



EVERY DAY

SINCE 1978

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NOURISHING
BOWLS

for

LUNCH OR DINNER



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NOURISHING BOWLS

— *for* —
LUNCH OR DINNER

Bowls are the easiest way to build a balanced meal: plenty of veg, satisfying grains and quality protein all layered in one colourful dish. This ebook focuses on lunch and dinner bowls that hero Perfection produce, are easy to customise and work brilliantly for meal prep. Each recipe is designed to feel both good for you and genuinely crave-worthy on busy days.



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.

MAKE
EVERY
— DAY —

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Tips AND Tricks

FOR NOURISHING BOWLS

- 1. AIM FOR 50/50** Fill about half your bowl with colourful veg (raw and roasted) and the other half with whole grains and protein to keep meals satisfying and balanced.
- 2. MIX TEMPERATURES AND TEXTURES** Combine warm grains or proteins with crisp, cool Qukes®, tomatoes or leafy greens for bowls that feel vibrant, not heavy.
- 3. DON'T SKIMP ON HEALTHY FATS** Add avocado, nuts, seeds or olive oil for fullness, flavour and better absorption of fat-soluble vitamins from your veg.
- 4. FINISH WITH A HERO DRIZZLE** A punchy dressing (like tahini, miso or yoghurt-herb) ties everything together and turns “bits and pieces” into a crave-worthy bowl.



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BROCCOLINI® AND SALMON POKE BOWL

Serves

4

Prep Time
20 MINS

Cook Time
1 MINS

Ingredients

2 bunches Broccolini®
8 Qukes® baby cucumbers
4 large red radishes
2 cups (360g) cooked brown rice, at room temperature
600g frozen edamame, thawed, removed from the pods
1 avocado, quartered, thinly sliced crossways
400g sashimi grade skinless salmon, thinly sliced
Shredded toasted nori and wasabi peas, to serve

Method

1. Combine all the pickled ginger dressing ingredients in a large shallow dish, stir until well combined.
2. Drop the Broccolini® into a saucepan of boiling salted water, cook for 1 minute until bright green. Remove from the water and add to the dressing. Turn to coat the Broccolini® in the dressing. Set aside to cool.
3. Thinly slice the Qukes® baby cucumber lengthways and radish into rounds using a sharp knife or a mandolin.
4. Spoon the rice into the base of 4 serving bowls. Add the Broccolini®, Qukes®, radish, edamame, avocado and salmon. Spoon over the dressing just before serving, making sure the salmon is well dressed. Sprinkle with nori and wasabi peas. Serve.

PICKLED GINGER DRESSING

1 tbs sesame oil
2/3 cup (160ml) grapeseed oil
½ cup (125ml) rice vinegar
½ cup (125ml) tamari
2 tbs finely shredded pickled ginger
1 French shallot, very finely chopped
1 tsp each black and white sesame seeds, toasted



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THAI-STYLE CAULI-BLOSSOM® WITH PORK AND NOODLES

Serves
4

Prep Time
15 MINS

Cook Time
15 MINS



Ingredients

500g Cauli-Blossom®
3 tbs (60ml) vegetable oil
3 tbs (60g) Thai seasoning paste
200g rice stick noodles
500g pork mince
2 tbs (40ml) fish sauce
1 ½ tbs (30ml) hot or sweet chilli sauce
1 tbs brown sugar
1 cup (65g) bean sprouts (trimmed)
⅓ cup coriander, mint or Thai basil

Method

1. Cut any thick Cauli-Blossom® stems in half lengthways and leave the thinner stems whole. Prepare the noodles following packet directions. Drain and keep warm.
2. Add 2 tablespoons (40ml) each of the oil and seasoning paste to the cold wok or non-stick sauté pan. Stir over a high heat for 30-45 seconds or until aromatic. Add the Cauli-Blossom® and stir fry for 2 minutes.
3. Add 2 teaspoons of water, cover and cook for 90 seconds or until the Cauli-Blossom® stems are bright green and tender. Remove to a plate, cover and keep warm.
4. Add the remaining oil and paste to the hot wok or sauté pan. Stir over high heat until aromatic. Add the pork and stir fry, breaking up the mince for 3 minutes until browned.
5. Add the noodles and combined fish sauce, chilli sauce and sugar. Stir fry until combined and heated through.
6. Add in the Cauli-Blossom®, top with bean sprouts and coriander, then serve.



