

Easy WEEKDAY LUNCHES



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Whether you are working from home or at the office, these recipes are designed to have maximum flavour & satisfaction with minimum effort. There's a delicious recipe to try Monday through to Friday!

Edgell Snack Time legumes and John West Tuna Tempters have so much flavour already in their cans, all you need to do is open and add them, no draining required.

With Edgell and John West, you can transform a handful of ingredients into a meal, instantly adding protein, goodness from vegetables and healthy omega - 3 fats. Each recipe has a nutrition stamp so that you can see the nutritional benefits.

Lunch has never been so easy!



Recipe contains at least **2+ serves of cooked vegetables per serve of the recipe**, as per Australian Dietary Guidelines i.e. recipe contains at least **150g vegetables**.



Recipe contains at least **1+ serves of protein** as per Australian Dietary Guidelines and contains at least 10g protein per serve.



Recipe contains any type of **seafood**, which is a source of healthy omega-3 fats.

Pasta Salad with Tuna & Chick Peas

PREP 10mins
COOK TIME 10mins
SERVES 1



INGREDIENTS

- 1 cup farfalle pasta
- ½ bunch asparagus, cut into 5cm lengths
- 1x 70g can **Edgell Snack Time Chick Peas with Zesty Vinaigrette**
- 1x 95g can **John West Tuna Tempters – Lemon & Cracked Pepper**
- 6-8 yellow and red cherry tomatoes, chopped
- ¼ small red onion, finely sliced
- ⅓ cup fresh basil leaves

PREPARATION

1. Cook pasta following packet directions. In the last minutes of cooking time, add asparagus. Drain and run pasta and asparagus together under cold water until cooled.
2. Combine pasta and asparagus with remaining ingredients.

TIP: For easy lunch assembly, prepare pasta and asparagus the night before and store in a sealed container in the fridge.



Chilli Tuna, Black Bean & Charred Corn Tacos

PREP 5mins
COOK TIME 2mins
SERVES 1



INGREDIENTS

- 3 small tortilla wraps
- 1 x 70g can **Edgell Snack Time Black Bean & Charred Corn with Lime & Herbs**
- 1 x 95g can **John West Tuna Tempters - Chilli**
- ½ avocado, sliced
- 1 small tomato, diced
- 1 tablespoon crumbled fetta
- ¼ cup fresh coriander leaves

PREPARATION

1. Warm tortillas on hot grill plate, sandwich press or non-stick frypan.
2. Top tortillas with remaining ingredients.

TIP: For quick and delicious charring, place tortillas straight over a cook-top gas flame, carefully flipping over with tongs after 10 seconds or when charred to your liking.



Chilli Tuna & Chick Pea Poke Bowl

PREP 10mins
COOK TIME 0mins
SERVES 1



INGREDIENTS

- 250g pouch microwave rice medley, heated following packet directions
- 1x 70g can **Edgell Snack Time Chick Peas with Olive Oil & Sea Salt**
- 1x 95g can **John West Tuna Tempters – Chilli**
- ½ cup finely shredded red cabbage
- 1 small carrot, julienned
- 6 snow peas, trimmed and blanched
- 1 baby cucumber, shaved into ribbons
- 1 teaspoon black sesame or toasted sesame seeds (optional)

PREPARATION

1. Spoon desired amount of rice into serving bowl then carefully arrange all ingredients apart from sesame seeds in sections. Sprinkle with sesame seeds.

TIP: Drizzle the rice with any remaining oil and flavour from the John West Tuna and Edgell Chick Pea cans.



Zesty Chick Pea, Tuna, Mint & Mixed Leaf Salad

PREP 10mins
COOK TIME 0mins
SERVES 1



INGREDIENTS

- 1x 70g can **Edgell Snack Time Chick Peas with Zesty Vinaigrette**
- 1x 95g can **John West Tuna – in Olive Oil Blend**, drained, oil reserved
- 1 cup mixed green salad leaves
- 6 cherry tomatoes, halved
- ¼ small red onion, finely sliced
- 1 tablespoon slivered natural almonds
- 1-2 tablespoons crumbled fetta
- ¼ cup fresh mint leaves

PREPARATION

1. Combine all ingredients. Season to taste and drizzle with reserved oil from John West Tuna if desired.

TIP: For less pungent onion, soak sliced red onion in cold water for 10 minutes before adding to salad.



Rainbow Slaw with Tuna, Black Beans & Charred Corn

PREP 10mins
COOK TIME 0mins
SERVES 1



INGREDIENTS

1x 70g can **Edgell Snack Time Black Beans & Corn with Lime & Herbs**

1x 95g can **John West Tuna Tempters - Chilli**

¾ cup finely shredded red cabbage

¼ small red capsicum, diced

1 small stick celery, sliced

¼ cup pepitas, toasted

Fresh coriander leaves, for garnish

Toasted tortilla, to serve (optional)

PREPARATION

1. Combine all salad ingredients, serve with tortilla bread.

TIP: Prepare the raw salad ingredients the night before and store in a sealed container in the fridge. Add toasted pepitas, Edgell Beans and John West Tuna before serving.



Weekday lunches made easy!

