

SNACK YOUR LUNCHBOX

*A selection of our favourite
healthy snacking recipes & ideas
for serious lunchbox envy*





About Perfection

The crack of crisp Broccolini®. The luscious, red sweetness of raspberries. Tastes, textures and colours that turn everyday meals into memorable moments. These are our greatest passions in life. Since 1978 we've travelled the world searching for fresh produce that's tastier and fresher in flavour. And when we find the absolute best, we bring it home to Australia, to grow, perfect and share with you.

Our Produce

We're behind some of Australia's favourite, freshest flavours. From Broccolini® - one of our greatest and tastiest field discoveries, to our coolest, crunchiest creation yet, Qukes® baby cucumbers. Among our many claims to fame are our luscious, vine-ripened tomatoes, grown especially for you in all shapes and sizes. And our exclusive lines of blueberries, raspberries and mangoes - like a taste of tropical paradise.

Did you know?

Petite Tomatoes™ are a good source of Vitamin C for immunity and to help reduce tiredness & fatigue.

Qukes® are not just regular cucumbers picked early, they're actually a unique variety that's made to be mini!

Tomatoes should be stored at room temperature for maximum flavour.

Qukes® are a source of Vitamin C to support a healthy immune system.





QUKES® AND BERRY ICE BLOCKS

Makes: 12

Prep time: 1 hour + 6 hours freezing

INGREDIENTS

500g Qukes® baby cucumbers

500ml lemonade, ginger beer or lemon lime & bitters

FRESH BLUEBERRY CORDIAL

125g Perfection blueberries

1/2 cup water

1 tsp caster sugar

1 tbs lemon juice

1/2 tsp tartaric acid, optional

METHOD

For the cordial; combine the water and sugar in a saucepan, stir constantly over medium heat without boiling until the sugar has dissolved. Bring to boil, reduce heat and simmer for 3 minutes without stirring. Add the lemon juice and blueberries and simmer for 8 minutes. Remove from the heat, stir in the tartaric acid and set aside to cool. Pour the mixture into a blender and blend until smooth. Strain, discarding the skins. Refrigerate until cold. Once cold pour into a clean sanitised jar and refrigerate for up to 1 month.

Slice 10 Qukes® lengthways, each into 5, then arrange, standing upright into 12 x 80ml (1/3 cup) popsicle moulds.

Mix 250ml lemonade, ginger beer or lemon lime and bitters with 2 tablespoons of blueberry cordial. Carefully pour into the molds so they are half full. Cover and freeze for 2 hours until partially frozen.

Remove from the freezer, insert a paddle-pop stick into the centre of each mould. Top up with remaining lemonade. Freeze for 6 hours or overnight if time permits. Remove from the moulds and serve immediately.

Tip: For Qukes® and mango ice blocks, chop 250g Qukes® and 2 Calypso® Mangoes, spoon into popsicle moulds, fill with lemonade, ginger beer or lemon lime and bitters, freeze until firm.



QUKES® SUSHI

Serves: 8

Prep time: 5 mins

INGREDIENTS

8 Qukes® baby cucumbers

8 slices wholemeal bread, crust removed

6 tbs (125g) spreadable cream cheese

1-2 tbs sweet chilli sauce

METHOD

Roll the bread gently to flatten slightly, trim edges.

Combine the cream cheese and sweet chilli and spread evenly over the bread.

Place a Quke® on the edge of one slice of bread and roll up to enclose. Repeat with remaining Qukes® and bread. Cut into sushi-like rounds to serve.



TANDOORI CHICKEN AND QUKES® SALAD CUPS

Makes: 6

Prep time: 10 mins

Cook time: 5 mins

INGREDIENTS

250g Qukes® baby cucumbers

500g chicken tenderloins, trimmed, roughly chopped

1 tbs Tandoori paste

1 cup natural yoghurt

2 tbs vegetable oil

1/4 cup mango chutney

1/4 cup iceberg lettuce, shredded

Mint leaves and warmed roti bread, to serve

METHOD

Combine chicken, tandoori paste and 1 tablespoon of the yoghurt in a bowl. Stir to coat.

Heat a non-stick frying pan over a medium to high heat. Add oil and swirl to coat, add the chicken. Cook, stirring occasionally for 5 minutes or until cooked through. Remove to a bowl.

Combine the chutney and remaining yoghurt, spoon the mixture evenly between six 225ml serving cups. Top with lettuce.

Cut the Qukes® lengthways into quarters. Arrange in cups around the inside edge. Spoon chicken over the lettuce. Top with mint leaves. Serve with roti bread.

