



beyond the  
**SANDWICH**  
*healthy* lunch ideas

jules clancy

For GB  
with love xx

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# Introduction

When I was working as a wine maker, bringing lunch from home wasn't something that only happened from time to time. It was an every day thing. A matter of survival.

You see, most wineries are in remote locations. There usually isn't a sandwich shop around the corner that you can just duck out to. And even if there was, during vintage the days are long and intense – often around the 16 hour mark. So there isn't really time for doing much more than eating and getting back to work.

We all know that a home made lunch tends to be more nutritious, less expensive and better tasting than grabbing lunch from the work canteen or local cafe. But sometimes I think there are a few myths we tell ourselves about taking lunch that hold us back from having a really fun and enjoyable lunch experience.

The first myth is that you need to be super organised to have home made lunches. But really you don't. All you need is time to go out at lunch (or on your way to work) and buy a few ingredients to make you lunch when you get back to the office. No forward thinking required. We'll cover more on this strategy in this class.

The second myth is that you need loads of time in the mornings to prepare home made lunches. There are 2 super easy solutions here. Either pack lunch the night before or make it at work.

I really hope this masterclass inspires you to develop your healthy lunch habit

Cheers,  
Jules x

video

# recipe index

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# 5 tips for developing your healthy lunch habit

video

Much of what we do in life is guided by our habits. In some ways this is a little sad, but in other ways it can be a big opportunity. If there's something we want to change about our lives, we just need to focus on replacing the habit we don't like, with a new healthier habit.

## 5 tips for developing your healthy lunch habit

### 1. invest in some decent containers

Just because it's lunch doesn't mean you have to slum it in the food appearance (and appeal) department. Since I invested in a heap of glass pyrex containers with blue lids, I've been much more excited about my lunch packing and eating experience. We'll cover more on this in our discussion on lunch equipment.

### 2. make some effort

If you just slop some random leftovers in a container, like I have done on occasion, there's no way you're going to enjoy your lunch nor are you likely to be keen to cultivate your healthy lunch habit. A little bit of effort can make all the difference to your enjoyment the next day.

### 3. make extra at dinner

When you're cooking dinner, it doesn't take much extra effort or planning to double your meal. Just make sure you then serve up into your lunch containers when you serve your dinner so you're not tempted to eat more than your normal portion. Too easy.

### 4. plan in the evenings

If you're anything like me, there is never any time in the mornings to do something crazy like make your lunch. If it is going to happen, it has to be the night before. Get in the habit of thinking about your lunch while you're planning your dinner and it will soon be part of your routine.

### 5. calculate the potential savings

Depending on your situation. Buying lunch every day can have a big impact on your finances. Have a think about your usual daily spend and then calculate this as an annual figure. The results might be just the motivation you need to start cultivating your lunch healthy habit.

# Setting yourself up for success

## **1. Make a commitment to start**

One of the first steps to developing a new habit is to promise to yourself that you're going to develop a new habit. While committing to yourself is all well and good, actually making a public commitment, or at least telling one other person can make all the difference to successfully adopting your new habit. So take action now! Tell someone about your new habit and ask them to keep you accountable.

## **2. Start small – make it as EASY as possible**

Let's face it. Forming or changing habits is HARD WORK in the beginning. So the best way to set yourself up for success is to make it as small, manageable and easy as possible. I think of it as the first major step is just forming the new habit. Focus on this first.

Don't expect to miraculously start bringing lunch 5 days a week. Just commit to a few days or even one day a week at first and ease yourself into it.

Then once you feel confident you've 'adopted' your new healthy lunch habit, it's time to start getting better bringing your lunch and expanding to 3 or more days a week. No rush though.

## **3. Develop a 'backup' plan**

Have a think about your current lunch situation. Identify the biggest challenge to you having a healthy home made (or office made) lunch. Then formulate a plan to overcome this challenge next time it arises.

Erratic schedules and lack of time are probably the most common factors, so one solution might be stocking your desk with a can of chickpeas and a jar of tomato pasta sauce so you'll always have a tomato & chickpea soup at your fingertips. Or maybe you'd like to keep a bag of frozen peas in the freezer to be able to whip up some hot minted peas. Or maybe keeping some eggs in the fridge for a last minute 'bachelorette eggs'. You get the idea.

