



# LUNCH — BOX

100 happy, healthy salads  
you can make for your  
lunch in minutes

VEGETABLES

**Pea,  
pomegranate  
& fig salad**



DF

GF

VG

**Pea, pomegranate & fig salad**

120 g ( $\frac{3}{4}$  cup) shelled fresh peas,  
blanched

80 g ( $\frac{1}{3}$  cup) rinsed and drained  
tinned lentils

2 figs, quartered

2 tablespoons pomegranate seeds

large handful of rocket (arugula)

small handful of chopped toasted  
macadamias

**Pomegranate dressing**

2 tablespoons extra virgin olive oil

1 tablespoon pomegranate  
molasses

juice of  $\frac{1}{2}$  lemon

1 teaspoon maple syrup

salt and pepper, to taste

This salad pops with the colour and flavour of the figs and pomegranate seeds. The addition of lentils and macadamias ensures the fresh blend is rounded out and filling.

- 1 Toss the salad ingredients together, then tip them into your lunchbox.
- 2 Combine the dressing ingredients in a small jar or container with a tight-fitting lid.
- 3 Shake and then pour the dressing over the salad just before serving and toss well.

CLASSICS & NEW CLASSICS

**Prosciutto,  
nectarine  
& rocket  
salad with  
honey-dijon  
dressing**



GF

## Prosciutto, nectarine & rocket salad with honey-dijon dressing

1 ripe nectarine, sliced  
1 teaspoon lemon juice  
3 slices prosciutto, torn  
30 g (1 oz) shaved parmesan  
large handful of rocket (arugula)

### Honey-dijon dressing

1 teaspoon dijon mustard  
1 teaspoon honey  
juice of ½ lemon  
2 tablespoons extra virgin olive oil  
salt and pepper, to taste

This salad is a treat when stone fruits are in season. Peaches will also work well, and if you have a little more time up your sleeve, try chargrilling your fruit of choice.

- 1 Toss the nectarine with the lemon juice. Add the remaining salad ingredients, toss together, then tip them into your lunchbox.
- 2 Combine the dressing ingredients in a small jar or container with a tight-fitting lid.
- 3 Shake and then pour the dressing over the salad just before serving and toss well.