MEXICAN CHICKEN BOWL WITH CALYPSO® MANGO



Serves
4-6

Prep Time
30 MINS

Cook Time
35 MINS

Ingredients

3 Calypso® mangoes, peeled, chopped
3 corn cobs, peeled
3 tbs (60ml) olive oil
40g sachet fajita seasoning
2 garlic cloves, crushed
600g chicken thigh fillets, sliced crossways on angle
175g Red Capsicums, chopped
450g packet microwave brown or jasmine rice
1 cos lettuce heart, chopped
1 large avocado, mashed

TO SERVE

Coriander
Sliced pickled jalapeños
Pan fried tortillas
Lime wedges
Finely grated parmesan, optional

Method

1. Brush the corn cobs lightly with a little oil. Grill over high heat for 8–10 minutes, turning occasionally, until charred all over. Set aside to cool slightly, then slice the kernels from the cob. Alternatively, cook the corn in an air fryer (see tip).
2. Combine 2 tablespoons of the oil with the fajita seasoning, garlic and chicken in a bowl. Mix well.
3. Heat a large non-stick frying pan over medium-high heat. Add one-third of the chicken and cook for 4–5 minutes, turning occasionally, until cooked through. Transfer to a clean bowl. Repeat with the remaining chicken in two more batches.
4. Add the remaining oil and chopped capsicum to the hot pan. Sauté for 3–4 minutes until lightly charred and tender. Transfer to the cooked chicken and toss gently to combine.
5. To assemble, heat the rice according to packet directions. Spoon the warm rice into a large serving bowl or platter. Add the mango, charred corn, chopped lettuce, mashed avocado and chicken-capsicum mixture. Top with sliced jalapeños and coriander. Sprinkle the parmesan over the corn if using. Serve with warm tortillas and lime wedges.

TIP Place the whole corn cobs in the air fryer and cook at 200°C for 10–12 minutes, turning halfway, until lightly charred. Allow to cool slightly, then use a sharp knife to slice the kernels from the cob.



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KATSU CHICKEN, BROCCOLINI® AND CAULI-BLOSSOM® BOWL



Serves
4

Prep Time
30 MINS

Cook Time
4 MINS

Ingredients

- 1 bunch Broccolini®
- 150g Cauli-Blossom®
- 6 Qukes® baby cucumbers, sliced
- 2 large chicken breast fillets
- ¼ cup plain flour
- 2 eggs, lightly beaten
- 1 ½ cup panko breadcrumbs
- Vegetable oil for shallow frying
- 1 ½ cups steamed jasmine rice
- 1 iceberg lettuce, cut into wedges
- 1 large avocado, cut into wedges

DRESSING

- 1 tbs white (Shiro) miso paste
- 1 tbs ginger pickling liquid
- 2 tsp finely chopped pickled ginger
- ½ cup whole egg mayonnaise

Method

1. For the dressing, stir the miso and ginger pickling liquid together to a smooth paste. Stir in the ginger and mayonnaise. If the dressing is too thick, add a little cold water to adjust the consistency. Set aside.
2. Carefully cut one chicken breast at a time, in half horizontally to form two thinner fillets. Place onto a sheet of baking paper on a board and flatten with a meat mallet.
3. Spoon flour and breadcrumbs onto plates. Whisk the eggs and a little cold water in a shallow dish. Dip the chicken into the flour, egg, then breadcrumbs. Press the crumbs on firmly to coat.
4. Cover the base of a large frying pan with oil. Heat over medium heat. Cook the chicken in batches, for 2-3 minutes each side or until golden and cooked through. Transfer to a board and cut into thick pieces.
5. Meanwhile, blanch, microwave or steam the Broccolini® and Cauli-Blossom® until just tender. Drain and refresh in cold water. Drain well.
6. Spoon the rice into the base of 4 serving bowls. Arrange the Broccolini®, Cauli-Blossom®, chicken, lettuce, avocado and Qukes® in the bowls. Drizzle over the dressing and serve.



TIP

For a vegetarian option, switch chicken for firm tofu and follow steps as above.



