



# fresh friends for the lunchbox

## recipe book



x

123

**SESAME STREET**



# Building a healthy LUNCH BOX

It's important for children to eat a variety of foods everyday to be healthy. With kids spending around one third of their day at school, the lunchbox and the food items it contains is essential for their overall health.

Give kids some options about what they take for lunch, and where possible, get them involved in preparing their lunch. Kids are more likely to eat their lunchbox food if they are involved in putting it together.



Foods like berries, colourful veggies, nuts, citrus, dark chocolate, eggs, avocado, and fish help keep your body and brain super healthy!



A balanced lunchbox not only fuels kids growing bodies but also powers up their brains for a day of adventure and learning.



# A well balanced, nutritious lunchbox for kids should contain a mix of...

**Vegetables**  
Minimum 2 serves  
of their favourite  
veggies



**Protein**  
Lean meats, fish,  
poultry, egg, nuts and  
legumes



**Fruit**  
1-2 serves



**Dairy**  
Cheese, yoghurt,  
and/or their  
alternatives

**Grains**  
Mostly wholegrains  
and/or high fibre

**Hydration**  
A bottle of tap or  
fruit flavoured water  
is best





# Berry Flowers

Makes: 8

Prep: 15 mins

## Ingredients

- 2kg piece seedless watermelon
- 125g Perfection Raspberries
- 125g Perfection Blueberries
- 250g Perfection Strawberries, halved
- Strawberry leaves, to decorate, optional
- 12 skewers



## Instructions

### STEP 1

Cut the watermelon into 2cm thick pieces. Use the flower cookie cutter, to cut 12 flower shapes. Use the round cookie cutter to cut a circle from the centre of each flower. Cut the little rounds in half horizontally and place one half back into the hole. Top with a blueberry or raspberry.

### STEP 2

Press the raspberries, blueberries and strawberries onto the skewers then skewer the watermelon at the top to form the flower.



# Chicken, Qukes® & Baby Cucumbers Avocado Sandwiches

Serves: 2

Prep: 15 mins

## Ingredients

- ½ avocado (mashed)
- 4 slices sandwich bread
- 1 cup cooked chicken (chopped)
- 1 tbs whole egg mayonnaise
- 4 Qukes® baby cucumbers (sliced)

## LUNCHBOX EXTRAS

- Qukes® baby cucumbers
- Mix-a-Mato® or Petite Tomato™
- Perfection Strawberries, Blueberries and Raspberries
- Midnight Beauty®, AutumnCrisp®, or Sweet Sapphire™ Grapes
- Tzatziki & Crackers
- Cheese Cubes
- Nut-free Butter Cookies

## Instructions

### STEP 1

Spread the avocado over all 4 slices of bread. Mix the chicken and mayonnaise together and spoon onto 2 slices of bread. Top with Qukes® and then sandwich the remaining bread, avocado side down.

### STEP 2

Cut into rounds and poke a face in the top of each. Place into a lunch box with lunch box extras.



Makes: 6

Prep: 15 mins

Cook: 35 mins

## Ingredients

- 200g Petite Tomatoes™
- 6 mini flour tortillas
- 150g shaved ham chopped
- 80g tasty cheese, grated
- 2 eggs
- 1/3 cup full cream milk
- Olive oil spray
- Baby rocket, 200g Petite Tomatoes™, sliced, and Qukes® baby cucumbers, to serve

## Instructions

### STEP 1

Preheat oven to 180°C fan forced. Place two tortillas onto a microwave safe plate. Heat in microwave for 10 seconds until warm. Spray olive oil on both sides and press into Texas muffin trays. Repeat to make 6.

### STEP 2

Place muffin tray into the oven and bake for 10 minutes until light golden.

### STEP 3

Place ham, cheese and Sweet Solanato® tomatoes into tortilla cups. Whisk eggs and milk together and pour over the filling. Season with salt and pepper. Bake for 20-25 minutes until set in the centre. Set aside to cool. Serve with rocket, Petite Tomatoes™ and Qukes®.

