



— COMFORTING RECIPES —

COSY BITES

🍷 *for the* 🍷
CHILLY SEASON

MAKE EVERY DAY

SINCE 1978

Perfection
FRESH®

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— COMFORTING RECIPES —

COSY BITES

— for the —

CHILLY SEASON

Cosy Bites gathers golden bakes, roasted veggies and pudding-style desserts using vibrant Broccolini®, Minicaps® and lush Perfection raspberries, perfect for staying in, slowing down and sharing comforting, colourful food on chilly evenings.

ABOUT PERFECTION FRESH

Perfection Fresh has been the pioneer in delivering premium-quality fresh produce, tailored to Australian diets and lifestyles since 1978. With a dedicated team of more than 2,000 passionate individuals across Australia and beyond, we focus on our rich history and expertise in farming and product variety, collaborating with the Australian farming community to grow the freshest produce.

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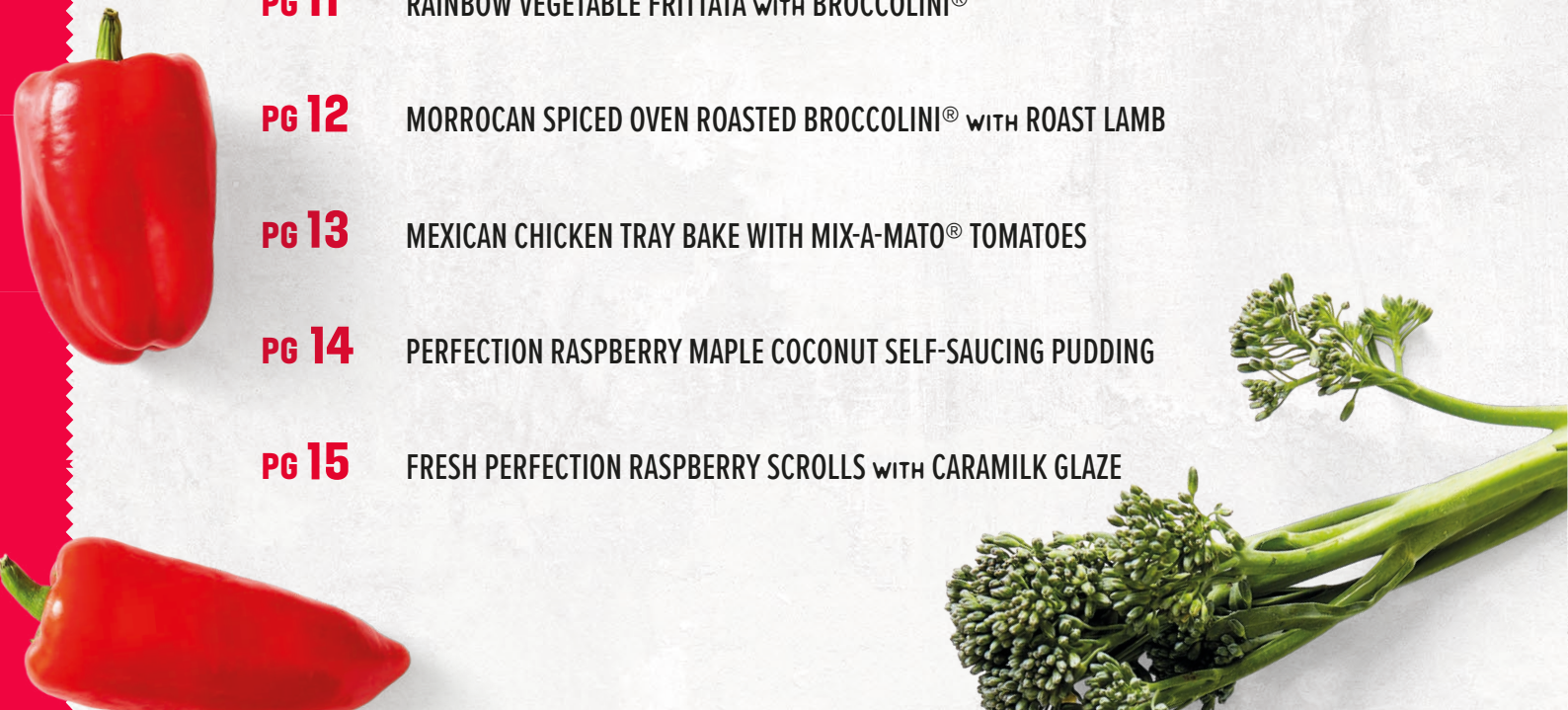
Tips AND Tricks