# Setting yourself up for success

[continued]

#### **4. Don't expect to be 'perfect' from the first week**

Perfection can be scary. And the thing is we don't need to have a 'perfect' healthy home made lunch every day. I prefer to aim for 'mostly' to keep it realistic AND make it much more likely that I'll keep going, rather than giving up because it's 'all too hard'.

# How to make the most of your work kitchen

video

## **1. stock your work 'pantry'**

Dedicate a small shelf or a drawer to lunch things and kit it out with the basics. At the very least some salt and maybe a little disposable pepper grinder. I'd also include some olive oil and vinegar so you're always prepared for an impromptu salad. A packet of dried chilli and your favourite spice are also great to have on hand.

A little bag of nuts can also double as a snack. You could even get super organised with cans of tuna, chickpeas, beans or other good shelf-stable essentials. And think about keeping a few eggs in the fridge or a packet of frozen peas in the freezer.

## **2. stock up with the tools you'll need**

Depending on your work set-up, you might like to include a little chopping board and a pocket knife in your work lunch arsenal. If cutlery and crockery are scarce it might be a good idea to get a little lunch bowl and fork or spoon. Cheese fans might like to include a spare microplane grater – but this could be overkill!

## **3. figure out the best storage options**

Most workplaces provide a fridge you can store your lunch. But if not, consider investing in a little chiller bag. Or if you have access to a good food shop nearby, maybe allow time to pick up whatever you need in your lunch hour. We'll cover more on this in The best & easiest way to pack and transport lunches for maximum freshness & flavour.

## **4. allocate the time you need**

I always find cooking or preparing food a great way to relax and unwind. If you're already using dinner time to relax, why not think about adding a couple of minutes to your lunch break for a little cooking relaxation. It's a great opportunity to add a little de-stress in the middle of the day

# The number 1. piece of equipment you need for your healthy lunch habit

So what is the number 1. piece of equipment you need? For me it's good quality containers to transport your lunch.

I'm a big fan of the Pyrex\* bowls with plastic lids pictured over for the following reasons:

## **1. They look good.**

You've heard it before, we eat with our eyes. Food must look appealing for it to get our taste buds excited.

One of the biggest problems with home made lunches is when they don't look as good as the takeaway option. It really makes it a lot more difficult to get excited about lunch if it's packaged in a crappy container.

## **2. They don't leak.**

I used to carry my lunch to work in my hand bag. I can't tell you how many times I used to have a leaking lunch situation and a stinky handbag for days if not weeks afterwards. No fun at all. All that changed when I finally invested in my Pyrex\* containers.

## **3. They are versatile and safe.**

It's very convenient to have a container which can go from the freezer to the fridge to the microwave or oven. Saving on washing up!

But more importantly, Pyrex glass is safe to use in the microwave. Some plastics are not and have been linked with increasing the risk of cancer. If you'd like to learn more about this I recommend reading 'Anticancer' by Dr David Servan-Schreiber.

## **4. They don't stain or get smelly.**

What is it about tomato based dishes that causes plastics to discolour? I love that even if I have a super yellow turmeric based curry, my glass containers are easy to clean.

# The number 1. piece of equipment you need for your healthy lunch habit

[continued]



Note: I'm not affiliated with the Pyrex corporation in any way. I just love their containers :) Feel free to invest in any container brand you prefer, just try and find something with glass bases so you're not microwaving food in plastic.

# The best way to pack and transport lunches for maximum freshness & flavour

video

Here's the thing, we all have different requirements for our lunches. While most people in offices have access to some sort of refrigeration, school children (and winemakers) often need to store their lunches in their lockers.

And then there's the difference in the seasons. In Winter time most lunches will sit in the car or in your bag happily for a few hours without any problems. But mid Summer lunches will be wilted and icky if given the same treatment.

## **1. Choose the appropriate temperature.**

Temperature is the most important factor for maintaining freshness.

Think about the season and your situation and plan accordingly. You may be fine at ambient temperature or you may need to invest in a chiller bag. My Mum used to pack our lunchboxes with a frozen drink in the middle of Summer to keep everything cool.

Also remember some dishes are more delicate and need cooler temps to stay fresh. A salad will wilt out of the fridge for long but a hearty stew will be fine out of the fridge for a day or at least until lunch time.

## **2. Choose the appropriate coverage.**

Exposure to air can decrease freshness due to reactions to the air and moisture transfer. Crisp things tend to pick up moisture and go soggy if not protected. And of course moist food can dry out and go hard.

