

# OUR TOP PICKS OF PASTA, COUSCOUS AND RICE SALADS

An easy salad makes a tasty addition to any lunch box. They are great for lunch boxes because you can easily use up ingredients you have in the fridge and make use of leftovers.



## BLT PASTA SALAD

- 2 Crispy bacon rashers
- 3 Cherry tomatoes quartered
- Handful of spinach or lettuce
- 1/4 tsp whole grain mustard
- Handful of pasta bows
- 1/2 tbsp. crème fraiche

Cook the pasta as per instructions, chop the bacon, tomatoes, lettuce and mix in with the mustard and crème fraiche. Combine in the pasta.



## RAINBOW RICE SALAD

- Cup of cooked rice
- Handful green beans chopped into short lengths
- Chicken breast pieces
- Chopped cucumber pieces
- Handful cherry tomatoes
- 3 tbsp. sweetcorn
- 1/2 red pepper cut into cubes

Cook the rice as per instructions, mix in all the ingredients. Season with a little paprika.



## CHICKEN PESTO SALAD

- 1/4 chopped red onion or 1 spring onion
- Handful of pasta shapes
- Handful of chopped chicken
- 1 tbsp. of cream cheese
- 1/2 tbsp. of pesto
- 3 Cherry tomatoes or sundried tomatoes chopped

Cook the pasta as per instructions, then mix the onion, chicken, tomatoes, pesto and cream cheese in and combine



## ITALIAN PASTA SALAD

- 1 Small handful cooked ham, peperoni slices or salami
- 3 Cherry tomatoes quartered
- 1 Handful of spinach or lettuce
- 1 Cubed mozzarella cheese
- 1 Handful of penne pasta
- Broccoli heads cut into small florets
- 1 tbsp. Italian vinaigrette

Cook the pasta as per instruction, chop the mozzarella, tomatoes, meat, spinach or lettuce and mix in with the dressing and combine in the pasta.



## EASY PASTA SALAD

- 1 handful of mixed frozen veg
- 1 match box size of cubes of cheese
- 1 slice of ham chopped
- A drizzle of olive oil
- Handful of pasta bows

Cook the pasta as per instructions, chop the ham, cook the frozen veg and mix in with the olive oil and combine with the pasta.



## EASY COUSCOUS SALAD

- large handful of couscous (cooked from a packet)
- 1/4 red and yellow pepper
- chunk of cucumber chopped
- 1/2 handful of grapes
- 1/2 handful of chickpeas
- 1/2 handful of sweetcorn
- 1 tbsp. Olive oil
- 1 tbsp. Orange Juice

Make the couscous and chop all the vegetables, mix all together with oil and juice.

# OUR TOP PICKS OF SANDWICHES, TORTILLAS & WRAPS



## Rainbow Wrap

- 1 flour tortilla
- Cream cheese
- Crispy bright vegetables
- Red pepper sticks finely sliced
- Carrots finely sliced in sticks
- Beetroot finely sliced in sticks

Spread the cream cheese over the wrap and place the vegetables at one end then roll tight.



## Pizza Muffin

- 1 English muffin
- 1/2 tbsp. tomato puree
- 2 cherry tomatoes
- 1/4 red pepper chopped
- 1/2 handful of grated cheese

Slice the muffin and spread evenly with the tomato puree, arrange the chopped tomatoes and peppers and then sprinkle with the cheese, bake in the oven until golden brown.



## Ham & Cheese Pinwheel

- 1 flour tortilla
- Cream cheese
- Ham
- Spinach or lettuce
- Carrots finely sliced in sticks

Spread the cream cheese over the wrap, place on ham and spinach then roll tight. Serve with vegetable sticks



## Easy Naan Bread Pizza

- 1 Naan Bread or Pitta Bread
- 1/2 tbsp. tomato puree
- 2 cherry tomatoes
- 1/4 red pepper chopped
- 1/2 handful of grated cheese

Slice the naan or pitta bread and spread evenly with the tomato puree, arrange the chopped tomatoes and peppers and then sprinkle with the cheese, bake in the oven until golden brown.



## Pitta Pockets

Pittas are great stuffed with your favourite fillers and easy to hide vegetables and salad at the bottom.

Get some edible pens and draw pictures on the pittas, kids will love it or get them to do it while they are making their packed lunch.

or just cut into strips and serve with a dip.



## Sushi Sandwich Roll Up

- 1 slice of bread
- Tuna mayo
- 2-4 Cucumber sticks

Roll the bread with a rolling pin flat, spread the whole of the bread with the tuna mayo, place the cucumber sticks at on end, start rolling from this end and then slice into 4.

Try houmous and grated carrot, ham, and cream cheese or any other favourite sandwich filler.

These sushi roll ups are a great way to make a sandwich fun and interesting.

