

LUNCH BOX IDEA

Asian flavour – coriander roti



- **Coriander roti (see next page for recipe)**
- **Vegetable: such as celery, cucumber, carrot sticks or tomato**
- **Fruit: such as kiwi fruit, mandarin, grapes, apple, banana or orange**
 - **Protein: such as yoghurt, boiled egg, cheese cubes/slices or plain milk.**

Tips

1. Vegetables and fruit in ready-to-eat bite-sized pieces encourage children to eat more .
2. Pack your child's lunch in an insulated lunch box. Always include a frozen icepack to keep perishable foods cold until lunchtime. Freezing a drink bottle overnight and placing it in your child's lunch box will help to keep the food cold and safe.

CORIANDER ROTI

INGREDIENTS

Makes 4 roti (2 serves)



Dough

- 1/2 cup wholemeal flour
- 2 teaspoons vegetable oil
- ¼ teaspoon salt

Filling

- 3/4 cup finely chopped coriander
- 2 teaspoons cumin powder
- ¼ cup finely chopped green chillies

Other Ingredients

- Flour for rolling
- 4 teaspoons vegetable oil for cooking

METHOD

For the dough

1. Combine all the ingredients in a deep bowl, mix well and knead to make a semi-stiff smooth dough using enough water.
2. Divide the dough into 4 equal portions, cover and keep aside for at least 10 to 15 minutes.

Then

1. Divide the filling into 4 equal portions.
2. Roll out a portion of the dough into a 10 cm diameter circle using a little wheat flour.
3. Place a portion of the filling in the centre, fold the edges towards the centre and seal well so the filling doesn't spill out.
4. Roll out again into 10 cm diameter circle using a little wheat flour.
5. Heat a non-stick pan and cook each roti, using 1 tsp oil, till golden brown spots appear on both the sides.

LUNCH BOX IDEA

Asian flavour – dumplings



- **Dumplings (see next page for recipe)**
- **Fruit: such as banana, kiwi fruit, mandarin, grapes or apple**
 - **Mixed unsalted nuts or a dairy item such as cheese cubes/slices, yoghurt or plain milk**

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DUMPLINGS



INGREDIENTS

Makes 50 dumplings

- 100g carrot, finely diced
- 125g celery, finely diced
- 250g trim pork mince
- 2 spring onions, finely diced
- 1 Tbsp freshly chopped ginger
- 50 wonton wrappers
- 1 Tbsp brown sugar
- 1 Tbsp low sodium soy sauce
- 1 Tbsp corn flour



METHOD

1. Mix all ingredients together in a bowl.
2. Make three pleats along one side of the wonton wrappers.
3. Place a teaspoon of the mixture in the wonton "bowl".
4. Fold over and seal.
5. Place wontons in a steamer basket and steam over boiling water for 15 minutes. Alternatively place in gently boiling water and boil for 10 minutes.



LUNCH BOX IDEA

Asian flavour - egg & shallot pancake



- **Egg & shallot pancake (see next page for recipe)**
- **Vegetable: such as celery, cucumber, carrot sticks or tomato**
- **Fruit: such as mandarin, grapes, apple, banana or orange**
- **Dairy: such as cheese cubes/slices, yoghurt or plain milk**

Tips

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EGG & SHALLOT PANCAKE



INGREDIENTS

Makes 2 serves

- 2 large eggs
- ½ cup plain flour
- ¼ cup water
- 2 shallot, diced
- ½ tsp salt
- 2 Tbsp vegetable oil
- 1 tsp roasted sesame seeds (optional)

METHOD

1. Mix eggs, flour, and water in a bowl.
2. Add diced shallot, salt, and sesame seeds into batter and mix.
3. Heat a lightly oiled pan over high heat. Scoop the batter onto the griddle. Using one heaped tablespoon for each pancake. Cook 2-3 minutes until golden brown. Flip pancake and cook until golden brown on other side.
4. Repeat step 3 until batter is finished.