For most food it's as simple as keeping it in some sort of container. So no need to over think this one, just wanted you to be aware of these factors. For more recommendations on the best containers, see [The number 1. piece of equipment you need for your healthy lunch habit].

And that's it!

# make ahead portable lunches

Making lunch ahead of time and packing in a 'brown bag' to take with us is what we're all familiar with when it comes to the concept of work lunches.

While it may require a small amount of organisation, it need not take loads of time.

A quick 5 or 10 minutes should have you out the door with a super delicious lunch.



broccolini & bacon salad



broccolini & bacon salad

Raw vegetable salad are wonderful for lunches because they stay fresh and crunchy for a few days in the fridge. Sometimes they are even more delicious after having some time to 'marinate' in the dressing. The secret to success here is having a full flavoured punchy dressing.

## broccolini + bacon salad

serves 1

2-3 sliced bacon, chopped  
1 tablespoon dijon mustard  
1 tablespoon rice or white wine vinegar  
1 small bunch broccolini

1. Fry bacon in a little oil on a medium high heat or until crispy. Alternatively cook between layers of paper towel in the microwave.
2. Combine mustard, vinegar and 1 tablespoon extra virgin olive oil in a small bowl or lunchbox.
3. Slice broccolini into bite sized pieces and toss in the dressing. Top with crispy bacon.

video

# broccolini + bacon salad...

## do ahead potential?

Wonderful – will keep crunchy for 3-4 days in the fridge, although the bacon will lose its crunch. If you prefer crispy bacon, wrap in cling wrap to keep separate and add just before serving.

## variations for fun

**different veg** – try regular broccoli, asparagus, baby bok choy, shaved cabbage or cauliflower.

**vegetarian** – replace bacon with chopped hard boiled eggs or shavings of hard cheese such as parmesan or cheddar.

**vegan** – replace bacon with a handful of roasted nuts – almonds or brazils are great.

**warm salad** - serve with hot bacon.

**chicken** – replace bacon with shredded cooked chicken.

**pescetarian** – replace bacon with finely sliced smoked salmon.

## problem solving guide

**too sharp** – add a little oil to the dressing.

**difficult to eat** – make sure you chop the broccolini quite finely so it's easy to chew.

**bland** – try a little more mustard or season with salt & pepper.

## serving suggestions

A great lunchbox salad to eat with a fork. Also lovely for dinners as a side dish for roast or BBQ meat or chicken.



quinoa & grilled veg salad

quinoa & grilled veg salad



I just love quinoa in salads as it has the most wonderful chewy texture. This is one of those salad which improves with a little time to 'marinate' in the dressing which makes it perfect as a do ahead lunch.

## quinoa + grilled veg salad

serves 2

100g (3.5oz) quinoa, any colour

2 tablespoons lemon juice

large handful roast eggplant, sliced & drained

large hand grilled red capsicum (bell peppers), sliced

handful brazil nuts or almonds, to serve

1. Bring a medium pot of water to the boil. Rinse quinoa well then simmer for 10-12 minutes or until al dente like pasta. Drain.
2. Combine lemon juice with 2 tablespoons extra virgin olive oil. Season.
3. Toss warm quinoa in the dressing. Add eggplant and red capsicum and serve with nuts sprinkled over.

video

# quinoa + grilled veg salad...

## do ahead potential?

Great! Will keep in the fridge for 1-2 weeks. The nuts will lose their crunch over time so best if added at the last minute.

## variations for fun

**roast veg** – let your imagination run wild here, roast pumpkin or sweet potato, roast beets, roast parsnip are all lovely.

**other grilled veg** – feel free to use home grilled veg. In summer zucchini are a favourite. Fennel or grilled asparagus are good too.

**carnivore** – replace nuts with finely sliced salami or cooked chicken.

**nut-free** – skip the nuts and use a soft goats cheese or blue cheese instead.

**warm salad** – either serve while still warm or reheat in the microwave or a saucepan.

**leafy** – toss in some flat leaf parsley leaves or a handful of baby spinach.

## problem solving guide

**can't find quinoa?** – use brown rice cooked according to the packet directions.

**bland** – season with a little salt and possible more lemon juice

**dry** – drizzle in a little more olive oil.

## serving suggestions

A wonderful lunchbox salad. OR for a healthier option serve over a handful of baby spinach leaves.