FOR COLD-WEATHER COOKING SUCCESS

- 1. INGREDIENTS** Bring ingredients to room temperature: Eggs, milk, butter and even meat that are not fridge-cold help doughs, batters and proteins cook more evenly, improving texture, browning and juiciness in cooler kitchens.
- 2. PRE-WARM OVEN AND TINS** For scrolls and self-saucing puddings, make sure the oven is fully preheated so dough rises well and the sauce thickens and bubbles properly. Preheated trays for meats and vegetables jump-starts browning, reduces steaming and can slightly shorten cooking time for busy weeknights.
- 3. LAYER FLAVOURS WITH PANTRY HEROES** In cooler months, lean into spices and herbs for warmth, aroma and subtle heat – they add antioxidants and plant compounds that support overall health, while maple syrup and coconut bring sweetness and depth.
- 4. MAXIMISE LEFTOVERS FOR NEXT DAY** Extra frittata rewarms beautifully and leftover roasted Minicaps® are great tucked into wraps or alongside grilled meats for an easy second meal.
- 5. SERVE HOT WITH CONTRAST** Serve hot savoury dishes with a crisp salad or lemon wedges to cut through richness, add freshness and boost veg intake - the meal will feel lighter and more balanced. Pair warm puddings and scrolls with fresh fruit and yoghurt, which adds brightness, protein and tangy creaminess without relying solely on ice-cream.



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— BRUNCH OR DESSERT —

UPSIDE DOWN PERFECTION STRAWBERRY PASTRIES

Serves

4

Prep Time

15 MINS

Cook Time

14 MINS

Ingredients

2 sheets frozen puff pastry, partially thawed

⅓ cup (75g) raw sugar

2 x 350g Perfection Strawberries, hulled, halved

½ cup (75g) pistachio kernels

30g butter, softened

1 egg yolk

TO SERVE

Chopped pistachio kernels

Crème fraiche

Vanilla bean paste

Method

1. Preheat oven to 220°C fan forced. Draw 4x6cm squares onto two large sheets of baking paper. Place drawn side down onto two baking trays.
2. Combine 2 tablespoons raw sugar and strawberries in a bowl. Stir gently to coat. Spoon the strawberry mixture evenly over each marked square on the baking paper.
3. Cut each pastry sheet into 4 squares, so you have 8. Process the remaining sugar, pistachio kernels, butter, and egg yolk until mixture forms a paste. Carefully spread the mixture over one side of each pastry square.
4. Place a pastry square, pistachio side down, on top of each berry stack. Use a fork to crimp the edges of the pastry onto the tray. Bake for 12-14 minutes or until pastry is puffed and golden. Stand 3 minutes then carefully flip the tarts over onto a wire rack. Sprinkle with extra pistachios.
5. Swirl the crème fraiche and vanilla together. Serve with pastries.



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ROASTED BRUSSELS SPROUTS WITH JALAPENO DRESSING



Serves
3-4

Prep Time
5 MINS

Cook Time
15 MINS

Ingredients

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

CREAMY JALAPEÑO 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)

TIP

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.

Method

1. 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.

AIR FRYER METHOD

2. Preheat the air fryer to 200°C. 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.

OVEN ROASTED METHOD

3. 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.
4. For the dressing, combine all the ingredients together. Refrigerate until ready to serve.
5. 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.



