

THE STUPENDOUS LUNCHBOX SAFARI



1Seven's Super Tasty Lunchbox Recipes

As many parents know, packing a lunchbox every day with food that is both nutritious and tempting to the tastebuds can be quite a challenge. Take a look at our recipes for some fresh, new ideas for lunches that pack some serious taste power.

DAY THREE: VIBRANT VIETNAMESE

Recipe: Rice Paper Rolls - Serves 1

- 3 slices of any lean meat (chicken, pork, ham, beef)
- 1/2 medium carrot, grated coarsely
- 3/4 cup of cabbage, shredded finely
- 3 x 17cm-square rice paper sheets
- 3 large fresh mint leaves
- 1/4 cup of your favourite dipping sauce (sweet chilli, plum, sweet & sour)

What to do:

To assemble rolls, place 1 sheet of rice paper in large shallow dish of warm water until just softened. Lift sheet from water carefully; place, with one point of the square sheet facing you, on board covered with tea towel. Place a little of the vegetable filling, meat and one mint leaf vertically along centre of sheet, top with small amount of sauce; fold top and bottom corners over filling then roll sheet from side to side to enclose filling. If roll seems too thin, wrap again in another softened rice paper sheet. Repeat with remaining rice paper sheets and fillings. Makes 3 rolls.

Lunchbox Watch!

Get the kids to help you make these, you can do it the night before and store in the fridge. You can use any meat you like – chicken, roast beef, tuna, or even boiled egg or tofu.

Gluten free

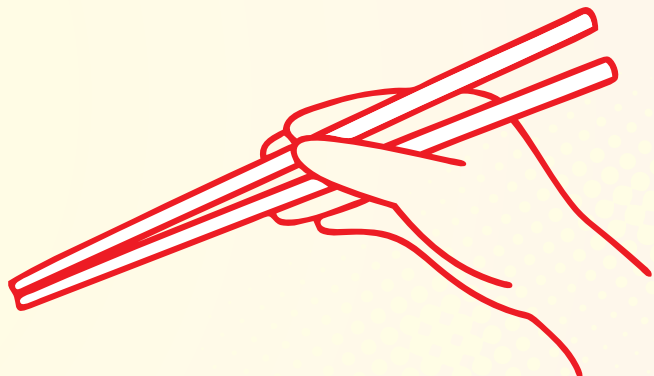
Not suitable to freeze

Other stuff to put in the lunchbox:

- High fibre, low fat fruit muffin
- 4 cubes of cheese with cucumber, grapes and cherry tomatoes
- 6 small rice crackers
- Bottle of water

Nutritional Info:

- Energy (cals/kj): 357/1493
- Carbohydrate (g): 74.9
- Protein (g): 10.7
- Fat (g): 2.3
- Fibre (g): 5.3



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