



## Easy healthy lunches

### Mix and match salad jars

Dressing	¼ complex carb for slow-release energy	¼ protein to keep you fuller for longer	½ veg, chose at least 3 for vitamins, minerals, fibre, antioxidants...		Added flavour and crunch
Extra virgin olive oil & balsamic	Quinoa (fresh / pouch)	Salmon (baked, smoked, tinned)	Frozen pea mix	Baby spinach	Toasted pumpkin or other seeds
Healthy ranch dressing	Wholegrain rice	Mackerel (smoked / tinned)	Sliced roast peppers or marinated artichokes (jarred)	Rocket	Fresh parsley / coriander / mint / dill
Nutty Asian dressing	Wholegrain / soba noodles	Chickpeas / mixed beans / lentils	Cucumber	Watercress	Olives
Creamy tahini dressing	Wholegrain couscous	Roast chicken or turkey	Cherry tomato	Chopped lettuce	Capers
Honey mustard dressing	Bulgur wheat	Flavoured tofu	Pepper	Mixed leaves	Peanuts / walnuts / flaked almonds
	Roast sweet potato	Feta cheese / mature cheddar / blue cheese	Roast veg (courgettes, aubergine, butternut squash...)	Sliced red cabbage	Sauerkraut / kimchi
	Wholegrain pasta	Hard-boiled egg	Vacuum packed beetroot	Bean sprouts	Pomegranate seeds
	Or eat with a slice of wholegrain bread			Sliced celery	Sun dried tomatoes
				Grated carrot	
				Sliced spring onion	
				Sliced radish	

Use a large jam jar or other suitable container. To assemble your salad, place the dressing in the bottom of the jar then add your ingredients, starting with the heavier and harder items. Finish with leafy greens. Tip the sealed jar upside down just before eating to allow the dressing to coat the salad

- Quinoa, pea & feta salad: Healthy ranch dressing, quinoa, cucumber, frozen pea and edamame mix, feta, rocket, fresh mint, toasted pumpkin seeds
- Asian-style salmon salad: nutty Asian dressing, wholegrain noodles, hot roast salmon, radish, bean sprouts, leaves, fresh coriander and peanuts
- Chicken and pepper salad: olive oil & balsamic dressing, wholegrain couscous, roast chicken, roast peppers, baby spinach, leaves, olives, parsley
- Goat's cheese, feta and lentil salad: honey mustard dressing, bulgur, chickpeas, vacuum packed beetroot, mixed leaves, feta, fresh parsley
- Mackerel niçoise: olive oil & balsamic dressing, new potato, smoked mackerel, hard-boiled egg, cucumber, cherry tomato, rocket, capers, olives

### Dressings – make ahead and keep in a jar in the fridge

Olive oil & balsamic dressing	Healthy ranch dressing	Nutty Asian dressing	Creamy tahini dressing	Honey mustard dressing
Mix 3 tbsp extra virgin olive oil and 1 – 2 tbsp balsamic vinegar	Blend 3 tbsp Greek yoghurt, ½ tsp dill, ½ tsp onion powder, ½ tsp garlic powder, squeeze lemon juice, 1 - 2 tbsp water	1 tbsp peanut butter, 1 tbsp soy sauce, ½ tsp toasted sesame oil, juice ½ lime, tsp maple syrup, 1 tsp fish sauce (optional), 2 tbsp water	2 tbsp tahini, juice ½ lemon, 1 tsp maple syrup, ½ clove garlic, crushed or grated, 4 tbsp water	Blend 2 tsp Dijon mustard, 1 tbsp cider vinegar, white wine vinegar or lemon juice, 3 tbsp extra virgin olive oil, ½ clove garlic





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### Fillings for wholegrain pitta breads or wraps

<u>Salmon and avocado</u>	<u>Chicken pesto</u>	<u>Falafel and hummus</u>	<u>Goat's cheese, red pesto and rocket</u>	<u>Healthy egg mayo</u>
Mix 2 tsp healthy ranch dressing with tinned or cooked salmon. Add to pitta with ½ avocado tossed in a little lime juice, handful rocket, some tinned sweetcorn or grated carrot	Mix shredded chicken with a little green pesto and add to pitta with sliced cucumber, lettuce leaves and sliced cherry tomatoes	Spread inside of pitta with 1 – 2 tbsp hummus. Fill with 2 falafel, ½ avocado tossed in a little lime juice, handful salad leaves and other salad of choice	Spread inside of pitta with 2 tsp red pesto. Fill pitta with salad leaves, cucumber, creamy goats' cheese and roast red pepper or veg of your choice	Mix 1 tsp mayo with 1 tsp natural yoghurt. Spread inside pitta and fill with sliced hard-boiled egg, chopped lettuce, cucumber and spring onion or grated carrot

Toast your pitta before filling it. Look for 100% wholegrain or wholemeal varieties of pitta, bread and wraps.

#### Carrot and pepper soup

2 red peppers, deseeded and chopped  
5 large carrots, peeled and roughly chopped  
3 tbsp olive or coconut oil  
1 large onion, finely chopped  
1 clove garlic, finely chopped  
Pinch ground cinnamon / smoked paprika  
1 L vegetable stock (use fresh or bouillon like Marigold or Kallo)  
50g red lentils  
Juice ½ lime  
Crème fraiche / natural yoghurt & toasted seeds / almonds to serve

- Toss carrots and peppers in 1 tbsp oil and roast in oven heated to 220C for 15 – 20 minutes
- Sauté onion in remaining oil for 8 minutes, then add garlic and spices and sauté for further 1-2 minutes
- Add roasted veg, veg stock, lentils and lime, bring to the boil and simmer for 15 minutes until lentils and veg soft
- Season, blend and serve topped with crème fraiche and pumpkin seeds

#### Spiced carrot and lentil soup

2 tsp cumin seeds  
1 tsp dried chilli flakes  
1 tbsp coconut oil  
1 large onion, finely chopped  
600g carrots, peeled and sliced  
100g red lentils  
1 L vegetable stock  
125ml milk (use dairy free milk if required)  
Fresh coriander and toasted pumpkin seeds to serve

- Dry fry the cumin seeds and chilli flakes for 1 – 2 minutes until fragrant and place in a bowl
- Heat the coconut oil in a large saucepan and gently fry the onion for 5 – 6 minutes until softened, then add ¾ of the cumin chilli mixture and fry for 1 minute
- add the carrots, lentils, stock and milk, bring to the boil and simmer for 15 – 18 minutes until the carrots are soft
- Season, blend and serve topped with toasted pumpkin seeds, coriander and a little chilli and cumin

