



# SEASONAL SAVERS eBOOK

UNLOCKING VALUE WITH  
SEASONAL INGREDIENTS

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# BENEFITS OF EATING

## *in season*

### Affordability

Due to good supply, in-season produce is usually more abundant and affordable. For example, tomatoes such as Mix-a-Mato® and Kumato® are less expensive and more flavourful when they're in season during the Australian summer. Same is the case with Calypso® mangoes which are a quintessential sign of the Australian summer season. This affordability translates to lower grocery bills and a budget-friendly shopping experience.



### Freshness and Flavour

In-season produce, like plump summer strawberries or crisp autumn apples, bursts with natural flavour and freshness that's unmatched by out-of-season alternatives.



### Diverse Diet

Eating in-season encourages a varied diet. In spring, you might enjoy tender asparagus and vibrant artichokes, while winter brings hearty sweet potatoes and broccoli.



### Enhanced Nutritional Intake

With seasonal variety, you can ensure a well-rounded intake of essential nutrients. For example, including pumpkin and zucchini in your diet during autumn provides vitamins like A and C, promoting healthy skin and vision.

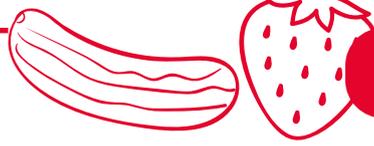


### Supports Local Agriculture

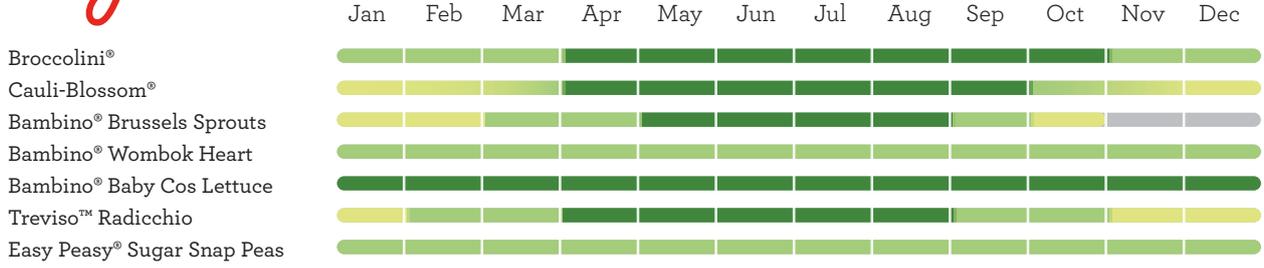
By choosing local, in-season produce, you support Australian farmers and foster local agricultural communities. This, in turn, helps boost the economy and keeps food production sustainable.