— SIDE —

OVEN ROASTED CAULI-BLOSSOM® WITH TAHINI LEMON DRESSING

Serves
3

Prep Time
20 MINS

Stand Time
15 MINS

Cook Time
15 MINS

Ingredients

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

Method

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. Scatter the raisin, almonds and parsley over the Cauli-Blossom®. Season, drizzle with extra virgin olive oil and serve.



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TRAY BAKED ROASTED VEGETABLES WITH BROCCOLINI®



Serves

4

Prep Time

15 MINS

Cook Time

55 MINS

Ingredients

1 bunch Broccolini®, thick stems halved lengthways
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

Method

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.

LEFTOVERS TIP

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

SERVING SUGGESTION

Serve with your favourite protein such as grilled or barbecued sausages, chicken, beef, lamb, pork, or tofu.





— LUNCH —

GREEK STYLE ROASTED MINICAPS® BABY CAPSICUMS

Serves

4

Prep Time

10 MINS

Cook Time

20 MINS

Ingredients

2 x 175g Minicaps® baby capsicums,
halved lengthways
4 tbs (80ml) extra virgin olive oil
½ lemon, juiced
1 garlic clove, crushed
1 tsp smoked paprika
3 tsp (15ml) honey
2 tsp dried oregano
¾ cup (200g) hummus dip
½ cup (about 20) pitted Greek Kalamata
olives, torn in half
1-2 tbs chopped flat leaf parsley
2 tbs flaked almonds, toasted
Lemon wedges, to serve

Method

1. Preheat the oven 200°C fan forced. Arrange the Minicaps® baby capsicums in a greased roasting pan.
2. Combine the oil, lemon juice, garlic, paprika, honey and oregano in a bowl. Season, stir until the honey has dissolved. Spoon half the dressing over the MiniCaps® baby capsicums. Turn the MiniCaps® to coat. Place in the oven and roast for 18 minutes until lightly charred around the edges.
3. To serve, spoon the hummus onto a serving platter. Add the olives, parsley and almonds to the Minicaps®. Spoon over the hummus. Spoon over the remaining dressing. Serve warm, cold or at room temperature with lemon wedges.

TIP

Also great served with lamb, steak, sausages and chicken.



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PUY LENTILS WITH BROCCOLINI®



Serves
4

Prep Time
10 MINS

Cook Time
35 MINS

Ingredients

1 bunch Broccolini®
200g Petite Tomatoes™ 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 1 cm 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

Method

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.
3. 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.
4. Five minutes before the lentils are cooked, sauté the Broccolini® in a separate frying pan with a little oil until just tender.
5. Dollop yoghurt over the lentils then top with the sautéed Broccolini®. Scatter with mint and lemon rind. Drizzle with oil and season. Serve.



RAINBOW VEGETABLE FRITTATA WITH BROCCOLINI®



Serves
6

Prep Time
40 MINS

Stand Time
15 MINS

Cook Time
95 MINS

Ingredients

1 bunch Broccolini®, thick stalks halved lengthways
175g Minicaps® baby capsicums, halved
1 medium (300g) sweet potato, peeled, cut into 4cm pieces
1 eggplant (300g), cut into 3-4cm cubes
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 cup basil leaves
2 cups (70g) baby spinach
6 eggs
500g ricotta
60g parmesan, finely grated
1 cup (160g) caramelized onion jam
Micro herbs, to serve (optional)

Method

1. Preheat the oven to 230°C. Once hot, place a large dry roasting pan into the oven. Heat for 5 minutes (this prevents the vegetables from steaming).
2. Toss Minicaps®, sweet potato and eggplant with 2 tbsp oil, season, and spread onto the hot pan. Roast 40 min, turning halfway.
3. Meanwhile, place the basil and spinach in a food processor. Process until finely chopped. Add the eggs, ricotta, ½ cup (40g) of the parmesan. Season then process until well combined. Set aside.
4. Remove pan from oven. Nestle in the Broccolini® and kale, drizzle with remaining oil, add thyme, season, and roast 10 min until tender. Remove from oven.
5. Reduce the oven to 180°C fan forced.
6. Line a 5 cm deep, 18×30 cm pan. Layer half the roasted veg, half the onion jam, then half the egg mixture. Repeat. Tap to settle. Bake for 40 minutes until set and lightly golden. Rest for 15 minutes.
7. Lift the frittata onto a board, sprinkle with remaining parmesan, scatter over basil leaves, slice and serve.



