

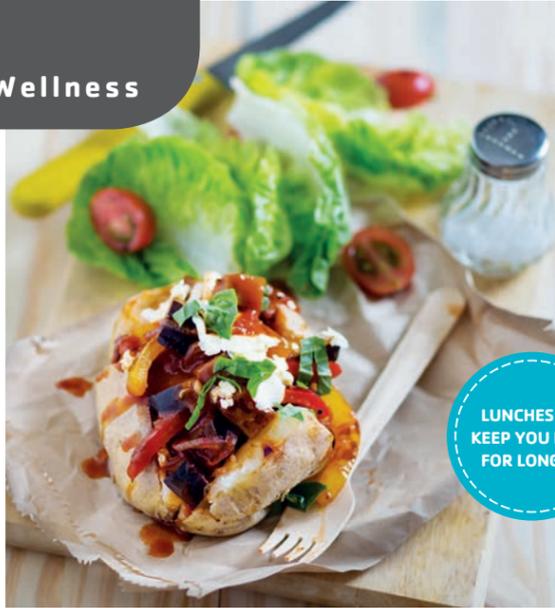


Cauliflower tabouleh and tuna. Recipe on page 60



## WORKING LUNCHES

Master that midday slump by packing meals that are easy to prepare and bursting with good-for-you nutrients that'll help keep you going until dinnertime, says **Justine Drake**



LUNCHES TO  
KEEP YOU FULL  
FOR LONGER



### Vegetable ragù with baked potatoes

Make the ragù sauce the night before and nuke the spuds at the office.

ENERGY	1718kJ
PROTEIN	13g
FAT	18g
CARB	91g

1 red onion, sliced  
½ each red and yellow pepper, sliced  
1 brinjal, diced  
2 cloves garlic, chopped  
**Olive oil**  
1 sachet (50g) tomato paste  
½ cup (125ml) white wine  
Pinch sugar or xylitol  
Pinch chilli flakes  
**Salt** and milled pepper  
2 large baking potatoes, cooked in skins  
½ disc low-fat feta  
**Basil leaves**

#### 2 SERVINGS

**Sauté** onion, vegetables and garlic in oil.  
**Stir** in tomato paste.  
**Add** wine, sugar/xylitol and chilli flakes, simmer for

10 minutes and season.

**Split** baked potatoes open and spoon ragù over.  
**Serve** with crumbled feta and basil.

### Biltong in avocado

Enjoy as a low-carb meal, or pair with a slice of wholegrain low-GI bread.

ENERGY	1904kJ
PROTEIN	25g
FAT	30g
CARB	25g

Juice (30ml) of ½ a lemon  
2 avocados, halved  
2 handfuls baby spinach  
¼ red cabbage, sliced  
1 yellow pepper, sliced  
**Olive oil**  
**White balsamic vinegar**  
½ tub (125g) low-fat cottage cheese  
200g beef biltong, sliced  
¼ cup (60ml) chopped chives  
**Tabasco sauce**  
**Salt** and milled pepper

#### 2 PORTIONS

**Drizzle** lemon juice over avocado and set aside.

**Toss** spinach, cabbage and peppers together.

**Drizzle** with olive oil and balsamic vinegar. Set aside.

**Place** a generous dollop of cottage cheese and biltong into avocados.

**Sprinkle** over chives and Tabasco sauce. Season and serve with salad.

### Lentil pitas with lemon and cumin

Prepare the salad at home and do the rest at work.

ENERGY	2081kJ
PROTEIN	26g
FAT	13g
CARB	75g

½ packet (250g) brown lentils

1 bunch (6) spring onions, thinly sliced  
5 ripe tomatoes, seeded and diced  
4 Israeli cucumbers, diced  
½ packet (15g) each flat-leaf parsley, mint and basil, chopped

#### Dressing:

Juice (60ml) of 1 lemon  
2 cloves garlic, crushed  
2 Tbsp (30ml) olive oil  
1 tsp (5ml) ground cumin

2 wholewheat pita breads, halved (and toasted if you like)  
1 tub (200g) PnP hummus, for serving

#### 4 PORTIONS

**Cook** lentils according to packet instructions. Drain.

**Toss** lentils with salad ingredients in a large bowl.

**Whisk** together dressing ingredients and pour over the salad.

**Spread** pitas with hummus and serve stuffed with filling.

### Cauliflower tabouleh with tuna

A low-carb alternative to traditional tabouleh, which is usually made with bulgur wheat or couscous.

ENERGY	1313kJ
PROTEIN	66g
FAT	21g
CARB	33g

2 packets (300g each) cauliflower florets  
Juice (60ml) and zest of

1 lemon  
2 Tbsp (30ml) olive oil  
1 red onion, finely diced  
1 clove garlic, crushed  
½ packet (15g) each flat-leaf parsley and mint, chopped (plus extra for serving)  
1 cucumber, seeded and diced  
1 packet (350g) cocktail tomatoes, quartered  
**Salt** and milled pepper  
2 cans (170g each) tuna in spring water, drained

#### 2-3 PORTIONS

**Place** cauliflower in a food processor and blitz until it resembles couscous.

**Toss** with remaining ingredients except tuna and season.

**Leave** flavours to develop for a few hours.

**Toss** tuna through and garnish with extra herbs.

**Portion** for work.

### Three-legume lettuce cups

Just as good in a tortilla.

ENERGY	1076kJ
PROTEIN	15g
FAT	3g
CARB	44g

1 can (400g) each PnP chickpeas and kidney beans

½ cup (125ml) frozen peas, cooked

1 red pepper, diced

½ red onion, diced

1 clove garlic, crushed

½ cup (125ml) low-fat yoghurt

2 Tbsp (30ml) tomato sauce

2 Tbsp (30ml) sweet chilli sauce

Milled pepper

Handful fresh parsley leaves, for serving

1 large iceberg lettuce, separated into leaves

#### 4 SERVINGS

**Toss** chickpeas, beans, peas, red pepper and onion in a bowl.

**Whisk** garlic, yoghurt, tomato and sweet chilli sauce together. Season with pepper.

**Stir** sauce through legumes.

**Garnish** with parsley and serve in lettuce leaf cups.



### Cook's tips

- Turn this into a four-bean salad by adding blanched green beans.
- Add a little reduced-fat feta.
- Mix canned tuna into the salad.