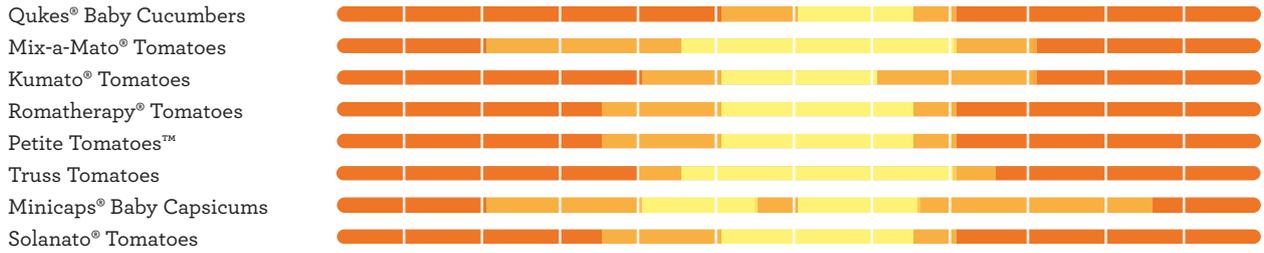
# Perfection



in season



Low Medium High



Low Medium High



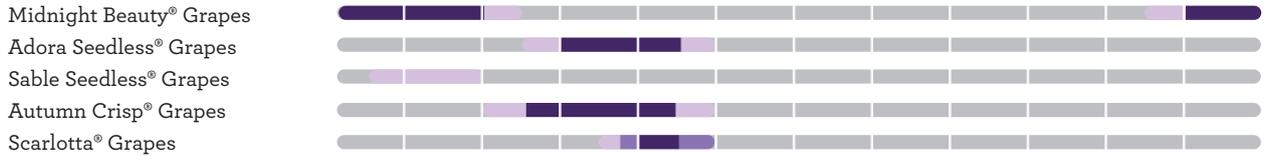
Low Medium High



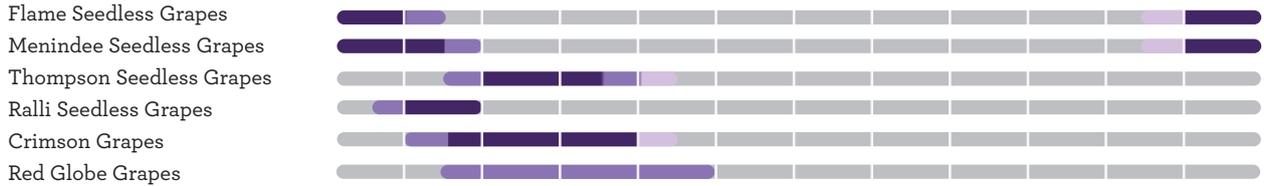
Low Medium High



Low Medium High



Low Medium High



Low Medium High



Low Medium High



ENTREE

## Classic Bruschetta with Monte Rosa®

COST PER SERVE  
\$2\*



Serves: 12



Prep: 15 mins +  
45 mins marinating



Cook: 10 mins

### Ingredients List

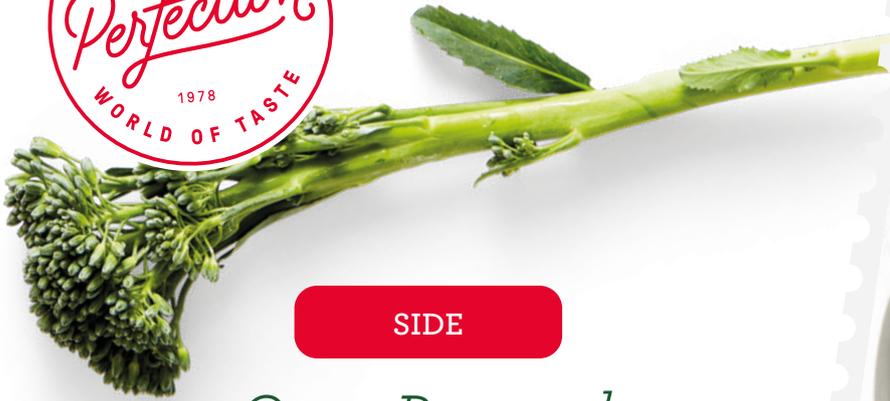
4-5 (about 800g) Monte Rosa® tomatoes  
½ cup (80ml) extra virgin olive oil  
½ tbs (30ml) red wine vinegar  
1 tsp Dijon mustard  
½ tsp caster sugar  
12 slices sour dough  
1 large garlic clove, halved  
250g piece ricotta  
½ cup (120g) crème fraiche  
Micro herbs or salad leaves, optional to serve

### Step-by-Step Instructions

1. Wash and dry the tomatoes. Slice and arrange into a shallow ceramic dish. Whisk the oil, vinegar, mustard, sugar and salt and pepper together until well combined. Pour over the tomatoes, turn to coat all the tomatoes. Cover and set aside for 15-30 minutes.
2. Barbecue or chargrill the sour dough until toasted and lightly charred. While hot rub each piece of sour dough, 2-3 times with the cut garlic.
3. Whip the ricotta with hand beaters until almost smooth. Stir in the crème fraiche. Spread the ricotta mixture over each piece of sour dough. Top with marinated tomatoes and spoon over any remaining dressing. Scatter with herbs or leaves. Season with salt and freshly ground black pepper. Serve.



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SIDE

# Oven Roasted Broccolini®

COST PER SERVE  
\$2\*



Serves: 4 as a side



Prep: 5 mins



Cook: 12 mins

## Ingredients List

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

## Step-by-Step Instructions

1. Preheat the oven to 220°C fan forced.
2. Place the Broccolini® in a single layer in a lightly greased roasting pan. Spoon over the oil. Sprinkle over the Moroccan spice blend. Season with pepper. Toss gently to coat.
3. Roast for 12 minutes or until the florets are golden and crisp and the stems tender.
4. Remove from the oven, squeeze over the lemon. Serve.



### Serving Suggestion:

- Roasted Broccolini® can be served with a variety of proteins such as lamb, chicken, beef, or fish.
- It can also be served with roasted vegetables or pan-fried tofu for a meatless vegetarian or vegan option.