QUKES® TERIYAKI BEEF BOWL

Serves
4

Prep Time
20 MINS

Cook Time
15 MINS

Ingredients

250g Qukes® baby cucumbers
200g Grape Kumato® Tomatoes
1 ½ cups sushi rice, rinsed well
⅓ cup mirin
2 tbs teriyaki sauce
2 tbs soy sauce
2 tsp caster sugar
1 tsp sesame oil
1 tbs vegetable oil
600g beef mince
4 green onions, thinly sliced
2 small avocados, halved
600g frozen edamame, thawed, podded
4 radishes, trimmed, thinly sliced
Pickled ginger, toasted sesame seeds
and chilli seaweed chips, to serve

Method

1. Combine the rice and 2 cups of water in a saucepan over medium-high heat and bring to the boil. Reduce heat to low and cover. Simmer for 10 minutes or until liquid is absorbed. Remove from the heat and set aside for 10 minutes. Stir the rice with a fork and stir in 1 tablespoon mirin.
2. Combine remaining mirin with teriyaki, soy, sugar and sesame oil. Stir until sugar dissolves. Cut the Qukes® in half lengthways and turn cut side down onto the board. Use a wide blade knife to smash the Qukes® into rough pieces.
3. Heat oil in a frying pan over high heat. Add mince and cook, stirring to break up the mince for 5 minutes until browned. Add 3 tablespoons of the teriyaki mixture and simmer for 5 minutes until thickened. Stir in green onions and season with pepper.
4. Spoon the sushi rice over the base of 4 serving bowls. Add Qukes® tomatoes, beef, avocado and edamame. Spoon over the remaining teriyaki dressing. Top with radish, ginger and sesame seeds. Serve with seaweed chips.



TIP

Switch the beef for 600g fresh salmon. Brush the salmon with 2 tbs teriyaki mixture then pan fry for 2-3 minutes each side. Stand for 5 minutes then slice.

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PETITE TOMATOES™ MEXICAN BOWL



Serves

4

Prep Time

10 MINS

Cook Time

25 MINS

Ingredients

2 x 200g Petite Tomatoes™, halved
1 ½ tbs olive oil
1 brown onion, finely chopped
35g sachet taco seasoning
500g beef mince
1 cup tomato passata
2 cups cooked long grain rice
1 iceberg lettuce cut into wedges
1 large avocado, quartered
Corn chips, lime wedges, and
coriander to serve

DRESSING

1 ½ limes, juiced
3 tbs extra virgin olive oil
3-4 tsp chipotle sauce
2 tsp caster sugar

Method

1. For the dressing, combine all ingredients into a small bowl and whisk to combine. Set aside.
2. Preheat oven to 220°C. Place the tomatoes in a roasting pan, drizzle with 1 tbs olive oil and season. Roast for 5 minutes until the tomatoes soften.
3. Heat remaining olive oil in a large, non-stick fry pan over medium heat. Add onion and cook for 6 minutes until soft. Add seasoning and cook, stirring for 2-3 minutes until aromatic. Increase heat to high, add mince and cook for 5 minutes until mince changes colour. Add passata and bring to a simmer stirring occasionally for 6-8 minutes or until thickened.
4. Spoon roasted tomatoes, rice and mince mixtures into serving bowls. Add lettuce, avocado and corn chips. Spoon over dressing then top with coriander. Serve with remaining lime.





CHICKEN AND QUKES® TORTELLINI SALAD BOWLS

Serves

4

Prep Time

20 MINS

Cook Time

30 MINS

Ingredients

1kg butternut pumpkin, peeled, cut into 3cm pieces
2 tbs (40ml) extra virgin olive oil
175g Minicaps® baby capsicums
325g fresh ricotta and spinach tortellini
250g Qukes® baby cucumbers, chopped
200g Petite Tomato™, halved
100g pitted mixed olives, roughly chopped
40g baby spinach leaves
½ cup basil leaves
50g parmesan, finely grated
500g cooked chicken (see tip)

Dressing

¼ cup (60ml) extra virgin olive oil
1 tbs (20ml) red wine vinegar
1 tsp caster sugar
½ tsp chilli flakes
1 tsp Dijon mustard

