

FUELLED4LIFE LUNCH BOXES FOR 6-12 YEARS





COURGETTE PIZZA



PREP TIME: 1 hr 30 mins

Method

1. Place grated courgette in a colander and allow to drain for 30 minutes.
2. Preheat oven to 180°C and spray a baking dish with a little vegetable oil.
3. Beat eggs and vegetable oil together in a large bowl, add flour and mix.
4. Add the drained courgette, chopped parsley and pepper and mix together.
5. Spread the mixture in a baking dish and bake for 10-15 minutes until the base is firm.
6. Remove from oven, spread with tomato paste.
7. Place prepared vegetables – chopped capsicum, tomatoes, broccoli on top and sprinkle with Edam cheese.
8. Return to the oven and bake at 180°C for about 25 minutes.
9. Remove from oven, cool and slice into squares.

\$0.61 per serve (Dec 2016)

| INGREDIENTS | 10 SERVES |
|--|-----------|
| courgette, grated | 3 ½ cups |
| eggs | 3 |
| vegetable oil | ¼ cup |
| flour, wholemeal | ½ cup |
| parsley, chopped | 2 Tbsp |
| black pepper | to taste |
| tomato paste | 2 Tbsp |
| prepared vegetables, eg. chopped capsicum, tomatoes, broccoli | 3 cups |
| Edam cheese, grated | ¼ cup |

TIP

Add lemon juice to stop the avocado from browning.



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BAKED POTATO



PREP TIME: 1 hr 45 mins

Method

1. Heat oven to 180°C.
2. Wash potatoes. Prick potatoes all over with a fork.
3. Place potatoes on a lightly greased roasting dish and bake in oven for approximately 1 hour or until a knife inserted into them comes out easily.
4. Remove from oven and allow to cool.
5. Cut the tops off the potatoes. Scoop out the inside of the potatoes and place in a bowl.
6. Mash the potato and mix in the corn, spring onion and capsicum.
7. Stuff this mixture back into the potatoes. Sprinkle with the grated cheese.
8. Place potatoes back on the roasting dish and in the oven.
9. Bake for approximately 15 minutes or until hot through and the cheese is melted.

\$0.90 per serve (Dec 2016)

| INGREDIENTS | 4 SERVES |
|-----------------------|----------|
| potatoes | 4 medium |
| cream corn, canned | ½ cup |
| spring onion, chopped | 1 |
| capsicum, chopped | ¼ |
| cheese, grated | 8 Tbsp |

TIP

Eggs can be boiled at the start of the week, they will keep refrigerated for up to 7 days.

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| INGREDIENTS | 1 ROLL |
|---------------------------------------|--------|
| short grain rice | 125 g |
| water | 150 ml |
| vinegar | 1 Tbsp |
| sugar | 1 tsp |
| sesame oil | 2 tsp |
| nori seaweed sheet | 1 |
| bamboo rolling mat | |
| FILLING OPTIONS | |
| 1. AVOCADO AND TERIYAKI CHICKEN | |
| Hass avocado, sliced | ¼ |
| capsicum, cut into strips | ⅛ |
| teriyaki chicken | 50 g |
| vegetable oil | 1 tsp |
| grated ginger | 1 tsp |
| chicken breast | 200 g |
| teriyaki sauce | 2 Tbsp |
| sugar | 2 tsp |
| water | ¼ cup |
| 2. TUNA AND CUCUMBER | |
| canned tuna in spring water (drained) | 50 g |
| mayonnaise | 1 tsp |
| small cucumber | ¼ |
| 3. EGG AND VEGETABLE | |
| eggs | 2 |
| salt and pepper (optional) | pinch |
| carrot | ½ |
| lettuce leaves | 2 |

SUSHI

Method

RICE

1. Rinse the rice well under cold running water.
2. Drain the rice and place in a saucepan.
3. Add water and cover. Bring to the boil over a high heat.
4. When the water boils, reduce to a low simmer and cook until all the water is absorbed, about 10-12 minutes.
5. Tip cooked rice into a bowl and allow to cool for 10 minutes.
6. Mix vinegar, sesame oil and sugar and drizzle over the rice, folding in with a spoon.
7. Set aside to cool to room temperature.

