

PACKED LUNCH IDEAS



TOMATO & PESTO PALMIERS

INGREDIENTS

250G READY-MADE PUFF
PASTRY
PLAIN FLOUR, FOR DUSTING
100G PESTO
100G SUNDRIED TOMATOES,
DRAINED AND FINELY CHOPPED

METHOD

PREHEAT THE OVEN: SET IT TO 200°C (FAN 180°C) OR
GAS MARK 6. PREPARE TWO BAKING TRAYS WITH
PARCHMENT PAPER.

ROLL OUT THE PASTRY: ON A LIGHTLY FLOURED
SURFACE, ROLL OUT THE PUFF PASTRY TO A 25 X
30CM RECTANGLE.

ADD THE FILLINGS: SPREAD THE PESTO EVENLY OVER
THE LEFT SIDE OF THE PASTRY, THEN SPRINKLE THE
CHOPPED SUNDRIED TOMATOES OVER THE RIGHT SIDE.

SHAPE THE PASTRY: ROLL THE LEFT SIDE OF THE
PASTRY TOWARDS THE CENTRE, STOPPING WHEN IT
REACHES THE MIDDLE. REPEAT WITH THE RIGHT SIDE,
ROLLING IT TOWARDS THE CENTRE UNTIL IT MEETS
THE LEFT SIDE.

SLICE THE PASTRY: CUT THE ROLLED PASTRY INTO
1CM THICK SLICES.

SHAPE INTO PALMIERS: GENTLY PINCH THE SIDES OF
EACH SLICE TO FORM THE CLASSIC PALMIER SHAPE.
ARRANGE ON TRAYS: PLACE THE PALMIERS ON THE
PREPARED BAKING TRAYS, SPACING THEM APART TO
ALLOW ROOM FOR EXPANSION.

BAKE: BAKE IN THE PREHEATED OVEN FOR 12-15
MINUTES, UNTIL THE PALMIERS ARE GOLDEN BROWN.

COOL AND SERVE: LET THE PALMIERS COOL ON A
WIRE RACK BEFORE SERVING.

VEGETABLE FRITTERS

INGREDIENTS

1 PACKET (320G) PUFF PASTRY
2 TBSP TOMATO OR BBQ
SAUCE
LEFTOVER COOKED HAM AND
VEGETABLES
50G GRATED CHEESE
BLACK PEPPER, TO TASTE

METHOD

PREHEAT THE OVEN: SET IT TO 200°C (180°C FOR FAN OVENS) OR GAS MARK 6. LINE A BAKING TRAY WITH PARCHMENT PAPER.

PREPARE THE PASTRY: ROLL OUT THE PUFF PASTRY INTO A RECTANGLE ABOUT 1CM THICK.

ADD THE TOPPINGS: SPREAD THE TOMATO OR BBQ SAUCE OVER THE PASTRY. TOP WITH HAM, VEGETABLES, AND GRATED CHEESE. SEASON WITH BLACK PEPPER.

ROLL UP THE PASTRY: ROLL THE PASTRY LENGTHWISE INTO A LOG, CREATING A LARGE SAUSAGE SHAPE. SLICE THE LOG INTO 8 PIECES.

ARRANGE ON THE TRAY: PLACE THE PIN WHEELS ON THE PREPARED BAKING TRAY.

BAKE: COOK THE PINWHEELS IN THE OVEN FOR 10-15 MINUTES, OR UNTIL THE PASTRY TURNS GOLDEN AND THE CHEESE MELTS.

MINI CRUSTLESS QUICHES

INGREDIENTS

BUTTER AND FLOUR FOR GREASING
(IF USING A NON-STICK MUFFIN
TRAY, YOU CAN SKIP THIS)

2 SLICES OF BACON, DICED

1 ONION, DICED

3 EGGS

SPLASH OF MILK

150G GRATED CHEESE

1 TOMATO, CHOPPED

METHOD

PREHEAT THE OVEN: SET IT TO 200°C (180°C FOR
FAN OVENS) OR GAS MARK 6.