Method

1. Preheat the oven to 220°C fan-forced. Spread the pumpkin in a single layer over the base of a roasting pan, drizzle with oil, season, and roast for 20 minutes. Add the Minicaps® and stir gently to combine with the pumpkin. Roast together for 10 minutes until the pumpkin is tender and Minicaps® are roasted. Set aside to cool.
2. For the dressing, whisk all the ingredients together. Season.
3. Meanwhile, cook the pasta in a large saucepan of boiling salted water following the packet directions and drain. Transfer to a large bowl, pour over half the dressing and set aside to cool.
4. Add the pumpkin, Minicaps®, Qukes®, Petite Tomato™, olives, spinach, basil and half the parmesan to the pasta, stirring gently with a metal spoon to combine. Spoon into serving bowls or lunch boxes and top with chicken. Pour over the remaining dressing and sprinkle with the remaining parmesan to serve.

TIP To cook your own chicken, use 500g of chicken breast lightly oiled and season, then place on the roasting tray alongside the veg for 20 mins. Rest for 5 mins before slicing.



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CALYPSO® MANGO CHICKEN BOWL WITH HOT HONEY DRESSING



Serves

1

Prep Time

15 MINS

Cook Time

15 MINS

Ingredients

- 1 Calypso® mango cheek, sliced
- ½ cup cooked white rice
- 3 x Qukes® baby cucumbers, halved
- ¼ avocado, sliced
- ¼ cup edamame
- 100g cooked chicken or salmon, sliced or flaked (see tip)
- 1 tsp toasted sesame seeds

HOT HONEY DRESSING

- 1 Tbs (20ml) honey
- 1 Tbs light soy sauce
- 1 Tsp rice wine vinegar
- 1 Tbs olive oil

Method

1. For the Dressing, gently heat the honey in a small saucepan over low heat until loosened. Remove from the heat. Alternatively, you can microwave the honey. Add the remaining ingredients and whisk to combine and emulsify.
2. To assemble, place rice, vegetables, mango and chicken in a bowl and drizzle with hot honey dressing.



BROCCOLINI® AND TOFU GREEN GODDESS LUNCH BOWL



Serves

2

Prep Time

10 MINS

Cook Time

10 MINS

Ingredients

1 bunch Broccolini®, halved lengthways
300g firm tofu, drained and pat dried, cut into 2cm cubes
3 tbs olive oil
1 tbs apple cider vinegar
1 tbs Dijon mustard
1 tbs maple syrup or agave
2cm piece fresh ginger, peeled, grated
1 lemon, halved
4 small Brussels sprouts, halved
4 medium Cavolo Nero leaves, stem removed (see tip)
1 avocado, quartered
½ cup ready-made green goddess dressing
¼ cup (40g) pistachio kernels, toasted
1 long green chilli, thinly sliced
2 tbs chopped chives

Method

1. Combine the olive oil, apple cider vinegar, Dijon mustard, maple syrup, ginger and juice from 1 lemon half in a bowl. Mix well.
2. Preheat the oven to 230°C fan-forced. Place the tofu into a lightly greased roasting pan and spoon over half the maple dressing. Turn tofu to coat all over. Place into the pre-heated oven and roast for 5 minutes.
3. Remove the roasting pan from the oven, and add the Broccolini® and the Brussels sprouts. Roast for a further 10 minutes until Broccolini® is tender. Remove the roasting pan from the oven.
4. Move the roasted vegetables and tofu to one side of the pan. Tear the Cavolo Nero leaves and add to the other side of the roasting pan. Add the remaining maple syrup and toss to coat in the pan juices. Set aside to cool to room temperature.
5. Divide the Broccolini®, Brussels sprouts, tofu, cavolo Nero and avocado between two bowls. Spoon over the green goddess dressing, sprinkle with toasted pistachio, green chilli and chives. Serve with remaining lemon cut into wedges.



TIP If Cavolo Nero is not available use 4 medium silverbeet or radicchio leaves.

TIP Green goddess dressing is available in the fridge section at most supermarkets.

