

Lunch Box Logic

sunday afternoon cooking time with your tween



Chicken Rice Paper Rolls

Makes 16 rolls

Ingredients

16 pcs rice paper
200g cooked chicken
A good handful of grated carrot
A small handful of finely chopped coriander
A small handful of finely chopped sugar snap peas
A tbs of finely chopped chives
A tbs finely chopped fresh mint
The zest of half a lemon and a squeeze of lemon juice
A tbs of honey

Method

Wet one sheet of rice paper with warm water, but don't soak, place on a moist tea towel and wait until soft and pliable.

Mix all the filling ingredients together.

Place a spoonful of the filling on one end of the rice paper. Fold the bottom edge over the filling, then fold in both sides, and roll away from you, starting at the folded end.

Repeat until all ingredients are used up.

Store in an airtight container in the fridge, will keep for three days.

Tuna and Feta Frittatas

Makes 4 large muffin case frittatas

Ingredients

6 large or 8 medium eggs
1/2 red pepper, finely chopped
2 tbs chopped fresh chives
2 tbs tinned sweetcorn
40g crumbled feta cheese
Dried oregano

Method

Beat the eggs well in a bowl.

Add all the other ingredients except the oregano and mix well

Spoon the mixture into four large foil muffin cases and place on a baking tray

Bake in the oven at 180*c for 15 minutes until just firm to touch.

Sprinkle with dried oregano, to taste, and allow to cool.

Store in the fridge, will keep for 3 days.

Mini Fruit Crumbles

Makes 8-10 deep-filled mince pie cases

Ingredients

2 oz butter
4 oz plain flour
1 tbs soft dark brown sugar
2 bramby apples
8 dates

Method

To make the crumble topping, rub in the butter, sugar and flour in a bowl until it resembles breadcrumbs.

Peel and core the apple, dice into chunks and simmer gently in 25ml water. Chop the dates and add to the pan of apple so that they can soften as the apple cooks. Once apple is soft and falling apart, remove from heat.

Half-fill each deep tart case with fruit, then top with a tablespoon of crumble.

Bake in the oven at 200*c for 10-12 minutes, until the topping is just starting to brown. Leave to cool. Serve cold, with a spoon, in a lunch box.

Store in the fridge, will keep for three days.

Oat and Apricot Balls

Makes 16 balls

Ingredients

100g oats
100g dried apricots
1 tbs dark cocoa powder
1 tbs honey
Grated zest of half an orange
1/4 tsp cinnamon
1 tsp grated fresh ginger

Method

Place all the ingredients in a food processor and blitz until combined. You may need to scrape the mixture from the sides of the container once or twice and re-blitz.

Turn out the mixture onto a plate. Roll about a tablespoon of the mixture in your hands to make a ball, and place each ball in a mini muffin paper case.

Store in an airtight container in the cupboard, will keep for 7 days.