# PETITE TOMATOES™ TORTILLA CUPS





**Qukes**  
Baby Cucumbers

## with nut butters

Makes: 6

Prep: 15 mins

### Ingredients

- 6 Qukes® baby cucumbers (halved)
- 2 Little Gem® bananas (halved)
- 1 apple (thickly sliced)
- Peanut, cashew, or almond butter
- Toasted sesame seeds
- Pepitas (pumpkin seeds)
- Shredded or flaked coconut

### Instructions

#### STEP 1

Spread the Qukes® baby cucumbers, Little Gem® bananas, and apple wedges with nut butter of choice.

#### STEP 2

Sprinkle with seeds and coconut before serving.





# Dairy-Free Banana Bread

Serves: 8

Prep: 15 mins

Cook: 1 hr 20 mins

## Ingredients

- 2 cups mashed Little Gem® bananas
- 1 extra banana & 1 tbs raw sugar
- 2 cups (300g) self-raising flour
- 2 tsp ground cinnamon
- $\frac{3}{4}$  cup (170g) raw sugar
- $\frac{2}{3}$  cup (70g) desiccated coconut
- 2 eggs, lightly beaten
- 400ml can coconut milk
- Nut butter, to serve

## Instructions

### STEP 1

Preheat oven 180°C fan forced. Grease and line 6cm deep, 10cm x 21cm loaf pan.

### STEP 2

Sift the flour and cinnamon into a bowl. Stir in the sugar and coconut. Add the eggs, coconut milk, mashed banana and stir gently to combine. Spoon the into the loaf pan and smooth the surface.

### STEP 3

Cut the extra banana into three lengthways and place on top of the banana bread mx. Sprinkle with extra sugar. Bake for 1 hour 20 minutes or until a skewer inserted into centre comes out clean. Stand in the cake pan 15 minutes in pan before lifting onto a wire rack. Serve warm or at room temperature.

**Yummy  
served  
toasted  
with nut  
butter**





# FUNNY FACE ANIMAL SANDWICHES

Serves: 2

Prep: 15 mins

## Ingredients

- 250g Qukes® baby cucumbers
- 200g Petite Tomatoes™
- 4 tbs spreadable cream cheese
- 2 tbs mango chutney
- 100g ham, salami or turkey
- 4 slices tasty cheese

### FOR THE FROG FACE

- Minicaps® baby capsicums
- 125g Perfection Blueberries
- 4 rice cakes

### FOR THE ELEPHANT FACE

- 4 slices white bread
- 4 cos lettuce leaves
- 1 red radish thinly sliced
- 4 blueberries, black grapes or black olives

**For the frog:** **1.** Slice 3 Qukes® lengthways and 6 tomatoes into rounds. Mix the cream cheese and chutney together and season. **2.** Spread cream cheese mixture evenly over all 4 slices of the rice cakes. **3.** Top 2 slices of the rice cakes with tomatoes, ham, sliced Qukes® and cheese. Top with remaining rice cakes spread side down.

**4.** Cut four rounds from 1 Quke for the eyes and top each with a blueberry. Secure to the rice cake with cream cheese. **5.** Cut a mouth shape from Minicap® and shape Qukes® for legs. Secure with cream cheese.

**For the elephant:** **1.** Slice 3 Qukes® lengthways and 6 tomatoes into rounds. Mix the cream cheese and chutney together and season. **2.** Spread the cream cheese mixture evenly over all 4 slices of bread. **3.** Top 2 slices of bread with tomatoes, ham, sliced Qukes® and cheese. Top with remaining bread, spread side down. **4.** Poke two lettuce leaves into the sandwich. **5.** Position 2 radish rounds as eyes, securing with a little cream cheese. **6.** Position the blueberries in centre of radish with a little cream cheese. Shape a Qukes® for the trunk and secure with cream cheese.



Makes: 18

Prep: 15 mins

Cook: 20 mins

One Bowl

# BLUEBERRY MACARONS

## Ingredients

- 1 ½ cups (130g) desiccated coconut
- ⅔ cup (80g) almond meal
- 1 cup (220g) caster sugar
- 2 tbs gluten-free cornflour
- 2 eggs, lightly beaten
- 1 tsp vanilla extract
- 125g Perfection blueberries

## Instructions

### STEP 1

Preheat the oven to 160°C fan forced. Grease and line two baking trays with baking paper.

