

Mix-and-match LUNCHBOX

SANDWICH FILLINGS

- * Tuna salad (eg with mayo, celery and apple)
- * Chicken and pesto
- * Grated carrot, cheese and peanut butter
- * Cream cheese, salami and lettuce
- * Rainbow salad with beetroot and carrot
- * Turkey and cranberry jelly
- * Ham, cheese and pickles
- * Almond butter, sliced banana and sultanas
- * Roast lamb and mint jelly
- * Cucumber, avocado and cheese
- * Cheese and corn relish
- * Corned beef
- * Ricotta and jam (eg fig, raspberry)
- * BLT (bacon, lettuce and tomato)
- * Hommus and sliced falafel
- * Baby spinach, chicken and feta
- * Peanut butter and honey
- * Egg and lettuce
- * Creamed corn
- * Apricot jam, chicken and cream cheese

SANDWICH ALTERNATIVES

- * Pita pocket / wrap / bread roll
- * Sushi
- * Rolled-up ham and tub of coleslaw
- * Chicken drumstick
- * Pizza slice
- * Cheesy scrolls
- * Pasta salad with broccoli, ham and cheese
- * Ploughman's lunch:
 - Chopped sausage
 - Cheese cubes
 - Cherry tomatoes
 - Chunks of cucumber
- * Greek salad and lamb cutlets
- * Frittata
- * Tuna cakes / fish sticks
- * Lettuce burger
- * Crustless pinwheel sandwiches
- * Savoury muffins
- * Zucchini slice
- * Meatballs
- * Chicken nuggets
- * Thermos of soup or baked beans
- * Vietnamese Rice paper rolls

FRUIT

- * Pineapple
- * Watermelon
- * Cherries
- * Pears
- * Apples
- * Grapes
- * Blueberries
- * Raspberries
- * Nectarines
- * Peaches
- * Banana
- * Melon
- * Kiwi fruit
- * Plums
- * Strawberries
- * Oranges
- * Mandarin
- * Dates

VEGETABLES

- * Baby carrots
 - * Celery sticks
 - * Broccoli
 - * Green beans
 - * Snow peas
 - * Sugar snap peas
 - * Cucumber sticks
 - * Cherry tomatoes
 - * Roasted baby beetroot
 - * Capsicum (bell pepper)
 - * Avocado with herb salt
 - * Corn cob
 - * Kale chips
- Dips:
- * Ranch dressing
 - * Hommus
 - * Tatziki

SNACKS

- * Yoghurt
- * Cheese sticks
- * Baby cheese
- * Cheese cubes
- * Custard
- * Hardboiled eggs
- * Celery sticks with peanut butter
- * Apple slices with almond butter
- * Greek yoghurt layered with toasted muesli (granola) and berries
- * Muffins
- * Muesli (granola) slice
- * Home-made fruit leathers
- * Puff pastry pizza twists (tomato paste & cheese)
- * DIY Lunchables (salami, cheese & crackers)
- * Rice pudding
- * Tapioca pudding
- * Raw energy balls
- * Pretzels
- * Popcorn
- * Dry roasted almonds
- * Trail mix
- * Soy crisps
- * Roasted chickpeas
- * Rice cakes
- * Corn thins
- * Crackers
- * Dried apple
- * Dried apricots
- * Sultanas
- * Dried pineapple
- * Macadamia nuts
- * Tamari almonds
- * Maple roasted pecans
- * Fruit tubs / canned fruit
- * Pureed fruit
- * Bircher muesli
- * Beef jerky
- * Dark chocolate
- * Tortilla crisps
- * Honey cashews
- * Salami sticks

QUICK & EASY PASTA SALAD



Made with ease and sure to please, this superb egg salad is simple, satisfying, and has a delicious twist. (Did someone say pickles?)

