batch, but if you like them really crispy, spread the sprouts in a single layer and air fry in batches.

Oven roasted method:

1. Pre-heat the oven and roasting pan to 230°C. Scatter the sprouts and leaves over the hot pan and roast for 12-15 minutes until golden and crisp.
2. For the creamy jalapeno dressing, combine all the ingredients together. Refrigerate until ready to serve.
3. Spoon a little dressing over the base of the serving platter. Pile the brussels sprouts onto serving platter. Serve with the remaining dressing and lime wedges.





Oven roasted Cauli-Blossom® with Tahini Lemon Dressing



Serves: 3



Prep: 20 mins +
15 mins standing



Cook: 15 mins



Tip: Add shredded chicken, cooked prawns, salmon or tuna to the dish to turn into a main.

Ingredients List

250g Cauli-Blossom® Fioretto®, cut into thin stems, rinsed
2 tbs olive oil
2 tsp smoked paprika
2 tsp ground cumin
¼ cup (50g) raisins
¼ cup (25g) flaked almonds, toasted
¼ cup firmly packed flat-leaf parsley leaves

Tahini Lemon Dressing

3 tbs hulled tahini
1 lemon, juiced
1 tbs maple syrup
2 tbs extra virgin olive oil, plus extra to serve
1 tbs water

Step-by-Step Instructions

1. Preheat the oven 200°C fan forced. Line a roasting pan with baking paper. Place the Cauli-Blossom® in a single layer in the roasting pan.
2. Combine the oil, paprika and cumin then spoon over the Cauli-Blossom®, turn to coat. Season. Roast 12-15 minutes or until the stems are light golden and tender. Set aside to cool to room temperature for 15 minutes.
3. Meanwhile, to make the tahini lemon dressing, combine all the ingredients in a bowl, season and mix well.
4. Spoon the dressing over the base of a serving platter. Arrange the Cauli-Blossom® on top of the dressing. Combine the raisins, almonds and parsley. Scatter over the Cauli-Blossom®. Season, drizzle with extra virgin olive oil and serve.



Cauli-Blossom® is available at selected Woolworths stores across Australia, Costco, and independent retailers.



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Puy Lentils with **Broccolini®**



Serves: 4



Prep: 10 mins



Cook: 35 mins

Ingredients List

1 bunch Broccolini®
200g Petite™ or Romatherapy®
tomatoes, halved
4 tbs extra virgin olive oil, plus
extra to serve
2 garlic cloves, crushed
1 brown onion, finely chopped
1 eggplant, cut into 1cm pieces
1 cup (200g) Puy-style whole green
lentils, rinsed
2 cups (500g) vegetable stock
1 cup (250g) Greek yoghurt
½ cup mint leaves & grated lemon
rind, to serve

Step-by-Step Instructions

1. Place 2 tablespoons of oil, the garlic and onion in a large deep saute pan over medium heat. Cook, stirring for 10 minutes until the onions are soft.
2. Increase the heat to medium-high, add the remaining oil with the eggplant and tomatoes. Cook for 8 minutes, stirring occasionally until the eggplant is soft and starts to colour. Stir in the lentils, then pour in the stock and bring to the boil. Reduce the heat to medium low, cover and cook for 20-25 minutes, stirring occasionally and checking the lentils are not catching on the base of the pan. Taste and season with salt and pepper.
3. Five minutes before the lentils are cooked, sauté the Broccolini® in a separate frying pan with a little oil until just tender.
4. Dollop yoghurt over the lentils then top with the sautéed Broccolini®. Scatter with mint and lemon rind. Drizzle with oil and season. Serve.



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Tray baked Roasted Vegetables with **Broccolini®**



Serves: 4



Prep: 15 mins



Cook: 55 mins



Tip: Pile any leftover vegetables in a wrap with pesto and ham for a healthy lunch.

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
3 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

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 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 a further 10 minutes or until the Broccolini® and vegetables are just tender. Serve.

Serving Suggestion: Serve with grilled or barbecued sausages, chicken, beef, lamb, or pork.



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Mexican Chicken Tray Bake with **Mix-a-Mato®** Tomatoes



Serves: 4



Prep: 25 mins



Cook: 35 mins

Ingredients List

320g Mix-a-Mato® tomatoes
175g packet Minicaps® baby capsicums,
halved lengthways, cored
350g butternut pumpkin
¼ cup (60ml) olive oil
½ cup (125ml) chipotle sauce
2 corn cobs, peeled, each cut into 4 pieces
1 medium red onion, cut into wedges
500g chicken tenderloins, tendon
removed (see tip)
1 lime, cut into wedges
Coriander leaves, avocado & sour cream,
to serve
Tortillas, to serve

Step-by-Step Instructions

1. Combine the oil and chipotle sauce in a small bowl.
2. Preheat the oven to 220°C fan forced. When the oven has preheated place a large roasting pan into the oven for 5 minutes to get hot.
3. Meanwhile, cut the pumpkin into 4-5cm pieces, place in a single layer on a microwave-safe plate. Cover with damp paper towel. Microwave for 3 minutes on High/100%. Drain well.
4. Remove the hot pan from the oven, lightly grease, then add the pumpkin, corn, onion and Minicaps® baby capsicums. Spoon over half the chipotle mixture, turn to coat the vegetables. Roast for 15 minutes.
5. Meanwhile, place the chicken and Mix-a-Mato® tomatoes in a bowl, spoon over the remaining chipotle mixture.
6. Remove the vegetables from the oven. Add the tomatoes, chicken and chipotle mixture to the pan, nestling the chicken in amongst the vegetables. Return to the oven and roast for 15-20 minutes or until the chicken is cooked through. Squeeze over the lime. Top with coriander, avocado and sour cream. Spoon the mixture into warm tortillas, roll up and serve.