Tip: You can replace the Tandoori paste with satay if you like



MEXICAN LAYERED DIP WITH PETITE TOMATO™ SALSA

Serves: 8

Prep time: 15 mins

Cook time: 1 min

INGREDIENTS

2 large ripe avocados

2 green onions, thinly sliced

1/2 lime, juiced

300ml carton sour cream

35g sachet taco seasoning

1 fresh corn cob, husks removed

120g (1 cup) tasty cheese, finely grated

Corn chips, to serve

PETITE TOMATOES™ SALSA

400g Petite Tomatoes™, halved lengthways

1/2 lime, juiced

1 tbs extra virgin olive oil

1/2 cup fresh coriander leaves, roughly chopped

2 tbs finely chopped jalapeños

METHOD

Coarsely mash avocados and stir in green onions and lime juice. Season. Spread over the base of a 4 cup capacity serving dish.

Gently stir the sour cream and seasoning together and spread evenly over the avocado layer. Cover and refrigerate for 1 hour, or until firm.

For the salsa; combine the tomatoes, lime juice and olive oil. Season. Cover and set aside until ready to serve. Cut the corn from the cob. Place onto a microwave-safe plate and top with a piece of damp paper towel. Microwave on High/100% for 45-60 seconds or until just tender and bright yellow. Allow to cool.

Just before serving, sprinkle the cheese over the sour cream layer and top with corn. Add the coriander and jalapeños to the tomato salsa and spoon over the dip. Serve with corn chips.

Tip: Dip can be made up to 3 hours ahead of being served.



RACING CAR QUKES® BABY CUCUMBERS

Makes: 6

Prep time: 30 mins

INGREDIENTS

250g Qukes® baby cucumbers

6 Petite Tomatoes™

1 tbs spreadable cream cheese

Black writing icing, to decorate

METHOD

Cut two Qukes® crossways into 24 even rounds for the wheels.

Pat Qukes® dry with paper towel. Using a 2cm round cutter, press into the centre of each whole Quke®, about halfway down to form a hole for the head. Using a teaspoon, remove and discard flesh.

Pat the Quke® rounds dry with paper towel. Spoon a little cream cheese onto each round and press onto Qukes® to form the wheels.

Trim one end of each tomato. Place cut-side down in the hole of each Quke®. Decorate tomatoes with two small dots of cream cheese for eyes. Use writing icing for pupils. Serve.





SMASHED JALAPEÑO AVOCADO, QUKE® CRUMPETS WITH SOFT BOILED EGGS

Serves: 4
Prep time: 10 mins
Cook time: 6 mins

INGREDIENTS

500g Qukes® baby cucumbers
1 large ripe avocado
1 tbs pickled jalapeño, finely chopped
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

METHOD

Combine the avocado and jalapeño together and season. Slice 8 Qukes® lengthways, each into 4.

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 cold 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.

Spread 4 crumpets with the avocado mixture. Spread the remaining 4 crumpets with cottage cheese. Top all crumpets with sliced Qukes® 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.



MINICAPS® BABY CAPSICUM FLOWERS

Makes: 5
Prep time: 30 mins

INGREDIENTS

350g Minicaps® baby capsicums
200g Tomato medley
200g Qukes® baby cucumbers, sliced into thin rounds
1 bunch baby endive lettuce, washed
baby basil leaves, to decorate

FILLING

250g spreadable cream cheese
2 tbs chopped chives
1 tbs sweet chilli sauce

METHOD

Cut 10 Minicaps® in half lengthways, trim and remove any seeds.

For the filling, mix all the ingredients together and season. Spoon the filling into the Minicaps®. Arrange 5 filled Minicaps® on a large board or plate in the shape of a flower. Cut one tomato in half and put in the centre of the Minicaps®. Arrange the Qukes® lengthways to form the stem, then attach basil leaves to form the leaves. Repeat with remaining ingredients. Press dough out to 2cm thickness. Use a 5cm round scone cutter to cut as many scones from the dough as possible. Repeat to get 18 scones. Place onto a tray, almost touching each other. Bake for 12-15 minutes until golden and well risen. Set aside to cool.

Separate the endive and arrange over the base of board or plate as the grass. Scatter with extra basil leaves to serve.



ITALIAN PASTA SALAD WITH TOMATO MEDLEY

Serves: 4 - 5

Prep time: 15 mins

Cook time: 10 mins

INGREDIENTS

200g Tomato Medley, halved

175g Minicaps® baby capsicums, halved, seeds removed

1 tbs olive oil

375g fresh ricotta and spinach agnolotti

150g mixed olives, pitted, roughly chopped

1 tbs drained capers

60g rocket leaves

1/2 cup small basil leaves

50g parmesan, shaved

DRESSING

1/4 cup extra virgin olive oil

1 tbs red wine vinegar

1 tsp caster sugar

1/2 tsp chilli flakes

1 tsp Dijon mustard

METHOD

Preheat oven to 200°C fan forced. Place Minicaps® into a large roasting pan. Drizzle with oil and season. Roast for 8-10 minutes until just tender but still holding their shape. Set aside to cool in the pan.

Cook the pasta in a large saucepan of boiling salted water following the packet directions, drain. Allow to cool.