### STEP 2

Place the coconut, almond meal, sugar and cornflour in a bowl, stir until well combined. Make a well in the centre, add the eggs and vanilla, mix well. Fold through the blueberries.

### STEP 3

Shape 2 tablespoons (40g) of mixture into a round and place onto a tray, flatten slightly with fingertips. Repeat with the remaining mixture, allowing room for spreading.

### STEP 4

Bake for 15 minutes, swap the trays around in the oven and bake a further 5 minutes or until the macarons are light golden. Stand on trays for 10 minutes. Transfer to a wire rack to cool. Serve.





## Lunchbox

# Vegetable Fried Rice

Serves: 2-4

Prep: 10 mins

Cook: 6 mins

### Ingredients List

- 1 tbs (20ml) vegetable oil
- 4 Qukes® baby cucumbers, roughly chopped
- 2 eggs, lightly beaten
- 2 stems Broccolini®, roughly chopped
- 3 green shallots, thinly sliced
- 4 Minicaps® baby capsicums (sliced)
- 2 ¼ cups (450g) cooked brown rice
- 2 tbs (40ml) light soy sauce
- 1 carrot, coarsely grated
- 3 tsp sesame seeds, toasted

### LUNCH BOX EXTRAS

- Qukes® baby cucumbers
- Petite Tomatoes™
- Perfection Strawberries, Blueberries and Raspberries
- Crisp Delight™ watermelon
- Midnight Beauty®, AutumnCrisp®, or Sweet Sapphire® Grapes
- Cheese slices and crackers
- Hummus dip and falafel
- Mini blueberry muffin

### Instructions

#### STEP 1

Heat half the oil in a frying pan or wok over medium heat. Add the eggs and swirl to form a thin round omelette. Cook for 30-45 seconds or until light golden underneath and the top is almost set. Slide onto a board and roll up.

#### STEP 2

Add the remaining oil to the pan and increase the heat to high. Add the Broccolini®, shallots and Minicaps®, stir fry for 1 minute. Add the rice to cook, stirring occasionally for 2-3 minutes until warmed through. Remove from the heat and stir through the soy sauce.

#### Step 3

Slice the omelette and stir through the rice. Set aside to cool.

#### Step 4

Scatter over the Qukes®, carrots and sesame seeds. Spoon into a lunch box with lunch box extras.



# Banana & Blueberry Malt Muffins

Makes: 12

Prep: 10 mins

Cook: 25 mins

## Ingredients

- 125g Perfection Blueberries
- 1 cup coarsely mashed Little Gem® Bananas
- 1  $\frac{3}{4}$  (265g) cup self-raising flour
- $\frac{1}{4}$  cup (38g) malt powder
- 4 Weetbix, crushed
- $\frac{3}{4}$  cup (170g) brown sugar, firmly packed
- 125g butter, melted
- 2 eggs, lightly beaten
- 2 tbs icing sugar, for dusting



## Instructions

### STEP 1

Preheat oven 180°C fan forced. Line a 12-hole muffin pan ( $\frac{1}{3}$  cup capacity) with paper wraps or cases.

### STEP 2

Sift the flour into a mixing bowl. Add the malt powder, Weetbix, brown sugar and blueberries. Stir to combine. Make a well in the centre. Add the bananas, butter and eggs. Stir gently to combine. Spoon evenly into paper cases, about  $\frac{1}{3}$  cup per muffin.

### STEP 3

Bake for 22-25 minutes, or until a skewer inserted into the centre comes out clean. Stand for 10 minutes in the pan. Transfer to a wire rack. Dust the icing sugar over the warm muffins. Serve warm or at room temperature.



# Strawberry Mice



Makes: 10

Prep: 30 mins

## Ingredients

- 250g Perfection Strawberries
- 50g milk or dark chocolate, melted
- 10 mini chocolate chips (see tip)
- readymade black fondant
- 24 flaked almonds
- 6 red licorice twists
- 100g Swiss cheese, optional

## Top Tip

The sugar free chocolate chips in the baking aisle are mini and perfect for this recipe.