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





SIDE

# Qukes®

## Watermelon & Feta Salad

COST PER SERVE  
\$3\*



Serves: 8 as a side



Prep: 15 mins

### Ingredients List

- 2.5 kg piece seedless watermelon
- 200g Qukes® baby snacking cucumbers, thickly sliced
- ½ cup loosely packed mint leaves
- 150g Greek feta
- 2 tbs raspberry or sherry vinegar
- 2 tbs extra virgin olive oil

### Dressing

- ⅓ cup (80ml) extra virgin olive oil
- 2 tbs raspberry or red wine vinegar
- 2 tsp Dijon mustard
- 2 tsp maple syrup

### Step-by-Step Instructions

1. Remove the rind from the watermelon and cut into 2½ cm cubes. Place into a large serving bowl.
2. Add the Qukes® and mint. Stir gently to combine. Crumble the feta over the salad.
3. Whisk the vinegar and oil together until well combined, season with pepper and spoon over the salad just before serving.



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LUNCH

# Perfection Strawberry & Haloumi Salad

COST PER SERVE  
\$4\*



Serves: 2 as a lunch



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 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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MAIN

# Qukes® Tuna & Charred Corn Brown Rice Salad

COST PER SERVE  
\$5\*



Serves: 4 as a lunch



Prep: 15 mins +  
5 mins marinating



Cook: 4 mins

## Ingredients List

- 250g Qukes® baby cucumbers, coarsely chopped
- 4 Minicaps® baby capsicum, thinly sliced crossways
- ½ cup (80ml) olive oil, lime, juiced
- 2 tbs sriracha
- 115g fresh baby corn, halved lengthways
- 2¾ cups (450g) precooked brown rice
- 4 green onions, thinly sliced
- 425g can tuna, drained, broken into chunks
- 50g baby spinach leaves
- Coriander sprigs and lime wedges, to serve

## Step-by-Step Instructions

1. Combine the olive oil, lime and sriracha together in a bowl. Add the corn and stir to coat. Set aside for 5 minutes.
2. Preheat a barbecue plate or large frying pan on high heat until hot. Remove the corn from the dressing, reserving the dressing. Cook the corn for 1-2 minutes on each side or until lightly charred. Remove to a plate.
3. Warm the rice following the packet directions. Spoon into a large bowl.
4. Add the Minicaps® baby capsicums, green onions, tuna and spinach. Stir gently to combine.
5. Spoon onto serving plates, top with Qukes® baby capsicums and the charred baby corn. Spoon over the reserved dressing. Season, top with coriander and serve with lime wedges.



**Tip:** Swap the avocado for a fried egg. Follow steps 1-2 above, top with a fried egg, Qukes®, Mix-a-Mato® tomatoes and remaining chives. Serve with lime.



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MAIN

# Qukes® Mix-a-Mato® Tomatoes

## & Tuna Cheesy Tortilla

COST PER SERVE  
\$5\*



Serves: 4



Prep: 10 mins



Cook: 8 mins

### Ingredients List

- 250g Qukes® baby cucumbers, thickly sliced
- 200g Mix-a-Mato® 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® baby cucumbers, Mix-a-Mato® tomatoes and diced avocado. Sprinkle with remaining chives. Serve with lime.



**Tip:** Swap the avocado for a fried egg. Follow steps 1-2 above, top with a fried egg, Qukes®, Mix-a-Mato® tomatoes and remaining chives. Serve with lime.



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MAIN

# Cauli-Blossom<sup>®</sup>

*with Salmon & Miso Dressing*

COST PER SERVE  
\$6\*



Serves: 2



Prep: 10 mins



Cook: 10 mins

## Ingredients List

250g Cauli-Blossom<sup>®</sup>, cut into single stems, rinsed  
2 tbs vegetable oil  
2 x 150g pieces salmon, skin on  
Ramen or soba noodles, to serve  
1 tbs Furikake (Japanese seasoning), to serve (see Tip)

### Miso Dressing

2 tbs Shiro (white) miso  
2 tbs sake or rice wine vinegar  
2 tbs mirin  
1 tsp caster sugar  
2 tbs extra virgin olive oil  
3-4 tsp water  
1 tsp each black and white sesame seeds, toasted



## 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.



**Tip:** Furikake is a delicious seasoning. Available from Japanese section of larger supermarkets and Asian Grocery stores.



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MAIN

# One Pan Chicken & Broccolini® Stir Fry

COST PER SERVE  
\$6\*



Serves: 4



Prep: 15 mins



Cook: 15 mins

## Ingredients List

2 bunches Broccolini®  
400g packet shelf-fresh, wholegrain wok-ready noodles (see tip)  
600g chicken breast fillets, thinly sliced crossways  
175g Minicaps® baby capsicums, sliced  
4 green shallots, thinly sliced  
2 tbs reduced salt soy sauce  
2 tbs maple syrup  
2 tbs unsalted, dry roasted peanuts, chopped

## Step-by-Step Instructions

1. Cut the Broccolini® in half crossways.
2. Place the noodles in a large heatproof bowl. Cover with boiling water. Stir to separate the noodles. Stand for 2 minutes. Drain, refresh under cold water. Drain well.
3. Heat a lightly oiled, large non-stick frying pan or wok over high heat until hot. Add half the chicken in a single layer. Cook for 2 minutes on each side or until light golden and just cooked through. Remove to a plate. Repeat with remaining chicken.
4. Add the Broccolini®, Minicaps® baby capsicums and 1 tablespoon of water to the hot pan. Stir-fry for 3 minutes or until the Broccolini® is just tender.
5. Return all the chicken to the pan with the noodles, green shallots, and combined soy sauce and maple syrup. Cook, stirring, for 1-2 minutes, until hot.
6. Sprinkle with peanuts. Serve.