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SALMON AND QUKES® RICE BOWL



Serves
4

Prep Time
20 MINS

Cook Time
30 MINS

Ingredients

1 sweet potato (peeled, cut into 3cm pieces)
2 tbs (40ml) extra virgin olive oil
1 Broccolini® bunch
4 100g pieces of salmon (skinless)
2 ¼ cups (450g) cooked brown rice
1 cup (200g) canned lentils (drained & rinsed)
250g Qukes® baby cucumbers (coarsely chopped)
320g Mix-a-Mato® tomatoes
1 avocado (quartered)
6 red radish (thinly sliced)
1 cos lettuce (leaves shredded)
1 cup coriander leaves (optional)
1 tbs sesame seeds (black & white)
4 slices crusty grain bread

DRESSING

¼ cup (60ml) extra virgin olive oil
½ lime (juiced)
2 tsp honey
1 tsp Dijon Mustard

Method

1. Preheat the oven to 220°C fan-forced. Spread the sweet potato in a single layer over the base of a roasting tray, drizzle with 1 tablespoon of olive oil and season. Roast for 20 minutes. Add the Broccolini®, turning gently to coat in oil and roast together for 10 minutes until the sweet potato and Broccolini® are tender and lightly roasted. Set aside to cool.
2. Drizzle the remaining oil over both sides of the salmon, season, and place on a baking tray. Cook above the sweet potato for 8 minutes or until cooked to your liking. Set aside for 10 minutes and flake into large pieces.
3. Heat the rice following the packet directions. Place into a large bowl and stir through the lentils.
4. Spoon the rice and lentils into 4 bowls. Add the sweet potato, Broccolini®, Qukes®, Mix-a-Mato® tomatoes, avocado, radish, lettuce, and salmon.
5. Whisk all the dressing ingredients together and spoon over the salad. Top with coriander and sesame seeds and serve with crusty toasted grain bread.



QUKES® AND PETITE TOMATOES™ VEGETARIAN TACO BOWL

Serves
4

Prep Time
15 MINS

Cook Time
15 MINS

Ingredients

2 x 250g Qukes® baby cucumbers,
halved
200g Petite Tomatoes™
2 corn cobs, peeled
2 tbs cornflour
40g sachet (2 ½ tbs) taco or fajita
seasoning
400g firm tofu, drained, cut into
3cm pieces
2 tbs vegetable oil
4 tbs chipotle mayonnaise
2 cups cooked brown rice, warmed
400g can black beans, drained,
rinsed
1 cos lettuce, chopped
1 avocado, roughly mashed
½ cup coriander leaves, corn chips
and lime wedges to serve

Method

1. Microwave or boil the corn cobs until tender. Drain well. Preheat a barbecue or chargrill on high. Barbecue corn, turning occasionally, for 8-10 minutes or until charred. Remove to a board and slice the kernels from the corn.
2. Meanwhile, combine the cornflour and seasoning on a plate. Add the tofu and turn to coat. Heat oil in a frying pan over medium-high. Cook tofu for 4 minutes, turning until golden.
3. Spoon mayonnaise over the base of 4 serving bowls. Add rice, Qukes®, tomatoes, corn, black beans, lettuce and tofu. Top with avocado and coriander.
4. Serve with corn chips and lime wedges.



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QUKES®, TUNA AND CHARRED CORN BROWN RICE SALAD



Serves

4

Prep Time

20 MINS

Cook Time

4 MINS

Ingredients

250g Qukes® baby cucumbers, coarsely chopped

4 Minicaps® baby capsicum, thinly sliced crossways

⅓ cup (80ml) olive oil

1 lime, juiced

2 tbs sriracha

115g fresh baby corn, halved lengthways

2¼ 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

Method

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®, green onions, tuna and spinach. Stir gently to combine.
5. Spoon into serving bowls, top with Qukes® and the charred baby corn. Spoon over the reserved dressing. Season, top with coriander and serve with lime wedges.



