

# 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 TWO: MARVELLOUS MIDDLE EASTERN

### Recipe: Sultana and Chickpea Couscous - Serves 1

- 1/2 cup couscous
- 1/2 cup boiling vegetable stock or water
- 1 tablespoon of sultanas
- 1/4 cup chickpeas, rinsed, drained
- 1 small carrot, grated finely
- 4 cherry tomatoes, cut in half
- Handful of coriander leaves or parsley, chopped
- 1 tablespoon of your favourite light salad dressing
- 1 tablespoon of plain yoghurt

### What to do:

In a medium bowl add the couscous, pour over boiling water and stand covered for 5 minutes or until absorbed and soft. Fluff the couscous with a fork and add the remaining ingredients except for the yoghurt and stir. Pack in a sealed container and top with yoghurt - don't forget the fork!

### Lunchbox Watch!

This can be made the night before and put in the fridge. It makes a great side dish, so make enough for dinner and set aside some extras for the kids' lunches. Just keep doubling the recipe according to how many serves you need. You can add whatever vegies and lean meats you and your kids like to couscous, so be creative. The more colour the better!

Freezer safe  
Vegetarian

### Other stuff to put in the lunchbox:

- 2 slices of fruit bread, toasted and cut up into quarters
- Tub of yoghurt for dipping
- Apple
- Bottle of water

### Nutritional Info:

- Energy (cals/kj): 366/1531
- Carbohydrate (g): 72.6
- Protein (g): 12.5
- Fat (g): 2.5
- Fibre (g): 9.0



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