PREPARE THE MUFFIN TRAY: IF YOU HAVE A
SILICONE MUFFIN TRAY, YOU CAN USE IT WITHOUT
GREASING. OTHERWISE, GREASE A REGULAR MUFFIN
TRAY WITH BUTTER AND LIGHTLY COAT EACH HOLE
WITH FLOUR, ENSURING ANY EXCESS FLOUR IS
SHAKEN OUT.

COOK THE BACON AND ONION: IN A PAN OVER
MEDIUM HEAT, FRY THE BACON AND ONION
TOGETHER UNTIL THE BACON IS FULLY COOKED.

WHISK THE EGGS AND MILK: IN A MIXING BOWL,
WHISK TOGETHER THE EGGS AND A SPLASH OF
MILK. ADD THE GRATED CHEESE AND CHOPPED
TOMATO TO THE EGG MIXTURE.

COMBINE ALL INGREDIENTS: ADD THE COOKED
BACON AND ONION TO THE EGG MIXTURE AND STIR
TO COMBINE.

FILL THE MUFFIN TRAY: DIVIDE THE EGG MIXTURE
EVENLY AMONG THE MUFFIN TRAY HOLES.

BAKE: PLACE THE TRAY IN THE PREHEATED OVEN
AND BAKE FOR ABOUT 15 MINUTES, OR UNTIL THE
QUICHES TURN GOLDEN BROWN AND ARE COOKED
THROUGH.

GRANOLA BARS

INGREDIENTS

150G PORRIDGE OATS
1 TSP GROUND CINNAMON
1/2 TSP SALT
200G ADD-ONS (NUTS, SEEDS,
CHOCOLATE, SHREDDED
COCONUT, OR DRIED FRUIT)
250G PEANUT BUTTER
300G HONEY
1 TSP VANILLA ESSENCE

METHOD

PREPARE THE BAKING TIN: LINE A 23CM SQUARE BAKING TIN WITH TWO STRIPS OF BAKING PAPER PLACED IN A CRISSCROSS PATTERN. THIS MAKES IT EASIER TO LIFT THE BARS OUT LATER.

MIX THE OATS AND SPICES: IN A LARGE BOWL, COMBINE THE OATS, CINNAMON, AND SALT. SET ASIDE.

BLEND THE ADD-ONS: USE A FOOD PROCESSOR OR BLENDER TO ROUGHLY CHOP THE ADD-ONS. START WITH ANY LARGE NUTS AND BLITZ BRIEFLY, THEN ADD THE REST OF THE INGREDIENTS AND PROCESS UNTIL THEY ARE IN SMALL PIECES.

COMBINE THE ADD-ONS WITH OATS: ADD THE BLENDED ADD-ONS TO THE OATS AND MIX WELL.

PREPARE THE WET INGREDIENTS: IN A JUG, MEASURE OUT THE PEANUT BUTTER, THEN ADD THE HONEY AND VANILLA ESSENCE. STIR UNTIL BLENDED. IF THE MIXTURE IS TOO THICK, GENTLY WARM IT ON THE STOVETOP OR IN THE MICROWAVE, BUT LET IT COOL TO ROOM TEMPERATURE BEFORE MIXING IT WITH THE DRY INGREDIENTS.

MIX THE WET AND DRY INGREDIENTS: POUR THE WET INGREDIENTS INTO THE OAT MIXTURE. STIR UNTIL EVERYTHING IS EVENLY COMBINED AND NO DRY OATS REMAIN. IF THE MIXTURE IS TOO RUNNY, ADD MORE OATS.

PRESS THE MIXTURE INTO THE TIN: TRANSFER THE MIXTURE TO THE PREPARED BAKING TIN AND SPREAD IT EVENLY. USE THE BOTTOM OF A STURDY GLASS TO FIRMLY PRESS THE MIXTURE DOWN.

REFRIGERATE: COVER THE TIN AND REFRIGERATE FOR AT LEAST ONE HOUR, PREFERABLY OVERNIGHT, TO LET THE OATS ABSORB THE MOISTURE.