MIX-A-MATO® SMOKED SALMON BAGEL SALAD



Serves
4

Prep Time
20 HRS

Cook Time
5 MINS

Ingredients

320g Mix-a-Mato® tomatoes
4 Qukes® baby cucumbers
150g spreadable cream cheese
1 small bunch chives, finely chopped
(¼ cup chopped)
2 tbs drained baby capers, divided
¼ cup (60ml) extra virgin olive oil
1 tbs apple cider vinegar
1 tsp horseradish cream
¼ tsp caster sugar
3 sesame bagels
60g baby rocket leaves
1 large French shallot, peeled, very
thinly sliced into rounds
200g sliced smoked salmon

Method

1. Place the cream cheese, chives and half the capers in a bowl and mix well.
2. Combine the oil, vinegar, horseradish cream and sugar in a bowl. Season then whisk until well combined.
3. Cut the large Mix-a-Mato® tomatoes into three crossways, and the remaining tomatoes in half. Cut the Qukes® lengthwise into thin strips, using a mandolin or very sharp knife.
4. Split the bagels in half and lightly toast under a grill. Tear the warm bagels into large pieces then spread with the cream cheese mixture. Arrange on a large serving platter with the Mix-a-Mato® tomatoes, Qukes®, rocket, shallot and smoked salmon. Sprinkle with the remaining capers. Spoon over the dressing and serve immediately.



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KUMATO® TOMATO AND QUKES® SOUVLAKI BOWL



Serves
4

Prep Time
20 MINS

Stand Time
30 MINS

Cook Time
25 MINS

Ingredients

⅓ cup (60g) burghul
 375g Qukes® baby cucumbers
 1 cup flat leaf parsley leaves, chopped
 ½ cup mint leaves, chopped
 2 tbs olive oil
 1 brown onion, finely chopped
 1 large garlic clove, crushed
 1 tbs sweet paprika
 600g lamb mince
 1 tbs pomegranate molasses
 ¼ cup (45g) pine nuts, toasted
 250g haloumi, sliced into 8
 1 cup (250g) tzatziki dip
 4 Kumato® tomatoes, cut into wedges
 1 cup (145g) pitted Kalamata olives
 Pomegranate molasses, to serve

Method

1. Place the burghul in a bowl and add enough cold water to cover. Set aside for 30 minutes until softened. Drain in a sieve over a bowl, pressing down with the back of a spoon to drain the excess moisture. Discard the liquid. Dice 3 Qukes® and stir into the burghul with the parsley and mint.
2. Cut the remaining Qukes® in half lengthways and turn cut side down onto the board. Use a wide blade knife to smash the Qukes® in rough pieces.
3. Heat 1 tablespoon of oil in a frying pan over medium heat. Add onion and garlic, cook stirring often for 5 minutes until soft. Add paprika and cook, stirring for 1 minute. Increase the heat to high, add mince and cook, stirring to break up the mince for 8 minutes until browned. Add the pomegranate molasses and cook for 1 minute. Stir in pine nuts and season with salt and pepper.
4. Heat the remaining oil in a small frying pan over medium-high heat. Cook the haloumi, in batches for 2-3 minutes each side until golden.
5. Spoon the tzatziki over the base of 4 bowls. Add the Kumato® tomatoes, olives, Qukes®, mince and burghul mix. Top with hot haloumi and drizzle with pomegranate molasses to serve.



NO-COOK FALAFEL QUKES® SNACK BOWL

Serves
4

Prep Time
5 MINS

Ingredients

250g Qukes® baby cucumbers,
halved lengthways
200g Petite Tomatoes™ Tomatoes
175g Minicaps® baby capsicums
halved
100g hummus dip
100g beetroot dip
1 cup purchased tabouli
250g purchased falafel sliced
1
00g feta, cut into cubes
3 tbs extra virgin olive oil
1 small lemon, juiced
½ tsp caster sugar
Baked Lebanese bread & lemon
wedges, to serve (see tip)

Method

1. Combine the hummus and beetroot dip together, spoon into base of 4 lunchbox or snack bowls. Add Qukes®, tomatoes, Minicaps®, tabouli and falafel. Scatter over the feta and season with pepper.
2. Combine oil, lemon, sugar and season. Spoon into a separate container to take to work or school. Spoon dressing over just before serving. Serve with baked Lebanese bread and lemon wedges.

TIP

Some falafel are more delicious warm, so just before adding the dressing, warm the falafel for 1-2 minutes on medium/50% in the microwave.

TIP

To bake Lebanese bread, cut into pieces, spray lightly with olive oil and bake in a single layer 180°C fan-forced for 8-10 minutes. Once cool it becomes crisp.



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Love
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