**Tip:** Shelf-fresh, wholegrain wok-ready noodles are available from the noodle section in major supermarkets.



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DESSERT

# Quick & Easy Perfection Raspberry Turnovers

COST PER SERVE  
\$2\*



Serves: 8



Prep: 15 mins



Cook: 20 mins

## Ingredients List

125g Perfection Raspberries  
2 sheets puff pastry, partially thawed  
200g spreadable cream cheese  
4 tablespoons (60g) icing sugar  
4 tbs double thick vanilla custard  
(Pauls brand)  
2 tbs flaked almonds

## Step-by-Step Instructions

1. Preheat oven to 200°C fan forced. Line a large baking tray with baking paper.
2. Cut each sheet of puff pastry into 4 squares. Stir the cream cheese and 3 tablespoons icing sugar together until well combined. Swirl through the custard, don't overmix. Spoon 1 tablespoon onto one-half of each pastry square. Top each with 3-4 raspberries. Fold over un topped pastry to form a triangle. Press edges together with a fork.
3. Place onto tray. Brush tops with water and sprinkle with almonds. Bake 18-20 minutes until puffed and golden. Dust with remaining icing sugar to serve.



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DESSERT

# Barbecue Chilli Lime Calypso® Mango



Serves: 4



Prep: 15 mins



Cook: 10 mins

COST PER SERVE  
\$3\*

## Ingredients List

4 Calypso® Mangoes, chilled  
2 limes  
1 tsp dried chilli flakes  
1/3 cup white sugar  
1 tsp sea salt flakes  
Vanilla ice cream, to serve

## Step-by-Step Instructions

1. Grate the rind from the limes. Place rind, chilli, sugar and salt into a small food processor. Process until well combined. Transfer to a bowl.
2. Half the limes and juice two lime halves.
3. Slice the cheeks from each Calypso® mango. Score each portion deeply into the flesh in a cross-hatch pattern, cutting down but not through the skin. Spoon the lime juice over the mangoes, allowing the juice to run between cuts. Sprinkle 1 tsp chilli lime mixture over each.
4. Preheat a clean barbecue plate or chargrill on high heat. Place a piece of baking paper onto the hot barbecue plate. Working quickly, place 4 mango cheeks, cut side down onto the paper. Barbecue for 4-5 minutes until charred. Remove to a board. Repeat with remaining mango, using a fresh sheet baking paper.
5. Sprinkle a little more chilli lime mixture over each mango half. Serve with ice cream.

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DESSERT

## Dairy-Free Havana™ Banana Bread

COST PER SERVE  
\$ 2\*



Serves: 8



Prep: 15 mins



Cook: 1 hr 20 mins

### Ingredients List

7 bananas, mashed  
1 extra banana & 1 tbs raw sugar  
2 cups (300g) self-raising flour  
2 tsp ground cinnamon  
¾ cup (170g) raw sugar  
¾ cup (70g) desiccated coconut  
2 eggs, lightly beaten  
400ml can coconut milk  
Nut butter, to serve

### Step-by-Step Instructions

1. Preheat oven 180°C fan forced. Grease and line 6cm deep, 10cm x 21cm (base) loaf pan.
2. Sift the flour and cinnamon into a bowl. Stir in the sugar and coconut. Add the eggs, coconut milk and mashed banana. Stir gently to combine. Spoon the into the loaf pan and smooth the surface.
3. Cut the extra banana into three lengthways and place on top of the banana bread mx. Sprinkle with extra sugar. Bake for 1 hour 20 minutes or until a skewer inserted into centre comes out clean. Stand in the cake pan 15 minutes in pan before lifting onto a wire rack.
4. Slice and serve warm or at room temperature. It is also delicious served toasted (in a sandwich press) spread with nut butter.



**Tip:** You will need 2 cups coarsely mashed Havana™ Banana's.



**Tip:** Banana bread with freeze up to 3 months whole or sliced.



\*Our per serve costs are based on stated ingredient quantities used in each recipes and standard (or average where applicable) shelf prices as of September '23. Ingredient pricing may vary by retailer

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