# LINKS TO MORE make ahead portable lunches

- :: salmon & butter bean salad
- :: shredded kale & white bean salad
- :: lentil & zucchini salad
- :: super light slaw with chicken
- :: thai chicken soup with lime
- :: broccoli & feta salad
- :: chickpea & goats cheese salad

# lunches to 'assemble' in the office

If packing your lunch seems way too organised, you don't necessarily need to resort to unhealthy takeaway.

Just find somewhere to pick up a few fresh ingredients and then 'assemble' them either back at the office or in your favourite outdoors lunch spot.

Note these recipes are also wonderful to have for when you're travelling and feel like making something healthy in your hotel room with limited equipment.



yoghurt & veggies

yoghurt & veggies

Yoghurt is something that comes to mind when thinking of healthy breakfasts and snacks, but not so much for lunches. The thing is, natural yoghurt is just lovely served as a savoury meal. Just add some fresh veg and a little salt & pepper and you're away.

## yoghurt + veggies

serves 1

1 small tub natural yoghurt  
pinch dried chilli, optional  
1/2 head broccoli, chopped into florettes  
small handful snowpeas, trimmed  
handful almonds

1. Season yoghurt with salt, pepper and chilli, if using.
2. Serve yoghurt on a plate and top with the veg and almonds.

video

# yoghurt + veggies...

## do ahead potential?

Wonderful. The veg can be prepped and kept in a separate container to the yoghurt.

## variations for fun

**warm lunch**- quickly blitz the veg in the microwave to warm and cook a little, still retaining some crunch.

**vegan / dairy-free** – use coconut yoghurt or hummus.

**different veg** – feel free to experiment. Ideas include asparagus, bok choy, red capsicum (bell peppers), carrot, celery, cauliflower, sliced kale.

**nut-free** – replace the almonds with some cooked chicken or drained canned chickpeas.

## problem solving guide

**watery** – make sure you're using a good quality full fat yoghurt

**not filling enough** – add in some chicken or canned chickpeas or use more nuts.

## serving suggestions

Serve yoghurt on a plate with veg and nuts sprinkled over. Or just dip the veg in your tub.



cos *lettuce* wraps

These wraps are a brilliant way to transition from sandwiches. All you need to do is replace your bread with lettuce and increase the amount of 'filling' so you don't go hungry. This example with salmon and cottage cheese is one of my favourites but please don't let that limit your imagination!

# cos lettuce wraps

serves 2

1 can red salmon (200g / 7oz), drained

1 tub cottage cheese (250g / 9oz)

1 lemon

1 cos or other lettuce

1. Mash salmon with a fork and combine with cottage cheese. Add lemon juice to taste, around 2-3 tablespoons.

2. Serve salmon with lettuce leaves to scoop and wrap around your filling.

video

cos lettuce wraps

# cos lettuce wraps...

## **do ahead potential?**

The salmon cottage cheese mixture can be made up to 3-4 days ahead. Just give it a good stir before using. Store the lettuce separately.

## **variations for fun**

**dairy-free** – replace the cottage cheese with 1/2 drained can of white beans such as cannellini.

**vegan** – try a combo of avocado, chickpeas & lemon. A touch of chilli will be nice too.

**vegetarian** – replace salmon with 2-3 hard boiled eggs. A little curry powder is good too.

**carnivore** – cooked shredded chicken, mayo and parsley.

**your favourite sandwich filling** – let your imagination go wild!

**budget** – replace salmon with canned tuna.

## **problem solving guide**

**gritty** – make sure you wash your leaves well and pat dry before using.

**sloppy** – next time drain the salmon more thoroughly and go easy on the lemon juice.

**bland** – season with a little more salt & pepper and possibly a little more lemon juice.

**bones in the salmon** – these are a great source of calcium and are completely edible. Just mash them with your fork.

## **serving suggestions**

Serve the salmon mixture in a small bowl or lunch container and use lettuce leaves to scoop and wrap around the filling.



takeaway *chicken* salad

takeaway *chicken* salad

Sometimes convenience food is the only option. But that doesn't mean you necessarily have to settle for all junk. I've included this 'recipe' to give you ideas for putting a healthy spin on takeaway food. Something as small as skipping the chips and picking up some salad leaves can make all the difference.

