

VEGETABLES

Pea, pomegranate & fig salad









Pea, pomegranate & fig salad

120 g (¾ cup) shelled fresh peas, blanched

80 g (⅓ 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 1/2 lemon

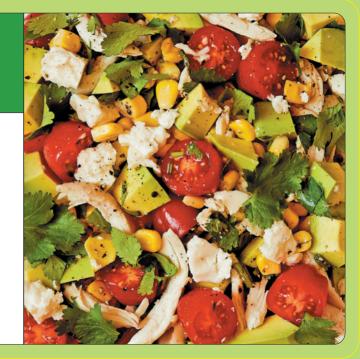
1 teaspoon maple syrup salt and pepper, to taste

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.

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

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Chicken taco salad with jalapeno crema dressing





Chicken taco salad with jalapeno crema dressing

handful of tortilla chips, roughly broken

½ avocado, diced juice of ½ lime

100 g (3½ oz) shredded cooked chicken

75 g (2³/₄ oz) rinsed and drained tinned sweet corn kernels large handful of grape (baby plum) tomatoes, halved

30 g (1 oz) queso fresco, crumbled small handful of coriander (cilantro), roughly chopped

Jalapeno crema dressing

1 tablespoon lime juice 1 tablespoon Greek-style yoghurt 3 slices pickled jalapenos, finely chopped salt and pepper, to taste Tex-Mex in salad form! Queso fresco is a mild-flavoured cheese, available in Latin grocers and some supermarkets. Mild feta is the closest substitute if it is unavailable.

- Place the tortilla chips in a small, airtight container.
- 2 Toss the avocado gently with the lime juice. Add the remaining salad ingredients, toss together, then tip them into your lunchbox.
- 3 Combine the dressing ingredients in a small jar or container with a tightfitting lid.
- 4 Shake and then pour the dressing over the salad just before serving and toss through the tortilla chips.



Salmon poke bowl with black rice







Salmon poke bowl with black rice

150 g (1 cup) cooked and cooled black rice

100 g (3½ oz) raw sashimi-grade salmon, diced

1/2 avocado, diced

75 g (½ cup) edamame beans, blanched salt and pepper, to taste

Sweet chilli-sov dressing

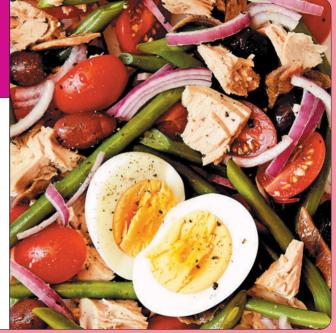
1½ tablespoons soy sauce or tamari

11/2 tablespoons sweet chilli sauce 2 teaspoons rice wine vinegar 1 teaspoon toasted sesame oil 1 spring onion (scallion), finely sliced Poke – pronounced 'po-kay' – bowls originated in Hawaii but are now loved around the world. They typically contain raw fish. rice and salad and make for a quick, nutritious lunch.

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



Nicoise salad







Nicoise salad

100 g (3½ oz) green beans, blanched

 $95~g~(31\!\!/\!_4~oz)$ tinned tuna in spring water

¼ red onion, finely sliced handful of grape (baby plum) tomatoes, halved small handful of pitted black olives 1 hard-boiled egg, halved 3 anchovy fillets, chopped (optional) salt and pepper, to taste

French dressing

1 tablespoon red wine vinegar 2 tablespoons extra virgin olive oil To save yourself some time, hard-boil a few eggs at the start of the week, so you have them on hand for this recipe. They will keep in the fridge for up to a week.

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



Prosciutto, nectarine & rocket salad with honey-dijon dressing





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.

- 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 tightfitting lid.
- 3 Shake and then pour the dressing over the salad just before serving and toss well.