TIP For easy lunches, reheat leftover pieces between baking paper in a sandwich press, or warm them in a hot oven. Serve with salad.

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— MAIN —

MOROCCAN SPICED OVEN ROASTED BROCCOLINI® WITH ROAST LAMB



Serves
4

Prep Time
10 MINS

Cook Time
40 MINS

Ingredients

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

Method

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 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. Spoon over the oil. Sprinkle over the spice blend. Season with pepper. Toss gently to coat.
6. Roast for 12 minutes (while the lamb is standing) or until the flowers are golden and crisp and the stems tender.
7. Slice the lamb, serve with roasted Broccolini®, tzatziki, lemon wedges and pan juices.

TIP

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



— MAIN —

MEXICAN CHICKEN TRAY BAKE WITH MIX-A-MATO® TOMATOES



Serves
4

Prep Time
25 MINS

Cook Time
35 MINS

Ingredients

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

Method

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 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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PERFECTION RASPBERRY MAPLE COCONUT SELF-SAUCING PUDDING



Serves
6

Prep Time
15 MINS

Cook Time
15 MINS

Ingredients

2 punnets Perfection Raspberries
1 $\frac{2}{3}$ cups self raising flour sifted
 $\frac{3}{4}$ cup caster sugar
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

Method

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.



— DESSERT —

FRESH PERFECTION RASPBERRY SCROLLS WITH CARAMILK GLAZE



Serves
9

Prep Time
2 HRS

Cook Time
25 MINS

Ingredients

3 cups (450g) cups bread flour
1 ½ tsp instant dried yeast
1 tsp sea salt flakes
⅔ cup (160ml) lukewarm milk
1 ½ tbs (30ml) pure maple syrup, at room temperature
2 eggs, at room temperature
85g cold butter, cut into small pieces

RASPBERRY FILLING

85g butter, at room temperature
¾ cup (150g) brown sugar
2 tsp ground cinnamon
2 x 125g Perfection raspberries, plus extra 125g to serve

GLAZE

90g Caramilk chocolate, chopped
1 ½ tbs (30ml) milk

Method

1. **DOUGH:** Place flour, yeast and salt in a stand mixer fitted with the mixing blade. Add milk, maple syrup and eggs. Mix on low until the dough comes together. Switch to the dough hook and knead on medium for 10 minutes until smooth, elastic and slightly sticky.
2. Reduce speed to medium-low. Add the butter, one piece at a time, mixing until fully incorporated. Turn the dough onto the bench, knead into a ball, and place into a lightly greased bowl. Cover with plastic wrap and a tea towel. Set aside in a warm place for 1 hour, or until doubled.
3. Punch down the dough to release air. Turn onto a lightly floured bench and knead until smooth. Roll into a 50cm × 25cm rectangle. Grease a 2cm-deep, 30cm roasting pan.
4. **FILLING:** Mix butter, brown sugar and cinnamon in a bowl. Spread evenly over the dough, leaving a 1cm border along the top long edge. Scatter raspberries evenly over the filling.
5. Starting from the long edge closest to you, roll the dough tightly into a log. Slice into 12 × 4 cm scrolls. Arrange in the prepared pan with a little space between each. Cover and set aside in a warm place for 30 minutes to rise.
6. Preheat the oven to 190°C fan-forced. Uncover the scrolls and bake for 20–25 minutes or until golden. Stand for 5 minutes, then carefully turn onto a board and flip upright onto a tray or platter.

7. **GLAZE:** Combine Caramilk chocolate and milk in a microwave-safe bowl. Microwave in 10-second bursts, stirring until smooth. Spoon the warm glaze over the warm scrolls. Scatter with extra raspberries and serve.



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