# takeaway chicken salad

serves 1

*1/4 BBQ chicken*

*1 small bag washed salad leaves*

*1/2 lemon*

1. Serve chicken with leaves. Squeeze over lemon as you like. Too easy.

video

# takeaway chicken salad...

## do ahead potential?

There are loads of possibilities. It might be you have a bag of salad leaves and a lemon in your work fridge then just pop out to pickup the hot chicken at lunch. Or you could buy everything ahead of time and keep in the fridge. Or if you have a supermarket close by maybe you can pick everything up at once.

## variations for fun

**home made chicken** – Prefer to cook your chicken at home? Try the [simple roast chook] or [BBQ chicken] recipes.

**pescetarian**- get a lovely piece of fish from your favourite fish & chip joint and hold the chips. You may need more lemon with this.

**vegan / vegetarian** – buy a commercial ‘veggie burger’ and eat with salad instead of the burger bun.

**decadent** – serve with some good quality mayo as well.

**veg** – serve the chicken with raw veg instead of the leaves.

**need a proper dressing?** – either make your own by combining 1 tablespoon lemon juice with 1-2 tablespoons extra virgin olive oil in a small jar. Or use a commercial salad dressing – just choose one that doesn’t have added sugar and preferable using olive oil instead of cheap vegetable oil.

**hot!** – serve with your favourite chilli sauce or chilli oil.

## problem solving guide

**too dry** – try another chicken supplier

**can’t find salad leaves** – bring some from home and keep in your work fridge.

## serving suggestions

It’s up to you. A plate with a knife and fork can be good. Or just eat the leaves from the bag and squeeze the lemon over.

hummus and veg



hummus and veg

Hummus is great for healthy lunches because chickpeas are high in protein and iron. And the good news is there are lots of good commercial hummus on the market so it's a really quick and easy lunch option.

## hummus + veg

serves 1

1/2 cup or more hummus  
1 bunch baby bok choy, well washed

1. Serve hummus with bok choy for dipping.

video

# hummus + veg...

## do ahead potential?

Hummus will keep in the fridge for a week or 2.

## variations for fun

**different veg** – feel free to go crazy here. Raw asparagus, red capsicum (bell peppers), broccoli, snow peas, lettuce leaves are all great.

**warm lunch** – serve hummus with warm roast or grilled veg (reheated in the microwave)/

**carnivore** – brown some minced beef (ground beef) or lamb in a hot pan until well cooked. And serve with hummus and veg.

**more substantial** – serve with a handful or two of roasted nuts. Pine nuts are particularly good with hummus.

**home made hummus** – just whizz a can of chickpeas with 3 tablespoons each canning liquid, lemon juice and tahini and 1-2 cloves garlic.

## problem solving guide

**gritty** – make sure you wash the bok choy well and dry on paper towel.

**bland** – try a different brand of hummus or [make your own].

## serving suggestions

Serve a bowl of hummus or straight from the tub with veg for scooping and dipping.



guacamole & kale chips

A top-down photograph of a white ceramic plate on a dark wooden surface. The plate contains a portion of guacamole, which is a thick, yellowish-green mash, and several pieces of dark green, crispy kale chips. In the background, two small white bowls are visible, one containing a white powder (likely salt) and the other containing a brown powder (likely pepper). The text 'guacamole & kale chips' is overlaid in a light grey, typewriter-style font in the upper left corner of the image.

guacamole & kale chips

When I was in the US last year, I developed a bit of an addiction to commercial kale chips from Whole Foods. So crunchy and yum. If you don't have access to commercial kale chips they're super easy to make at home. Or just use rice crackers instead.

## guacamole + kale chips

serves 1

1/2 avocado

lime juice

large handful kale chips [recipe over here]

1. Mash avocado flesh with a fork, using the skin as a little bowl. Season with salt, pepper and a little lime juice.
2. Serve 'guacamole' with the kale chips for dipping.

video

# guacamole + kale chips...

## do ahead potential?

The guacamole is really best when fresh as it can brown over time

## variations for fun.

**can't find kale chips?** – use whatever healthy dipping chips you can get your hands on or try making your own.

**hot!** – a little fresh chilli can be lovely.

**more substantial** – serve as a side to cooked chicken or mash in some canned cannellini beans with the avocado – you'll need to use a small bowl instead of the avocado skin.