SLICE THE BARS: ONCE SET, LIFT THE BARS OUT USING THE BAKING PAPER AND CUT INTO FOUR COLUMNS AND FOUR ROWS.

STORE: WRAP EACH BAR INDIVIDUALLY IN CLING FILM OR BAKING PAPER. THE BARS WILL KEEP FOR SEVERAL DAYS AT ROOM TEMPERATURE, A COUPLE OF WEEKS IN THE FRIDGE, OR SEVERAL MONTHS IN THE FREEZER.

CHEESY HAM ROLL-UPS

INGREDIENTS

6 EGGS
4 TSP WATER
PINCH OF SALT AND PEPPER
2 TBSP BUTTER, DIVIDED
100G GRATED CHEDDAR CHEESE
4 SLICES OF HAM

METHOD

PREPARE THE EGG MIXTURE: IN A BOWL, WHISK TOGETHER THE EGGS, WATER, SALT, AND PEPPER.

COOK THE OMELETTE: MELT HALF OF THE BUTTER IN A 25CM NON-STICK FRYING PAN OVER MEDIUM HEAT. POUR IN HALF OF THE EGG MIXTURE AND GENTLY SWIRL TO COAT THE BOTTOM OF THE PAN.

SET THE EGGS: COOK FOR 1-2 MINUTES UNTIL THE EGGS BEGIN TO SET. FLIP THE OMELETTE AND SPRINKLE HALF OF THE GRATED CHEESE ON TOP. COOK FOR ABOUT A MINUTE MORE UNTIL THE EGGS ARE FULLY SET.

TRANSFER THE OMELETTE: MOVE THE COOKED OMELETTE TO A CUTTING BOARD.

REPEAT THE PROCESS: REPEAT STEPS 2-4 WITH THE REMAINING BUTTER, EGG MIXTURE, AND CHEESE TO MAKE ANOTHER OMELETTE.

ADD HAM AND ROLL UP: PLACE TWO HAM SLICES ALONG THE CENTRE OF EACH OMELETTE. ROLL UP EACH OMELETTE TIGHTLY, ENCLOSING THE FILLING.

SLICE THE ROLL-UPS: CUT EACH ROLLED OMELETTE INTO EIGHT PIECES.

CHEESE PUFFS

INGREDIENTS

1 EGG
125ML MILK
150G SELF-RAISING FLOUR
200G STRONG CHEDDAR
CHEESE, GRATED
1 TSP MUSTARD POWDER
1 TSP CAYENNE PEPPER

METHOD

PREHEAT THE OVEN: SET THE OVEN TO 180°C (160°C FOR FAN OVENS) OR GAS MARK 4. LINE A BAKING TRAY WITH PARCHMENT PAPER.

MIX THE INGREDIENTS: IN A LARGE BOWL, BEAT THE EGG AND MILK TOGETHER. ADD THE SELF-RAISING FLOUR, GRATED CHEDDAR CHEESE, MUSTARD POWDER, AND CAYENNE PEPPER, AND MIX UNTIL EVERYTHING IS WELL COMBINED.

FORM THE PUFFS: DROP SPOONFUL OF THE MIXTURE ONTO THE PREPARED BAKING TRAY, SPACING THEM APART.

BAKE: PLACE THE TRAY IN THE OVEN AND BAKE THE CHEESE PUFFS FOR ABOUT 20 MINUTES, UNTIL THEY ARE GOLDEN BROWN.

COOL AND ENJOY: ALLOW THE CHEESE PUFFS TO COOL ON A WIRE RACK BEFORE SERVING.

BACON & CHEESE TURNOVERS

INGREDIENTS

1 PACKET (320G) PUFF PASTRY
8 SLICES OF BACON
100G GRATED CHEESE

METHOD

PREHEAT THE OVEN: SET IT TO 180°C (160°C FOR FAN OVENS) OR GAS MARK 4. LINE OR GREASE A BAKING TRAY.

PREPARE THE PASTRY: ROLL OUT THE PUFF PASTRY TO ABOUT 1CM THICKNESS. CUT IT INTO 8 EQUAL SQUARES.