## Instructions

### STEP 1

Slice off the green calyx from each strawberry. Trim a small piece from the base of each strawberry so it sits flat.

### STEP 2

Place a little melted chocolate on the back of the chocolate chips and attached the nose at the pointy end of each strawberry.

### STEP 3

Roll 20 small pieces of fondant into tiny little rounds. Using a skewer, place a little melted chocolate on the fondant and position as the eyes.

### STEP 4

Cut 2 slots with a sharp knife behind the eyes, press a flaked almond into each for the ears.

### STEP 5

Cut the licorice into lengths for the tail. Use a skewer to poke a hole into the back of each strawberry and press the licorice into the hole. Cut the cheese into wedges and serve with the strawberry mice.



Serves: 4-5 kids as a platter

Prep: 20 mins

Cook: 5 mins

Quick

# AFTER SCHOOL SNACKS

1

## Nori Rolls

- 2 ½ cups (500g) sushi rice (rinsed well)
- 2 ½ cups (625ml) water
- ¼ cup (60ml) sushi seasoning
- 250g Qukes® baby cucumbers
- 8 nori sheets
- Kewpie mayonnaise
- 2 avocados (sliced)

### NORI ROLL DIPPING SAUCE

- ¼ cup (60ml) light soy sauce
- 2 tbs (40ml) mirin
- ½ tsp sesame oil
- 2 green shallots (thinly sliced)
- 2 tsp caster sugar

### Instructions

Combine the rice and water in a large saucepan. Cover with lid and bring to boil over a high heat for 2 minutes. Reduce heat to low and cook for a further 10 minutes or until water is absorbed. Remove from heat, cover the rice, and stand for 15 minutes.

Spread the rice onto a large tray and drizzle with seasoning, stirring to combine. Set aside, stirring to cool at room temperature. Meanwhile, cut 4 Qukes® into 6 equal lengths each, making 24 lengths.

Place 1 piece of nori, rough side up, on a damp bamboo sushi mat, with one short side closest to you. Using wet fingers, press ¾ cup of rice over the nori, leaving ½ cm border at opposite short end.

Drizzle short end closest to you with mayonnaise. Top with avocado and pieces of Qukes®. Use the bamboo mat to tightly roll up and enclose the filling. Remove the bamboo mat and cut into 4 equal lengths. Repeat with remaining nori, rice, mayonnaise, avocado and Qukes®.

**Nori Roll Dipping Sauce:** Combine all the ingredients in a serving bowl and serve the nori rolls with the dipping sauce.

## Quick AFTER SCHOOL SNACKS



2

### Qukes® Snack

- 250g Qukes® baby cucumbers
- 250g Petite Tomatoes™
- Sliced Cheese

#### Instructions

Cut Qukes® baby cucumbers in half and top with sliced cheese and Petite Tomatoes™.



3

### Cheesy Popcorn

- 3 cups popcorn
- ¼ cup grated cheese

#### Instructions

Line a baking tray with baking paper. Scatter some precooked popcorn onto the tray and sprinkle with grated cheese. Bake in a 180°C fan forced oven for 5 minutes until the cheese has melted. Cool a few minutes and then pour into a small bowl to serve.



4

### Muffin Snack

- 2 multi-grain English muffins
- 1 tbsp cream cheese (or ricotta)
- 2 tbsp shaved chicken or turkey
- 4 Qukes® baby cucumbers (thinly sliced)

#### Instructions

Split and toast a multi-grain English muffin then spread with cream cheese or ricotta. Top with shaved chicken or turkey and thinly sliced Qukes® baby cucumbers.



5

### Fruit Skewers

- Perfection blueberries, strawberries, or raspberries
- Watermelon
- Perfection Grapes such as Sweet Globe®, Autumn Crisp®, Midnight Beauty®, or Sweet Sapphire™

#### Instructions

Thread Perfection blueberries, strawberries, watermelon, pineapple, Sweet Globe® and Sweet Sapphire™ grapes onto skewers.