**no lime juice** – use lemon instead.

## problem solving guide

**bland** – be more generous with the salt and lime.

## serving suggestions

Serve guacamole in it's natural 'bowl' with the kale chips for dipping.

LINKS TO  
MORE  
lunches to  
'assemble'  
at the  
office

- :: chickpea & goats cheese salad
- :: big vegan salad
- :: thai inspired beef salad
- :: brown rice tabbouleh

# lunches to 'cook' in your work kitchen

Most workplaces have somewhere you can access boiling water and a microwave.

All you need is a little imagination to turn this space into a quick lunch kitchen.

hot *cheesy* chickpeas



hot cheesy chickpeas

This is my favourite lunch for this class!

I just love how the cheese forms a natural warm sauce for the chickpeas.

# hot cheesy chickpeas

serves 1

*1/2 - 1 can chickpeas, drained  
handful freshly grated cheese such as guryere,  
parmesan or cheddar  
small handful flat leaf parsley leaves, to serve*

1. Place chickpeas in a microwave proof bowl. Toss in the cheese.
2. Cook for 1-2 minutes on high until the cheese has melted and everything is hot. Serve with parsley on top.

video

# hot cheesey chickpeas...

## do ahead potential?

Best served fresh but the chickpeas and cheese could be combined ahead of time.

## variations for fun

**different legumes** – feel free to use other canned or cooked beans instead of the chickpeas.

**different cheeses** – a good melting cheese is best. Or try a combination of parmesan, mozzarella, cheddar.

**carnivore** – add in a handful of chopped bacon or salami

**vegan / dairy-free** – heat the chickpeas on their own and serve drizzled with tahini.

## problem solving guide

**bland** – choose a different cheese next time or use more!

**dry** – again a different cheese will help or drizzle with a little extra virgin olive oil.

**don't have a microwave?** - just heat the chickpeas and cheese under the grill [broiler] until hot and melted.

## serving suggestions

Best when hot from the microwave.

hot minted *peas* & beans



hot minted peas & beans

Frozen peas are a brilliant option when you want to add some instant greenery. Most work freezers are under used so a bag of peas can be a great thing to keep on hand for emergency lunches.

# hot minted peas + beans

serves 1

handful frozen peas  
1/2 can cannellini beans, drained  
small handful mint leaves  
goats cheese, to serve

1. Place pea and beans in a microwave proof bowl. Cook for 1-2 minutes or until everything is hot.
2. Sprinkle over the mint and goats cheese and eat asap.

video

# hot minted peas + beans...

## **do ahead potential?**

Best when hot but the peas and beans could be combined ahead of time.

## **variations for fun**

**different veg** – use fresh broccoli instead of the frozen peas.

**dairy-free / vegan** – replace goats cheese with a few tablespoons of tahini.

**summer salad** – soak the peas in boiling water for a few minutes to defrost then toss in with the other ingredients along with a squeeze of lemon to add a little freshness.

**no microwave?** – warm peas and beans in a small saucepan with a little olive oil.

**no mint?** – replace with basil or flat leaf parsley or baby spinach leaves.

## **problem solving guide**

**dry** – add a squeeze of lemon juice or a little olive oil.

**bland** – season more generously or try a squeeze of lemon to freshen things up.

## **serving suggestions**

Best warm in a bowl. Also makes a lovely side salad to serve with roast chicken.

bachelorette eggs



bachelorette eggs

My dear friend, the lovely Mel, was a big fan of microwaved scrambled eggs as a quick single girl meal, especially after a big night out on the town. It's also a brilliant quick, healthy lunch. Eggs will keep in your work fridge for weeks so are a great backup lunch plan, especially in Winter when you're craving something warm and filling that won't leave you bloated.

# bachelorette eggs

serves 1

3 eggs

small handful baby spinach  
or parsley leaves, optional

1. Break eggs into a small bowl. Season.
2. Microwave for about 90 seconds, stirring every 15-30 seconds until the eggs are almost cooked.
3. Serve with leaves on top.

video

# bachelorette eggs...

## do ahead potential?

Best when freshly made, but you could break the eggs into a container to take with you

## variations for fun

**cheesy eggs** – toss in a handful of grated parmesan, ricotta or cheddar with the raw egg.

**corny eggs** – toss in a handful of drained canned corn kernels.

**green eggs** – serve with pesto on top.

**vegan** – warm a drained can of chickpeas in the microwave with a little extra virgin olive oil.

**pescetarian** – add a little smoked salmon in with the eggs.

**carnivore** – serve with finely sliced prosciutto.

## problem solving guide

**eggs rubbery** – this means they're overcooked which is really easy to do. Next time, make sure you stop and stir every 15 minutes and stop as soon as the eggs are almost cooked but still a little moist.