AVOCADO AND TERIYAKI CHICKEN

1. Heat the oil in a frying pan. Add ginger, pan fry the chicken on medium heat until it is browned. Turn the chicken over to fry the other side on low heat until it is browned.
2. Then pour the sauce and sugar over the chicken, add water. Cover the pan and steam cook the chicken on low heat until the chicken is done and the sauce is absorbed. Cut the chicken into sticks. Use 50g of this as filling for one roll of sushi.

\$0.57 per serve (Dec 2016)

TUNA AND CUCUMBER

1. Mix tuna and mayonnaise.
2. Cut the cucumber flesh into strips.

\$0.57 per serve (Dec 2016)



EGG AND VEGETABLE

PREP TIME: 1 hr

1. Cook an ordinary omelette using the seasoned eggs, then slice into thin strips.
2. Cut the lettuce into thin strips and grate the carrot.

\$0.67 per serve (Dec 2016)

ROLLING

Once you have prepared the rice and the filling, follow the steps below to make your sushi roll. You will need one nori seaweed sheet and a sushi-making bamboo mat.

1. Lay out your bamboo rolling mat. Place a sheet of nori on the mat, shiny side down. Spread the rice over the nori. Make sure you leave about a centimetre of empty space along the edge of the nori furthest from you – this is the strip that will stick the roll closed.
2. Place any filling you wish to use along the bottom edge. Roll up, pressing firmly, starting at the bottom. When you reach the top 1cm of seaweed sheet, wet this part with water and continue rolling.
3. Place the finished roll on a cutting board and cut the roll in about 12 parts using a sharp knife.

TIP

Keep lunchboxes cool by freezing a yoghurt or bottle of water the night before.

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SAVOURY MUFFINS



PREP TIME: 30-40 mins

Method

1. Heat oven to 180°C.
2. Mix together eggs, oil, milk, corn and cheese.
3. Fold through spinach and tomatoes.
4. Sift flours and baking powder and gently mix into wet ingredients.
5. Spoon into greased medium muffin cups.
6. Bake in oven for approximately 15-20 minutes or until cooked through and golden brown.

\$0.39 per serve (Dec 2016)

| INGREDIENTS | 12 SERVES |
|---------------------------|-----------|
| egg | 2 |
| vegetable oil | ¼ cup |
| milk | ¾ cup |
| creamed corn | ½ cup |
| Edam cheese, grated | ⅓ cup |
| blanched spinach, chopped | ½ cup |
| tomatoes, chopped | ½ cup |
| white flour | ¾ cup |
| wholemeal flour | ¾ cup |
| baking powder | 1 Tbsp |



TIP

Growing your own vegetables can be a cheaper and a great way to teach young children about vegetables and fruit.

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PREP TIME: 45 mins

VEGETABLE PINWHEEL SCONES

Method

1. Heat oven to 220°C.
2. Sift together the dry ingredients.
3. Gently mix in the olive oil, yoghurt and milk with the dry ingredients until just combined. Be careful not to knead too much or the dough will become stiff and make tough scones.
4. Roll the dough out into an approximately 30cm square.
5. Spread the pesto over the dough and sprinkle over the corn and tomato.
6. Roll the dough with fillings into a sausage shape.
7. Cut the roll into approximately 2cm rounds.
8. Place on a baking tray (laying on their sides) and brush the tops with a little milk.
9. Bake in oven for 15 minutes or until browned and cooked through.

\$0.50 per serve (Dec 2016)

TIP

Baking can be made in batches and frozen in the freezer until needed.



