

Quick lunch ideas

Try the following fillings in an open sandwich using 100% wholegrain or rye bread

- ½ tin wild salmon, 1 finely sliced stick celery, 2 tbsp. sweetcorn, shredded lettuce, squeeze lemon juice, 1 tsp mayonnaise, salt and pepper
- Mix baby spinach, grated carrot, 1 finely sliced date, toasted pumpkin seeds with a splash of olive oil and of orange juice. Spread bread with hummus or soft goats cheese and top with mixture.
- Mix shredded roast chicken / smoked salmon with ½ avocado, toasted seeds, finely sliced cucumber and spring onion.

Salads are a great way to boost your vegetable intake. Use any variety of raw or cooked vegetables and add some healthy protein and a salad dressing.

- Lentil and goat's cheese salad: 1/3 tin Puy lentils, vacuum packed beetroot, ½ finely sliced red onion, 2 handfuls rocket or watercress. Toss in mustard dressing (see below) and add a portion soft goats cheese.
- Smoked mackerel Nicoise salad: 2 handfuls lettuce, 1 tbsp. olives, 1 sliced hard-boiled egg, sliced cucumber & cherry tomatoes, 1 fillet smoked mackerel with lemon dressing (see below).
- Mixed bean salad: ½ tin mixed beans, 2 finely sliced celery sticks, sliced cucumber, tomato and spring onion, 1 tbsp. fresh parsley or coriander, salt & pepper. Toss in mustard dressing.
- Greek salad: chopped cucumber, tomato, spring onion, 1 tbsp. olives, handful rocket. Toss in lemon dressing and sprinkle with feta cheese.

Soups are a great way to include more vegetables in your diet and make a filling and nutritious lunch.

- Quick curried vegetable soup: sauté a chopped onion in a little olive oil for 5 minutes. Add 1 - 2 tsp curry powder and cook for another minute. Then add a packet of frozen mixed vegetables, a can of chickpeas, 1 litre boiling water and 2 tsp vegetable bouillon e.g. Marigold and cook for 7 – 8 minutes. Blend using a hand blender or leave chunky.
- Quick tomato and lentil soup: sauté a chopped onion and 2 finely sliced celery sticks in a little olive oil for 5 minutes. Add 2 tins chopped tomatoes, 3 basil stalks (leaves removed), 750ml boiling water, 1 cup red lentils and simmer for 15 – 18 minutes. Add basil leaves from 3 stalks, blend and serve topped with 1 tbsp. natural yoghurt.
- If you don't have time to make soup, then buy a good quality fresh soup with vegetables and healthy protein e.g. Just Food spicy lentil or Moroccan chickpea soup or Fusion & Street tomato soup with red beans and corn or vegetable soup with Puy lentils and ginger.

Mustard dressing: Place 2 tbsp. wine vinegar, 6 tbsp. extra virgin olive oil, 1 – 2 tsp Dijon or grainy mustard, ½ clove garlic, salt and pepper in a jam jar. Put on lid and shake well. For lemon dressing, omit mustard and replace vinegar with juice of 1 lemon. Can be stored in the fridge for 3 days.

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