ASSEMBLE THE TURNOVERS: PLACE A SLICE OF BACON DIAGONALLY ON TOP OF EACH PASTRY SQUARE. ADD SOME GRATED CHEESE ON TOP OF THE BACON.

FOLD THE PASTRY: FOLD TWO OPPOSITE CORNERS OF EACH SQUARE TOWARDS THE CENTRE AND PRESS THE EDGES TOGETHER TO SEAL.

BAKE: PLACE THE TURNOVERS ON THE PREPARED BAKING TRAY AND BAKE FOR ABOUT 15 MINUTES, OR UNTIL THE PASTRY TURNS GOLDEN BROWN, THE BACON IS COOKED, AND THE CHEESE IS BUBBLING.

ARANCINI

INGREDIENTS

LEFTOVER COLD RICE DISH
100G CHEESE, CUT INTO SMALL
CHUNKS
100G PLAIN FLOUR
2 BEATEN EGGS
200G BREADCRUMBS
VEGETABLE OIL, FOR FRYING
SALT, TO TASTE

METHOD

PREPARE YOUR WORK AREA: LINE ONE BAKING TRAY WITH KITCHEN PAPER (FOR PLACING THE ARANCINI AFTER FRYING). LEAVE ANOTHER BAKING TRAY UNLINED FOR THE COATED ARANCINI.

SHAPE THE RICE BALLS: WITH DAMP HANDS, DIVIDE THE RICE MIX INTO GOLF BALL-SIZED PORTIONS. FLATTEN EACH INTO A DISC, THEN PLACE A PIECE OF CHEESE IN THE CENTRE.

WRAP THE RICE AROUND THE CHEESE, FORMING A BALL.

COAT THE ARANCINI: SET UP THREE BOWLS: ONE WITH FLOUR, ONE WITH BEATEN EGGS, AND ONE WITH BREADCRUMBS. ROLL EACH RICE BALL IN FLOUR, THEN DIP IT IN EGG, AND FINALLY COAT IT WITH BREADCRUMBS. PLACE THE COATED BALLS ON THE UNLINED BAKING TRAY.

HEAT THE OIL: FILL A DEEP PAN WITH ENOUGH OIL TO SUBMERGE THE RICE BALLS. HEAT THE OIL ON HIGH UNTIL A BREADCRUMB DROPPED IN SIZZLES UPON CONTACT.

FRY THE ARANCINI: ONCE THE OIL IS READY, CAREFULLY FRY THE RICE BALLS IN BATCHES UNTIL THEY TURN GOLDEN BROWN. REMOVE THEM WITH A SLOTTED SPOON AND PLACE THEM ON THE BAKING TRAY LINED WITH KITCHEN PAPER TO DRAIN EXCESS OIL.

APPLE & PEAR MUFFINS

INGREDIENTS

115G BUTTER OR MARGARINE
115G CASTER SUGAR
2 EGGS
115G SELF-RAISING FLOUR
1 EATING APPLE
1 PEAR

METHOD

PREHEAT THE OVEN: SET THE OVEN TO 180°C (160°C FOR FAN OVENS) OR GAS MARK 4. LINE A 12-CUP MUFFIN TIN WITH PAPER LINERS.

CREAM THE BUTTER AND SUGAR: IN A LARGE BOWL, CREAM THE BUTTER OR MARGARINE AND CASTER SUGAR UNTIL LIGHT AND FLUFFY.

ADD EGGS AND FLOUR: BEAT IN THE EGGS, THEN GENTLY FOLD IN THE SELF-RAISING FLOUR.

PREPARE THE FRUIT: PEEL, CORE, AND FINELY CHOP THE APPLE AND PEAR. FOLD THEM INTO THE MUFFIN BATTER.

FILL THE MUFFIN CASES: EVENLY DIVIDE THE BATTER AMONG THE LINED MUFFIN CUPS.

BAKE: BAKE THE MUFFINS IN THE PREHEATED OVEN FOR 15-20 MINUTES OR UNTIL THEY TURN GOLDEN BROWN AND ARE FULLY COOKED.