Meanwhile, add the pasta, Medleys, olives, capers, rocket, basil and half of the parmesan to the Mincaps®. Stir gently with a large metal spoon to combine.

Whisk all the dressing ingredients in a jug. Pour over the pasta salad and toss gently to coat. Spoon salad onto a serving platter or board. Scatter with remaining parmesan, season and serve.



QUKES® BOATS

Makes: 12

Prep time: 25 mins

INGREDIENTS

250g Qukes® baby cucumbers

1 large roast chicken

1/4 cup whole egg mayonnaise

1/4 cup carrot, thinly shredded

1/4 cup celery, finely diced

2 tbs fresh chives, finely chopped

3 slices tasty cheese

METHOD

Cut Qukes® in half lengthways. Using a teaspoon, scoop out a little flesh from centre to form a boat.

Shred the chicken, you will need 1 1/2 cups (150g). Combine the chicken, mayonnaise, carrot, celery and chives. Season and mix well.

Place the Qukes®, cut-side up on a board. Spoon the chicken mixture evenly among the Qukes®. Cut each cheese slice into 8 equal triangles. Sandwich two triangles together and stand upright in the chicken mixture, to form the sail. Repeat with remaining cheese. Serve.

Tip: Slightly remove the bottom of the Qukes® to create a base. This will stop them from falling over.



GUACAMOLE QUKES® BABY CUCUMBERS TORTILLAS

Makes: 16

Prep time: 10 mins

Cook time: 4 mins

INGREDIENTS

500g Qukes® baby cucumbers

2 tbs olive oil

2 garlic cloves, crushed

4 mini soft tortillas

1/3 cup frozen peas, thawed

1 large avocado, mashed

1 long red chilli, finely chopped

1/4 cup mint leaves, chopped

60g feta, crumbled

1/2 lemon, juiced

Thinly sliced red chilli & extra virgin olive oil to serve

METHOD

Combine the oil and garlic then brush over one side of the tortillas. Cut each tortilla into quarters. Heat a non-stick frying pan over medium-high heat until hot. Cook tortilla triangles, 4 at a time for 30-45 seconds on each side until light golden. While hot, remove and quickly wrap over the handle of a wooden spoon. Allow to cool.

Using a small sharp knife cut each Quke® lengthways leaving them still attached at the base.

Crush the peas with a fork then transfer to a bowl. Add avocado, chilli, mint, feta and lemon juice. Mix well.

Spoon 2 heaped teaspoons of guacamole mixture into each Quke®. Place into the centre of tortilla cups. Top with chilli if desired. Drizzle with a little extra virgin olive oil, season and serve.



MEXICAN CHICKEN AND QUKES® SANDWICHES

Makes: 12

Prep time: 20 mins

INGREDIENTS

250g Qukes® baby cucumbers

1 large roast chicken

1 tbs taco seasoning

1 cup whole egg mayonnaise

12 slices sandwich bread, (we used half grain and half wholemeal)

1 large avocado, mashed

2 tbs softened butter

METHOD

Shred the chicken, you will need 2 cups (200g). Combine chicken, seasoning and 2/3 cup of the mayonnaise. Season and mix well.

Thinly slice each Quke®, lengthways into four even slices. Place four slices of bread on a clean board. Spread evenly with avocado. Top each slice with half the Qukes®. Top with another four slices of bread. Spread evenly with chicken mixture.

Spread the remaining bread slices with butter. Place on top of the chicken mixture, buttered-side down. Spread tops with remaining mayonnaise (1 tablespoon on each). Arrange the remaining Qukes® over the top of each sandwich. Using a serrated knife, remove the crusts. Cut each sandwich in half and serve.

About

We're passionate about growing delicious seasonal produce. And we've harnessed Australia's unique climate and diverse growing regions to make that happen. From the sun-streaked fields of Queensland, to the lush midland meadows of Victoria, and the mild climes of Southern Australia. We go where the seasons take us.

We've established our very own Perfection growing facilities across the country. And partnered with Australia's finest growers. So our fruit and veg is farm fresh and flavour perfect all year round.



Quick Tips

LUNCHBOX - Combine Qukes® & Petite Tomatoes™ with cheese cubes or carrot sticks and your favourite dip for a lunchbox treat.

BREAKFAST - Blueberries make for the perfect final ingredient for an easy and healthier spin on the traditional banana split, just slice a banana in half lengthways, spoon plain or vanilla Greek yoghurt over the center, topped with fresh berries, granola and a drizzle of honey.

PERFECT PAIRS - Qukes® pair perfectly with tomato, mint, chicken, feta, chives, fish, garlic, lemon, salads & sour cream.

SNACK - Qukes® are great for dipping, spread with your favourite dip and toppings or munch as a healthy snack on their own.

SNACK - Halve Petite Tomatoes™, add lemon juice, olive oil, finely chopped chives and season for a flavourful pick-me-up.

To explore more of our delicious produce and recipes, visit:

perfection.com.au

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