



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.

VEGETABLES

**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 (2¾ 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.

- 1 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 tight-fitting lid.
- 4 Shake and then pour the dressing over the salad just before serving and toss through the tortilla chips.

CLASSICS & NEW CLASSICS

Salmon poke bowl with black rice



DF

GF

Salmon poke bowl with black rice

150 g (1 cup) cooked and cooled black rice

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

½ avocado, diced

75 g (½ cup) edamame beans, blanched

salt and pepper, to taste

Sweet chilli-soy dressing

1½ tablespoons soy sauce or tamari

1½ 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.

- 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

Nicoise salad



DF

GF

Nicoise salad

100 g (3½ oz) green beans,
blanched

95 g (3¼ 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.

- 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.