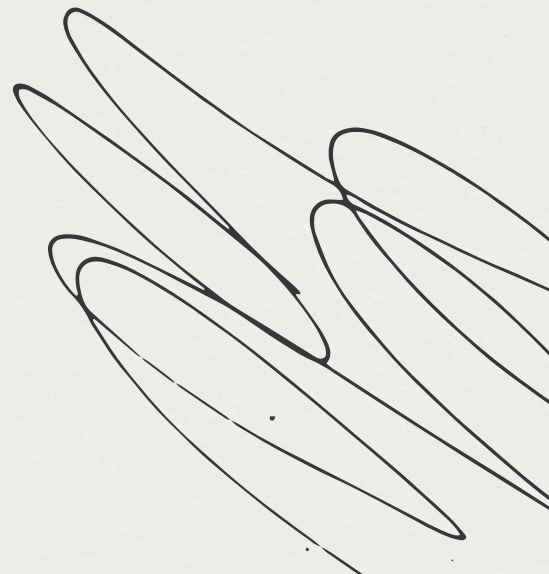




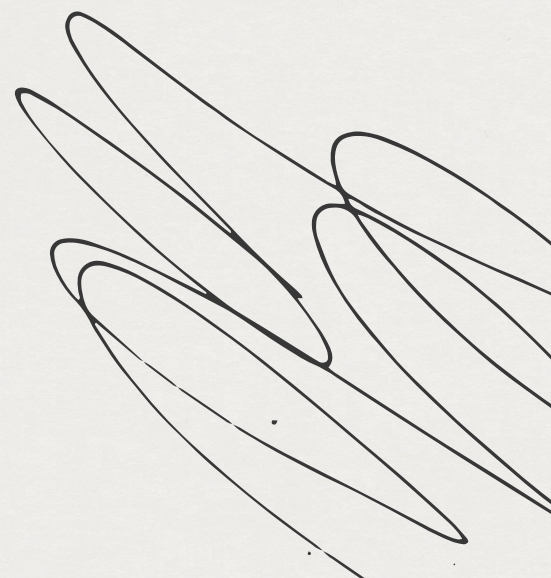
*Sarina Students*  
**RECIPES**



# LUNCH RECIPES



Pizzas  
Chow Mein  
Loaded Sandwiches  
Quiches  
Sushi



# MEASUREMENTS

1 tablespoon = 20ml

1 teaspoon = 5ml

1/2 teaspoon = 2.5ml

1 cup = 250ml

3/4 cup = 190ml

2/3 cup = 170ml

1/2 cup = 125ml

1/3 cup = 80ml

1/4 cup = 60ml



# *Pizza Dough*

## **TASTIER THAN TAKEOUT**

On weekends, try to make your own pizza dough from scratch.



## COOKING METHOD

1. Mix water, sugar and yeast. Let sit for a few minutes then add the oil.
2. In another bowl, mix flour and salt. Add flour to yeast gradually until you get a sticky mixture.
3. Let rise at room temperature for one hour, then cut into three parts.
4. Roll out dough. Bake on a pizza stone for 30 minutes at 180°C.
5. Add toppings and bake for 8–10 minutes or until crust is golden.

## INGREDIENTS

- 2 1/2 cups warm water
- 1/4 cup sugar
- 3 tsp. instant yeast
- 1/4 cup vegetable oil
- 6 cups plain flour
- 2 tsp. salt



# Chow Mein



**CHICKEN, PORK OR VEGO!**

So many options with a simple packet of noodles!

## CHOW MEIN

- 1 packet of noodles (beef)
- 1 tbsp oil
- 500g lean beef mince
- 1 onion, finely chopped
- 2 cups mixed frozen vegetables
- 1 cup water
- 1 beef chow mein recipe spice packs

## COOKING METHOD

1. Cook 2 minute noodles according to instructions on packet.
2. Drain noodles, do not add flavour sachet yet.
3. Heat oil in large pan, add mince and fry for two minutes.
4. Add your frozen vegetables and stir fry for a further 3 minutes.
5. Add water and chow mein spice pack.
6. Simmer for two minutes, toss your noodles back through and serve!





# Loaded Sandwiches

## OPTIONS ARE ENDLESS!

Pairing a good high fibre bread with protein and salad vegetables – YUM! You can't go wrong with a healthy lunch like that!

the Great Basket of... and fell in love with it.  
to rebuild the village as a holiday

## SANDWICHES

- 2x slices of bread
- 1 tbsp of butter or avocado as a base.
- 1x 50g serving of protein.
- 1x 20g cheese variety
- 4x salad options



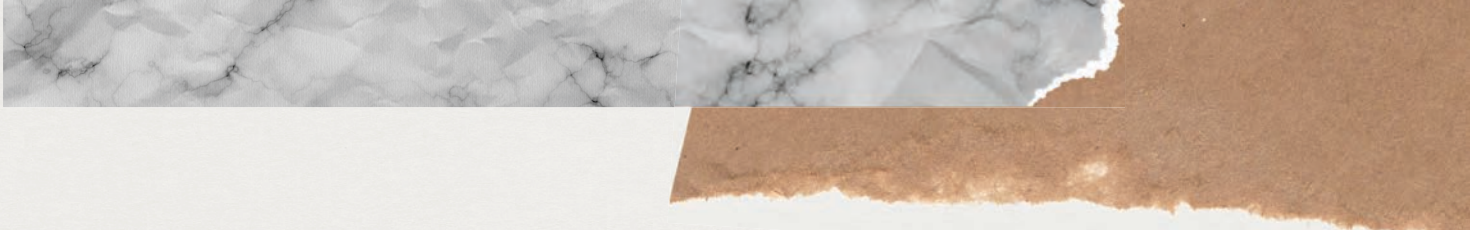
# WHAT WILL YOUR BREAD BE LOADED WITH?



Quiches - grab and go!

Mo





# Mini Quiches

## INGREDIENTS

- 5 large egg
- 130ml cream
- 1 tbs onion, diced
- 1 cup cheese, grated
- 1/2 cup ham, chopped
- Spray oil
- Salt & pepper

## COOKING METHOD

1. Preheat oven to 180°C.
2. Grease muffin pan with spray oil.
3. Using a fork, beat eggs, cream, onion, and salt and pepper in a bowl until; well combined.
4. Divide ham and cheese into muffin holes, and spoon in egg mixture over the top.
5. Give each hole a little mix.
6. Bake in oven for 20 minutes
7. Cool before eating!





## INGREDIENTS

- 1 chicken breast
- 1 tsp sesame oil & 2 tsp olive oil
- sea salt
- 1 tbsp teriyaki sauce
- 4x nori sheet
- 1 cup sushi rice
- 1 cucumber, sliced into batons
- 1/2 avocado, peeled and sliced
- 1 cup water with a tsp of rice vinegar

*Sushi*

## COOKING METHOD

1. Boil your rice, then add to fridge to cool!! This is important.
2. Prepare avocado and cucumber.
3. Slice chicken breast into four strips. Season with salt.
4. Place sesame and olive oil into frypan on medium heat.
5. Fry chicken until cooked through. Flip when needed to cook evenly.
6. Once cooked drizzle with teriyaki sauce and simmer for 2 minutes.
7. Then remove and cool.
8. Place your bamboo rolling mat inside a plastic zip lock bag. Lay nori on top.
9. Moisten your hands with water and rice vinegar.
10. Align filling and roll up. Seal edge with water mixture.





## **HAPPY COOKING!**

You have the tools and skills to  
make healthy and delicious  
lunches!