Tip: Use kitchen scissors to remove the tendon (the inedible white string in the centre of each tenderloin) from the tenderloins.



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Ecoganic® Red Tip® Banana *Date & Walnut Spelt Bread*



Serves: 8



Prep: 20 mins



Cook: 55 mins

Ingredients List

⅓ cup (100g) dried pitted dates, coarsely chopped
1 cup (100g) walnuts
1 cup (150g) wholemeal spelt flour
1 cup (150g) white spelt flour
3 tsp baking powder
¼ tsp bicarbonate of soda
2 tsp ground cinnamon
4 Ecoganic® Red Tip® bananas, peeled
¼ cup (180ml) light olive oil
2 eggs
¼ cup (60ml) date syrup
Peanut butter, to serve, optional

Step-by-Step Instructions

1. Preheat the oven to 170°C fan forced. Grease and line the base and sides of 6cm deep, 10cm x 21cm (base) loaf pan.
2. Place the dates into a heatproof bowl, add 2 tablespoons of boiling water. Cover and stand for 10 minutes. Coarsely chop ⅓ cup (75g) walnuts. Set the remaining ⅓ cup aside for the top.
3. Sift the spelt flours, baking powder, bicarbonate of soda and cinnamon into a large bowl, adding any husks left in the sieve from the wholemeal flour. Stir in the chopped walnuts.
4. Coarsely mash the bananas on a plate with a fork (you should have 1 ½ cups). Transfer to a jug. Add the oil, eggs, date syrup and softened dates including any water. Stir to combine. Add to the flour mixture and stir gently until just combined.
5. Spoon the mixture into the prepared pan and smooth the surface. Top with the reserved walnuts. Bake for 45-55 minutes or until a skewer inserted in the centre of the loaf comes out clean. Remove from oven. Stand 10 minutes in the pan then lift onto a wire rack.
6. Slice and serve warm or serve toasted in a sandwich press spread with peanut butter.





Sweet Sapphire[®]

Black Grape & Berry Crumble Pie



Serves: 6-8



Prep: 45 mins +
45 mins cooling



Cook: 35 mins

Ingredients List

- 1 ½ cups (225g) plain flour
- ½ cup (50g) rolled oats
- ⅓ cup (60g) brown sugar
- 185g butter, chilled, chopped
- 2 tbs (40ml) chilled water
- 700g Sweet Sapphire[®] grapes
- ¼ cup (60g) vanilla sugar (see tip)
- 1 ½ tbs cornflour
- 2 limes, juiced
- 125g Perfection Fresh Blueberries[®]
- 1 tbs each flaked almonds and pepitas

Step-by-Step Instructions

1. Grease a 4cm deep, 22cm (base), 24cm (top) loose base tart pan. Combine the flour, oats and brown sugar in a food processor. Process to combine. Add the butter, process until the mixture resembles breadcrumbs. Add the chilled water. Process until the pastry just comes together, adding more water if required.
2. Remove ⅓ cup (200g) of the pastry. Shape into a 10cm round, wrap in baking paper. Refrigerate until firm. Press the remaining pastry over the base and side of the prepared pan. Refrigerate for 30 minutes or until firm.
3. Meanwhile, cut half the grapes in half. Place all the grapes into a bowl. Add the sugar and cornflour, stir to coat. Stir in ¼ cup (60ml) lime juice. Spoon into a large non-stick frying pan over medium-high heat. Cook, stirring gently, for 5-8 minutes until the grapes soften slightly and juices thicken. Remove from the heat. Cool for 15 minutes then stir in the blueberries.
4. Place a flat tray into the oven. Preheat the oven and tray to 180°C fan forced. Place the chilled tart pan onto the hot tray. Bake for 20-25 minutes or until light golden. Set aside to cool for 15 minutes.
5. Spoon the grape and blueberry mixture into the pastry case. Crumble the reserved chilled pastry over the grape mixture. Combine the almonds and pepitas, sprinkle over the crumble. Place on a tray, bake for 25 minutes or until the top is light golden. Cool for 15 minutes before serving.





Perfection Berries

Raspberry

Maple Coconut Self-Saucing Pudding



Serves: 6



Prep: 15 mins



Cook: 15 mins

Ingredients List

2 punnets Perfection Raspberries
1 $\frac{2}{3}$ cups self raising flour sifted
 $\frac{3}{4}$ caster sugar
 $\frac{1}{2}$ cup desiccated coconut
270ml can coconut milk
125g butter melted
Dusting icing sugar and vanilla ice cream to serve

Sauce

1 tbs cornflour
 $\frac{1}{2}$ cup brown sugar
2 $\frac{1}{4}$ cup boiling water
 $\frac{1}{4}$ cup maple syrup

Step-by-Step Instructions

1. Preheat oven to 160°C fan forced. Grease a 6cm deep, 24cm base (25cm top) 12 cup capacity ovenproof dish.
2. Combine flour, caster sugar and coconut in a bowl. Add the coconut milk and butter, stir until smooth. Fold through 1 punnet of raspberries. Spoon into the ovenproof dish. Place onto a baking tray.
3. For the sauce, combine the cornflour and brown sugar. Sprinkle over the pudding. Stir the boiling water and maple syrup together in a heatproof jug. Gently pour over the back of a large metal spoon, over batter.
4. Bake for 45-50 minutes or until top is just set. Remove and stand for 5 minutes. Scatter over the remaining raspberries. Dust with icing sugar and serve with ice cream.