Yield: 2

Serving Size: 3/4 cup

ULTIMATE EGG SALAD

Ingredients

- 4 large eggs
- 6 tbsp. water, divided
- 2 tbsp. mayonnaise
- 1 tsp. lemon juice
- 1/4 cup chopped parsley
- 2 tbsp. fresh chive, minced
- 2 tbsp. bread and butter pickles, minced
- 1/4 tsp. coarse kosher salt

Instructions

1. Place Egg Inserts into Microwave Breakfast Maker. Pour 3 tbsp. of the water into each Egg Insert; water fill line should be completely covered.
2. Crack 2 eggs into each Egg Insert.
3. Place cover on Microwave Breakfast Maker. Microwave on high power 50 seconds or until yolk is cooked through. Remove eggs from Egg Inserts, pat dry with paper towel.
4. Finely chop eggs; transfer to bowl. Stir in mayonnaise, lemon, parsley, pickles and salt.
5. To serve, spoon onto bread or scoop into lettuce cups.



Microwave Breakfast
Maker

Total Time: 25 minutes

Yield: 1

Serving Size: 2 1/2 cups

Ingredients

- 2 cups cooked bowtie pasta
- 1/4 cup cucumbers
- 3 tbsp. Light Ranch or preferred dressing
- 1/4 cup cherry tomatoes, sliced
- 1/4 cup baby carrots, chopped using Chop 'N Prep Chef
- 1/4 cup broccoli florets, chopped using Chop 'N Prep Chef

Instructions

1. Place pasta into Microwave Pasta Maker base and fill with water to fill line. Season water with salt. Microwave on high power 15 minutes. Drain after cooking.
2. Set Mandoline round knob to #4, triangular knob to "lock" and select the straight v-shaped blade insert. Attach cucumbers to food guider and place at top of Mandoline and push down to slice. Once sliced, cut in half. Set aside.
3. Layer (bottom to top): dressing, tomatoes, carrots, broccoli, cucumbers, pasta.
4. Securely seal container. Store in refrigerator until ready to serve.
5. When ready to serve, shake Quick Shake® Container until all ingredients are combined. Pour into bowl and serve.



Total Time: 20 minutes

Yield: 1

Serving Size: 2½ cups

Ingredients

Chicken Cobb

- 4 oz./115 g chicken breast, steamed and cut into small chunks
- 1 hard-boiled egg
- 2 tbsp. Basil Vinaigrette or preferred dressing
- ½ cup cherry tomatoes, halved
- 3 slices pre-cooked bacon, cut into small pieces
- ¼ cup feta cheese
- 1 cup romaine lettuce, chopped

Instructions

- Season chicken breast with salt and pepper. Place in [SmartSteamer](#) base, fill water tray with 1¼ cups/400 mL water. Place steamer base over water tray and cover. Microwave on high power 8–10 minutes, or until chicken reaches 165° F/ 75° C.
- Slice the hard-boiled egg using the [Slice 'N Wedge](#) fitted with the wedge insert.
- Layer (bottom to top): dressing, tomatoes, chicken, bacon, cheese, egg, lettuce.
- Securely seal container. Store in refrigerator until ready to serve.
- When ready to serve, shake [Quick Shake](#)® Container until all ingredients are combined. Pour into bowl and serve.



Total Time: 15 minutes

Yield: 1

Serving Size: 2½ cups

Ingredients

Taco Salad

- 1 lb./455 g ground beef
- ½ tbsp. Southwest Chipotle Seasoning
- ¼ tsp. coarse kosher salt
- 3 tbsp. Light Avocado Ranch or preferred dressing
- ¼ cup cherry tomato, sliced
- ¼ cup green bell pepper, chopped using [Chop 'N Prep Chef](#)
- ¼ cup red onion, chopped using [Chop 'N Prep Chef](#)
- ½ cup shredded cheddar cheese
- 1 cup romaine lettuce, chopped

Instructions

- Place TupperWave® Stack Cooker Colander into Stack Cooker 3-Qt./3 L Casserole. Combine ground beef, seasoning and salt in Colander, cover and microwave on high power 5 minutes.
- Layer (bottom to top): dressing, tomatoes, green peppers, ½ cup ground beef, cheese, red onion, lettuce.
- Securely seal container. Store in refrigerator until ready to serve.
- When ready to serve, shake [Quick Shake](#)® Container until all ingredients are combined. Pour into bowl and serve.