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| INGREDIENTS | 12 SERVES |
|---------------------|-----------|
| wholemeal flour | 1 cup |
| white flour | 1 cup |
| baking powder | 1 tsp |
| baking soda | 1 tsp |
| olive oil | 6 Tbsp |
| unsweetened yoghurt | ½ cup |
| reduced fat milk | ⅓ cup |
| pesto | 4 Tbsp |
| corn kernels | 1 cup |
| diced tomato | ½ cup |

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NACHO WRAP

Method

PREP TIME: 1 hr 30 mins

1. Warm oil over medium heat, gently cook garlic and onion until tender, increase heat and stir in the beef mince.
2. Continue to cook and stir to brown the mince.
3. Add the beans, tomatoes and stir to combine. Cover, reduce heat and simmer for 30 minutes or until the sauce is thick, stirring occasionally.
4. Spread mixture over the wraps and top with some finely diced onion and capsicum, and roll.

\$2.34 per serve (Dec 2016)



| INGREDIENTS | 10 SERVES |
|------------------------|-----------|
| vegetable oil | 2 Tbsp |
| onion, finely chopped | 1 medium |
| garlic cloves, crushed | 10 g |
| lean mince | 400 g |
| tomatoes, chopped | 660 g |
| chilli beans | 660 g |
| wholemeal wraps | 10 |
| onion, finely diced | ½ onion |
| capsicum, diced | 65 g |



TIP

Add variety to sandwiches by using different breads such as a wholemeal pita or rēwena bread.

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MEATBALLS



PREP TIME: 45 mins

Method

1. Heat oven to 225°C.
2. Mix all ingredients together and knead until a little bit sticky.
3. Roll into small bite sized balls and place on a lightly greased roasting tray.
4. Roast in oven for approximately 15-20 minutes or until cooked through and browned.
5. Remove from oven and serve hot or allow to cool on the tray.

\$0.75 per serve (Dec 2016)

| INGREDIENTS | 10 SERVES |
|---------------------------------------|---|
| beef, lamb or pork mince | 350 g |
| carrots, finely grated | 2 medium |
| garlic, crushed | 1 clove |
| egg | 1 |
| dry wholemeal breadcrumbs | 1 cup |
| fresh herbs, chopped | 2 Tbsp eg parsley, chervil, rosemary, thyme, oregano, basil, sage |
| lemon zest, finely chopped (optional) | 1 tsp |
| tomato paste | 2 Tbsp |



TIP

Using left-overs from dinner is great for saving time in the morning. For example pasta can be made into a salad, roast vegetables into a frittata and meatballs can even be made ahead of time and frozen.

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EGG MUFFINS



You can use any combination of seasonal vegetables, as long as it equals 2 cups.

PREP TIME: 45 mins

Try cooked mushroom, broccoli or mixed frozen vegetables as an alternative.

Method

1. Heat oven to 180°C.
2. Lightly grease muffin tray (non-stick is best).
3. Place vegetables into 6 muffin cups.
4. Sprinkle cheese over top of vegetables.
5. Beat eggs and pour over vegetables and cheese to fill the muffin cups.
6. Bake for approximately 20 minutes or until cooked through.
7. Allow to cool in the muffin tray before removing.

\$0.89 per serve (Dec 2016)

EGG MUFFINS

HUMMUS

| INGREDIENTS | 6 SERVES |
|--|----------|
| raw capsicum, diced | ¼ cup |
| cooked spinach, squeezed and chopped (or frozen) | 1 cup |
| raw spring onion, chopped | ¼ cup |
| raw tomato, diced | ½ cup |
| eggs | 6 |
| Edam cheese, grated | ½ cup |

| INGREDIENTS | 6 SERVES |
|-------------------------------|----------|
| chickpeas, drained and rinsed | 1 can |
| garlic | 1 clove |
| tahini | ¼ cup |
| lemon juice | 1 lemon |
| cumin, ground | 1 pinch |
| pepper, ground | 1 pinch |
| olive oil | 1 Tbsp |
| water | 1 Tbsp |

HUMMUS



Method

Place all ingredients in a blender or food processor and blend until smooth.

\$0.52 per serve (Dec 2016)

TIP

Making your own hummus is a great way to keep your costs down.