# OUR TOP PICKS OF DIPS AND THINGS ON A STICK



## Rainbow Omelette Cakes

- 1/2 Red pepper
- 2 Spring onion
- 1 Small carrot grated
- 2 tbsp. Sweetcorn
- Handful of grated cheese
- 3 Large eggs

Finely chop all the ingredients and grate the cheese and carrot. Break the eggs and whisk, add all the ingredients and spoon into the cupcake cases. Bake in the oven for 25 minutes till cooked and golden brown.



## Chicken on a Stick

- 1/2 tsp garlic granules
- 1 tbsp. Olive oil
- 1 tbsp. lime juice
- 2 tbsp. honey
- 1/2 tsp coriander
- 1 chicken breast
- - black pepper to season

Put all the ingredients apart from chicken in a bowl and mix. Cut chicken into chunks and mix in the marinade, put in fridge for 1 hr. Place onto kebab sticks and cook for 25 mins in a hot oven



## Roasted Carrot Houmous

- 500g carrots
- 2 garlic cloves in skins
- 1 tbsp. Olive oil
- 1 tin of chickpeas
- 1 tsp cumin
- 3 tbsp. Orange juice

Bake the carrots with the garlic cloves in the oven coated in the oil for 20-25 minutes then leave to cool. Drain the chickpeas, squeeze the garlic from their skins and blend with the chickpeas. Add the cumin and roasted carrots, orange juice and season.



## Pea & Sweetcorn Fritters

- 3/4 cup of plain flour
- 1 tsp baking powder
- 1 medium egg
- 1/2 cup of milk
- 1 3/4 cups of frozen or canned sweetcorn and peas mix
- 1 spring onion

Sieve the flour and baking powder into a large bowl. Add the eggs and milk and mix. Stir all the vegetables. Heat a little oil in a frying pan. Add heaped tablespoons of the mixture and flatten down with the spatula. Cook till golden brown on each side.



## Savoury Flapjack

- 2 carrots
- 1 courgette
- 140g Cheddar cheese
- 200g oats
- 3 tsp flaxseeds (optional)
- 100g butter
- 3 eggs
- 1 tsp paprika

Heat the oven to 200c or 180c fan. Grate the carrots, courgettes and cheese and mix with the rest of the ingredients until combined. Tip the mixture into a baking tin and bake for 20-25 mins



## Easy Beetroot Dip

- 250g ready cooked beetroot
- 200g cream cheese
- 1/2 tsp garlic powder
- Mixed seeds to serve optional

Drain the beetroot and pat dry with kitchen paper. Chop and place in the food processor until a rough paste. Add cream cheese and garlic powder. Place in fridge for 1 hr. Serve with a choice of vegetable sticks, tortilla chips or breadsticks

# OUR TOP PICKS OF SNACK IDEAS

These are fun ideas to get cooking with your children



## Tortilla Crisps

Tortilla crisps are a quick and easy way of making 'healthy' crisps. take each wrap and cut shapes from it using a cookie cutter of just cut into triangles using a knife.

brush with oil and place on a baking tray. Bake in a hot oven for 10 minutes until golden brown and crispy. Cool and then store in an airtight container.



## Banana & oat cookies

- 2 ripe bananas
- 80g of oats
- 1 tsp. of cinnamon
- 20g of desiccated coconut
- 20g of chocolate chips

Peel and mash the banana's. Mix in the oats, cinamen, coconut and chocolate chips.

Oil a baking tray and sponon the mixture onto the tray. Flatten them with a spoon to make a cookie shape. bake in the oven for 10-15 minutes



## Spinach & Sweetcorn Muffins

- 160g frozen chopped spinach
- 125g butter
- 180g self raising flour
- 4 tbsp (60ml) milk
- 200g tin of sweetcorn - drained
- 4 eggs
- 1 tsp baking powder
- 100g cheddar cheese - grated

Heat the oven to 200c or 180c fan. Defrost the spinach and mix with the rest of the ingredients. Spoon into muffin cases and bake for 20 mins



## Mini Pepper Boats

- Mini peppers
- Cream Cheese any variety
- 1 Carrot

Slice the pepper in half lengthways. Cut out and discard inner parts and seeds. Scoop some cream cheese into the pepper and smooth over the top. Cut the carrot into thick slices and slice them into triangles. Press a triangle into the cheese to form the sail



## Roasted Chickpeas

- 1 tin of chickpeas
- 1 tbsp Olive Oil
- 1 tbsp sesame seeds
- salt and pepper to season

Drain the chickpeas, coat with the oil, garlic powder and sesame seeds and bake for 30 minutes in a hot oven until crunchy.

Give the tray a good shake every 10 mins.



## Raspberry Jam Straws

- 1 sheet of puff pastry
- 2 tbsp. raspberry jam
- 1/2 tbsp. brown sugar

Heat the oven to 200c/400F.

Unroll the pastry and cut it in half width ways to 2 rectangles Spread the other on top and press down.

Cut width ways in 1/2 inch strips. twist each strip and cut in half. Sprinkle with brown sugar and bake for 10 mins