LUNCH BOX IDEA

Asian flavour - Korean noodles



- **Japchae -- Korean sweet potato noodles with beef and vegetables**
(see next page for recipe)
- **Fruit:** such as mandarin, grapes, apple, banana or orange
- **Dairy :** such as cheese cubes/slices, yoghurt or plain milk

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KOREAN NOODLES WITH BEEF AND VEGETABLES (JAPCHAE)



INGREDIENTS

Makes 6 serves

- 200g dried Korean sweet potato noodles
- 2 medium garlic cloves, finely chopped
- 1 Tbsp vegetable oil
- 200g beef, thinly sliced
- 300-400g thinly shredded vegetables, such as carrot, onion, spinach or celery
- 6 dry shiitake mushrooms
- 1/2 tsp salt
- Pinch of ground black pepper
- 2 Tbsp sesame oil
- 1/4 cup reduced salt soy sauce
- 1 Tbsp packed dark brown sugar
- 1 Tbsp sesame seeds, toasted

METHOD

Prepare the noodles

1. Bring a pot of water to the boil. Add the noodles, stir to separate them and boil until cooked through. Drain in a colander and rinse under cold water until cool.
2. Using scissors, cut the noodles into 6 to 8-inch lengths.
3. Transfer the noodles to a saucepan, drizzle with 1 Tbsp of sesame oil and toss to coat; set aside.

Prepare the vegetable and sauce

1. Mix the soy sauce and sugar together in a small bowl, set aside.
2. Cover the dried mushrooms with hot water and let sit until softened, at least 4 hours. Trim off the stems and slice the caps thinly.
3. Heat the vegetable oil in a frying pan over high heat. Brown the garlic and onion, then add the beef, stir until cooked through. Add carrot, spinach and prepared mushrooms, seasoned with salt and pepper. Stir to mix, let cook for about 5-8 minutes.
4. Add the prepared noodles and sauce mixture. Toss until heated through.
5. Turn the heat off and add the remaining 1 tablespoon of sesame oil and toasted sesame seeds. Toss to combine well and serve.

LUNCH BOX IDEA

Asian flavour – steamed buns



- **Steamed buns (see next page for recipe)**
- **Vegetable: such as celery, cucumber, carrot sticks or tomato**
- **Fruit: such as mandarin, grapes, apple, banana or orange**
- **Dairy: such as cheese cubes/slices, yoghurt or plain milk.**

Tips

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STEAMED BUNS



INGREDIENTS

Makes 20

Dough

- 2 Tbsp sugar
- 1 cup warm water
- 1 ½ tsp dry yeast
- 1/2 tsp salt
- 3 ½ cups plain flour
- 1 tsp baking powder

Filing

- 3 cups finely shredded cabbage
- 8 dry shiitake mushrooms
- 200g lean pork mince
- 5 green onions, thinly sliced
- 1 egg
- ½ tsp salt
- 1 Tbsp finely chopped ginger
- 1 Tbsp low sodium soy sauce
- 1 Tbsp corn flour
- 1 Tbsp sesame oil

METHOD

Bun Dough

1. In a large bowl, dissolve sugar in water. Sprinkle in yeast; let stand until frothy, about 10 minutes. Stir in salt. Mix in enough of the flour to make soft ragged dough. Turn out onto floured work surface. Knead, adding as much of the remaining flour as necessary, until smooth, elastic and no longer sticky to the touch, about 8 minutes.
2. Place in a greased bowl, cover and let rise in warm draft-free place until doubled in bulk, about 3 hours.
3. Punch down dough; turn out onto lightly floured surface. Flatten slightly and sprinkle with baking powder. Knead into ball, incorporating baking powder completely, about 1 minute. Cover and let rest for 10 minutes.

Filling

1. Cover mushrooms with hot water in a bowl; soak about 20 minutes or until soft. Remove mushrooms from water. Cut off stems; slice caps thinly.
2. Place cabbage in a large bowl. Add prepared mushrooms with pork mince, egg, soy sauce, oil, ginger, corn flour and salt. Toss to combine. Set aside.

