

### Lunch Box 5

## Salmon with Fresh Peas and Lemon Pasta

### Ingredients

- 2 salmon fillets, skinned
- Olive oil
- Black pepper
- One lemon
- 200g fresh tagliatelle pasta
- 2 heaped tablespoons Greek yoghurt
- 100g fresh or frozen peas
- 1 tablespoon chopped fresh chives

### Method

Rub the salmon with a little oil, season with pepper and sear in a pan over a high heat - about 3-5 minutes each side, depending on thickness - until done and well coloured. Remove the pan from the heat and squeeze over juice from half the lemon. Break the salmon into chunks. While the salmon is searing, cook the pasta in boiling water for 1-2 minutes, then tip in the peas and continue cooking another minute or so until the pasta is *al dente* and the peas just cooked. Drain, and then toss through the yoghurt, herbs, seasoning and finally the salmon, taking care not to break up the chunks too much. Taste and squeeze over more of the lemon juice if needed.

Serves 2

Serve with a fresh green salad



### Lunch Box 6

## Roasted Vegetable and Chicken Tortilla Wraps

### Ingredients

- 1 red pepper
- 1 red onion
- 1 chicken breast
- Drizzle of olive oil and balsamic vinegar
- Pepper to season
- 1 tablespoon pesto
- 1 or 2 flour tortilla

### Method

Quarter 1 red pepper and 1 red onion, put them in a bowl and drizzle over some olive oil and balsamic vinegar, add pepper and make sure the vegetables are well coated in the dressing, allow to stand for a few hours. Transfer to a baking tray and roast in a hot oven until slightly charred. While the vegetables are cooking, grill a chicken breast. When the chicken breast cools, slice into strips. Mix the roasted vegetables with 1 tsp pesto. To make the wrap, lay out the tortilla and fill with the roasted vegetables and the chicken, season with salt and fresh pepper to taste. Carefully fold in the sides and roll up.

Serves 1

Accompany with fresh salad



### Lunch Box 7

## Whole grain pocket bread, sandwich, bread roll, tortillas or ftira filling



### Suggested fillings

- Roast chicken, turkey, or beef with honey mustard, tomatoes and lettuce
- Grilled vegetables, such as bell peppers, onions, mushrooms, eggplant and zucchini with sliced cheese of your choice or goat cheese, with pesto sauce.
- Tuna, onions, garlic, tomatoes, green olives, fresh pepper, basil and mint, and olive oil.

### Lunch Box 8

## Orange chip & apricot cereal bar

### Ingredients

- 400ml orange juice
- 25g sunflower seeds
- 200g porridge oats
- ½ Grated orange zest
- 250g ready-to-eat dried apricots, cut into quarters
- 50g crystallised ginger, roughly chopped



### Method

Place the apricots in a pan with the orange juice and zest and bring to boil. Reduce the heat, simmer, uncovered and stirring occasionally, for 25-30 minutes until the liquid is absorbed. Purée in a food processor or with a hand-held mixer. Meanwhile heat the oven to 180°C (350°F, gas mark 4). Line the base of a 22 cm round cake tin with baking paper. Stir: the ginger, oats and sunflower seeds into the apricot purée and mix well, then put into the tin and spread out evenly. Bake for 30-35 minutes until firm and golden brown. Cool slightly, cut into wedges and allow to cool completely in the tin. Peel off the paper before serving.

# Lunch Box for the workplace



## Vegetarian Mexican Salad

### Ingredients

- 1 avocado, stoned peeled and chopped
- 1 tablespoon lime or lemon juice
- Lettuce leaves of your choice
- 2 tomatoes cut into wedges
- 1 green pepper, chopped
- 315g red kidney beans (canned or cooked)
- 2 teaspoons chopped fresh coriander
- Fresh black pepper

### Method

Place avocado lime or lemon juice in a bowl and toss to coat - this prevents discolouring of avocado. Arrange lettuce leaves, tomatoes, green pepper, beans and avocado mixture sprinkle with coriander and season with pepper to taste. Arrange attractively in lunch box. Cover and refrigerate until required.

Serves 2

Seasoning with salt should be done only if necessary and not more than a pinch. Not more than a total of 5 grams of salt is recommended per day.

All food should be kept cold at all times.

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## Gazpacho

### Ingredients

- 800g ripe tomatoes
- 2 large cucumber
- 2 chopped green bell pepper
- 2 cloves crushed garlic
- 1 tablespoon finely chopped black olives
- 2 tablespoons white wine vinegar
- 1 tablespoon olive oil
- 1 tablespoon tomato paste
- 2 1/2 cups water
- 1 small onion
- Fresh basil, mint, and pepper to season

### Method

Score a cross in the base of each tomato. Cover with boiling water for 1 minute, plunge into cold water, drain and peel away the skin. Chop the flesh so finely that it is almost a puree. Mix together the tomatoes, 1 of the chopped cucumbers, 1 of the chopped green pepper, garlic, olives, vinegar, oil and tomato paste, and season to taste and liquidise. Cover and refrigerate for 2 to 3 hours. Use 2 to 3 cups of chilled water to thin the soup to your taste. Serve chilled with the chopped onion, green pepper, scallions, cucumber and herbs.



## Hummus

### Ingredients

- 1 can of chickpeas
- 1/4 cup liquid from can of chickpeas
- 3-5 tablespoons lemon juice (depending on taste)
- 1 1/2 tablespoons tahini
- 2 cloves garlic, crushed
- 1 tablespoon olive oil

### Method

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth.

Place in serving bowl, and create a shallow well in the center of the hummus.

Add a small amount (1 tablespoon) of olive oil in the well. Garnish with parsley (optional). Serve immediately or cover and refrigerate with freshly prepared raw vegetables: Carrot sticks, Cucumber sticks, Peppers strips, Broccoli florets, Cauliflower florets.



## Fresh Tuna Salad

### Ingredients

- 225g mixed salad leaves and 125g rocket leaves
- 225g Cherry tomatoes halved
- 550g boned tuna steaks cut into 4 smaller pieces
- 50g fresh parmesan cheese

### Dressing

- 2 tablespoons olive oil
- 2 small lemons – grated zest and juice
- 1tbsp wholegrain mustard
- Salt and freshly ground pepper to season

### Method

Wash the salad leaves and tomatoes. Heat the wok and add the oil until it is smoking. Add the tuna skin down, and cook 4-6 minutes, turning once during cooking, or until cooked and the flesh flakes easily. Remove from the heat and allow to stand in the juices before removing.

Meanwhile, make the dressing, place the olive oil, lemon zest and mustard in a bowl or in a screw topped jar and whisk together or shake until well blended. Season with pepper and salt. Flake the tuna and add it to the salad and toss lightly.

Drizzle the salad with the dressing. With a vegetable peeler shave the parmesan cheese into thin shavings add to the salad.

Serves 4

