

Healthy Lunch Prep for the Week

Ingredients:

Serves: 2-4

For the Stir Fry Vegetables:

1 tbsp oil, of choice
2 cloves garlic, crushed
600g McCain Stir Fry – French (just over ½ pack)
Salt & pepper, to taste

For the protein & Carbs:

½ cup chickpeas, drained
½ can tuna, drained
1 egg, medium/hard boiled
1 chicken breast, cut into strips
200 g steak strips
½ cup pasta, of choice
3 - 4 baby potatoes
¼ cup cous cous
¼ cup rice
Oil, for cooking
Salt & pepper, to taste

Recipe:

For the Stir Fry Vegetables:

1. Heat the oil in a large (stir fry) pan over a high heat. Add garlic followed by the McCain French Stir Fry vegetables and mixed herbs. Stir fry for 4-6 minutes.
2. Season with salt & pepper and set aside to cool.

For the protein and carbs:

1. In a medium pot, add the baby potatoes and cover with water. Allow to cook until soft, 15 – 20 minutes. Remove the baby potatoes,
2. Add the pasta to boiling water and cook for 10 – 12 minutes until al denté, drain, place the pasta in a bowl and set aside.
3. Cook the rice following pack instructions. Set aside.

4. Add the cous cous to a small bowl, top with boiling water until just covered, quickly cover with a small plate and steam for 7 – 8 minutes. Fluff with a fork.

5. Heat 1 tablespoon of oil in a pan. Add the chicken strips, season with salt and pepper, and fry until browned and cooked. Remove the chicken from the pan and set aside.

6. To the same pan, add another tablespoon of oil along with the steak strips. Season with salt & pepper and fry until browned. Set aside.

For the Dressings:

1. Place each of the dressings ingredients into a small jar and shake until combined.

2. Keep refrigerated and shake once more before serving.

Dressings:

Honey & Mustard Dressing (Vegetarian):

2 tsp honey
2 tsp dijon mustard
1 tbsp apple cider vinegar
3 tbsp olive oil
Salt & pepper, to taste

For the Yoghurt & Mint Dressing (Tuna):

3 tbsp plain yoghurt
2 tbsp finely chopped mint leaves
1 tsp crushed garlic
1 tbsp lemon juice
Salt and black pepper to taste

Lemon-Thyme Dressing (Chicken):

3 tbsp olive oil
1 - 2 tbsp lemon juice
Lemon zest
1 – 2 tsp thyme, chopped
1 clove garlic, crushed
Salt & pepper, to taste

Soy & Ginger Dressing (Beef):

2 tbsp soy sauce
½ tsp ginger, crushed
½ tsp garlic, crushed

- 1 tbsp lime juice
- 2 tbsp olive oil

Assembly

For the Vegetarian bowl:

1. Place the pasta into the storage container along with the chickpeas and $\frac{1}{4}$ of the stir-fried vegetables.
2. Serve the meal with the honey and mustard dressing and ENJOY!

For the Tuna & Egg bowl:

1. Place the tuna into the storage container along with the boiled potatoes and $\frac{1}{4}$ of the stir-fried vegetables.
2. Slice the boiled egg in half and add to the storage container.
3. Serve the meal with the yoghurt and mint dressing and ENJOY!

For the Chicken & Cous Cous bowl:

1. Place the cous cous into the storage container along with the chicken strips and $\frac{1}{4}$ of the stir-fried vegetables.
2. Serve the meal with the lemon-thyme dressing and ENJOY!

For the Beef & Rice bowl:

1. Place the rice into the storage container along with the beef strips and $\frac{1}{4}$ of the stir-fried vegetables.
2. Serve the meal with the soy and ginger dressing and ENJOY!