Wrapping

1. Roll out dough into 20-inch log. Slice into 20 pieces; roll or press each into 3-inch circle. Spoon 1.5-2 tablespoon of filling onto centre of each circle. Gather dough together around filling, stretching slightly if necessary, to form pouch; twist to seal top.
2. Cut 20 3-inch squares of parchment paper. Place each bun, sealed side up, on square of paper. Arrange in steamer trays, about 2 inches apart. Cover and let rise for 45 minutes.
3. Bring water to boil in steamer or wok. Cover and steam, 2 trays at a time, for 5 minutes. Reverse trays and steam until puffed and dry to the touch, about 5 minutes.

LUNCH BOX IDEA

Asian flavour – stir fried rice



- **Stir fried rice (see next page for recipe)**
- **Vegetable: such as celery, cucumber, carrot sticks or tomato**
- **Fruit: such as mandarin, grapes, apple, banana or orange**
- **Dairy: such as cheese cubes/slices, yoghurt or plain milk**

* Tips

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STIR FRIED RICE



INGREDIENTS

Makes 8 -10 serves

- 500g rice
- 600ml water
- 50ml vegetable oil
- 5 eggs
- 750g vegetables, e.g. chopped cabbage or frozen mixed vegetables (peas, corn, carrot)
- 200g chicken breast or lean beef (diced)
- 3 Tbsp low sodium soy sauce

METHOD

1. Rinse the rice under running water. Combine rice and water and cook in rice cooker.
2. Lightly beat the eggs.
3. Heat a wok or frying pan and add some oil. When the oil is hot, add the eggs. Cook until they are lightly scrambled. Remove the scrambled eggs and roughly chop them.
4. Add the rest of the oil, brown the diced chicken (or beef), then add the cooked rice. Stir-fry for a few minutes, season with salt or soy sauce.
5. Add the scrambled egg and vegetables. Cook through and mix thoroughly.

Variations

- Use egg noodles or rice noodles to substitute rice. Boil noodles according to the package directions. Drain the noodles well when they are cooked.
- Remove chicken or beef to make the meal vegetarian.

LUNCH BOX IDEA

Sushi



- **Sushi (see next page for recipe)**
- **Vegetable: such as celery, carrot, cucumber sticks and tomato**
- **A piece of fruit such as mandarin, apple, pear, orange and grapes.**
- **Dairy : such as cheese cubes/slices, yoghurt and plain milk**

Tips

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SUSHI



Prepare the filling

1. Avocado and teriyaki chicken

- 1/4 hass avocado, sliced
- 1/8 capsicum, strips
- 50g teriyaki chicken (see below preparation)

To make teriyaki chicken:

- 1 tsp vegetable oil
- 1 tsp grated ginger
- 200g chicken breast
- 2 Tbsp teriyaki sauce
- 2 tsp sugar
- 1/4 cup water

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. Pour the sauce and sugar over the chicken, add 1/4 cup of water. Cover the pan and steam cook the chicken on low heat until the chicken is brown and the sauce is absorbed. Cut the chicken into strips.

2. Tuna and cucumber sushi rolls

- 50g of canned tuna in spring water (drained)
- 1 tsp of mayonnaise
- 1/4 small cucumber

Mix tuna and mayonnaise.

Cut the cucumber flesh into strips.

3. Egg and vegetable

- 2 eggs
- Pinch of salt and pepper (optional)
- 1/2 carrot, grated
- 2 lettuce leaves, striped

Cook an ordinary omelette using the seasoned eggs, then slice into thin strips.

Prepare the rice

- 125g short grain rice
- 150ml water
- 1 Tbsp vinegar
- 1 tsp sugar
- 2 tsp sesame oil
- 1 Nori seaweed sheet

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

Rolling

Lay out your bamboo rolling mat. Place a sheet of nori on the mat. 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. Place any filling you wish to use along the bottom edge. Roll up, pressing firmly. When you reach the top 1 cm of seaweed sheet, dampen this part with water and continue rolling. Place the finished roll on a cutting board and cut the roll in about 12 parts using a sharp knife.