**watery eggs** – if they're completely overcooked the protein starts to 'weep' or go watery. Not much can be done now but next time see above for tips on avoiding rubbery eggs.

**bland** – I think eggs really need a little salt. Cheese can help here too.

## serving suggestions

Great straight from the bowl with greens on the side and lashing of black pepper.

A top-down view of a white ceramic bowl filled with a vibrant red tomato and chickpea soup. The soup is thick and contains several whole, golden-brown chickpeas. Four thin, translucent shavings of parmesan cheese are artfully arranged on top of the soup. The bowl sits on a light-colored, weathered wooden surface. To the right of the bowl, a silver spoon is placed horizontally, its handle extending towards the bottom right corner. The overall lighting is bright and natural, highlighting the textures of the ingredients.

tomato & chickpea soup



tomato & chickpea soup

Soup is such a brilliant quick lunch option, especially in the Winter. This soups is great as an emergency backup, just keep a can of chickpeas and a jar of pasta sauce on your desk and you'll always have lunch at the ready.

# tomato + chickpea soup

serves 1

1/2 400g (14oz) jar tomato pasta sauce  
1/2 400g (14oz) can chickpeas, including the  
canning liquid  
shaved parmesan, to serve, optional

1. Combine sauce and chickpeas and their canning liquid in a heat proof bowl.
2. Cover with paper towel and microwave for 2-3 minutes stirring once or twice until everything is lovely and hot.
3. Season and serve with parmesan on top, if using.

video

# tomato + chickpea soup...

## do ahead potential?

Can easily be made ahead and kept in the fridge for a week or so before reheating.

## variations for fun

**beans** – replace chickpeas with canned cannellini beans

**hot** – use a tomato sauce with chilli or add in a little dried chilli.

**carnivore** – add in some sliced salami.

**veg** – replace chickpeas with fresh or frozen peas or broccoli and add in 1/2 cup vegetable stock to replace the chickpea canning liquid.

**dairy-free** – just skip the parmesan or serve with fresh basil instead.

## problem solving guide

**bland** – try a different brand of tomato sauce or season more generously.

**messy microwave** - it's important to cover the soup so it doesn't spray the microwave – stirring regularly can help avoid hot spots.

## serving suggestions

In big bowls.

LINKS TO  
MORE  
lunches  
to 'cook'  
in your work  
kitchen

:: pea & lentil salad

:: spiced couscous with broccoli

:: easy japanese kettle soup

:: beet & tomato soup

[cook in the microwave and skip the pureeing step]

:: miso soup with tofu & bok choy

[just pop everything in a bowl and microwave until hot]

:: curried mushroom noodles

:: minted pea salad

# leftover lovely lunches

There aren't many dinner leftovers that can't be 'recreated' as delicious lunches. Leftovers always have and always will be my favourite lunches.

You'll be amazed at how many dishes actually improve with a little time in the fridge.

The trick is to make sure you serve up your 'lunches' at the same time as you're serving your dinner. This makes sure your lunch leftovers don't mysteriously disappear as seconds!

Here are a few of my favourites.

# LINKS TO leftover lovely lunches

- :: one pot chilli
- :: yellow split pea stew
- :: chicken tajine
- :: vietnamese meatballs
- :: legume ragu
- :: triple 'B' stir fry
- :: skillet shepherds pie
- :: beef & broccoli stir fry
- :: quick sausage cassoulet

# about the author



The author of this e-cookbook is Jules Clancy.

I'm a qualified Food Scientist, and the creator of the simple food blog [Stonesoup](#) and the [Stonesoup Virtual Cookery School](#).

I've been writing my blog since 2005 because I believe that the ability to cook simple, healthy, delicious food is a basic skill, like reading, that everyone should and can master.

When I'm not cooking, writing about food or taking photographs [of food], I can be found indulging my passions for long boozy lunches, travel, running, cookbooks, growing my own veggies, cheese, red shoes and Irishmen, [OK one Irishman in particular].

You can contact me at:  
[jules@thestonesoup.com](mailto:jules@thestonesoup.com)