

PROTEAM

**LUNCH
RECIPE
BOOKLET**

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CONTENT PAGE

VEGETARIAN RAMEN

CHICKPEA PITTAS

**PESTO PASTA WITH
WALNUTS AND FETA**

**SOUTH AMERICAN STYLE
QUINOA WITH FRIED
EGGS**

HALLOUMI TRAYBAKE

VEGETARIAN RAMEN (SEREVES 1)

**11G OF
PROTEIN**

Ingredients

- 80g pack of instant noodles
- 2 spring onions
- ½ head pak choi
- 1 egg
- 1 tsp sesame seeds
- Chilli sauce to serve

Method

1. Cook the noodles as per the packet instructions, including the sachet of flavouring provided (you can use a stock cube instead if you want). In the final minute add the spring onions and pak choi.

2. Meanwhile, simmer the egg in boiling water for 6 minutes, once the 6 minutes have passed place the egg under cold water to stop it from cooking, then peel it.

3. Toast the sesame seeds in a frying pan.

4. Place the noodles and greens into a bowl, halve the boiled egg and place on top. Then sprinkle the sesame seeds and drizzle with any sauce provided with the noodles or chilli sauce.

CHICKPEA PITTAS (SERVES 2)



**26G OF
PROTEIN**

Ingredients

- 1 can of chickpeas
- 1 can of sweetcorn
- ½ red onion finely chopped
- 2 tbsp mayonnaise/vegan mayonnaise
- Sprinkle of salt and pepper
- 4 pittas (toasted)
- Lettuce

Method

- 1.** Drain and rinse your can of chickpeas and pour into a bowl. Then take a fork and mash them up until they are all broken up.
- 2.** Add in the sweetcorn, onions, mayonnaise, salt and pepper and mix together until well combined – you can use more or less mayonnaise depending on the consistency you want.
- 3.** Then spoon your chickpea mixture into your pittas until full and add in your lettuce or any other salad you want to add and enjoy!

Extras: you can also add cheese to this or swap the mayonnaise for plain yogurt for a different flavour!

PESTO PASTA WITH WALNUTS AND FETA (SERVES 1)

**19G OF
PROTEIN**

Ingredients

- 60g pasta
- 1 tbsp pesto
- 30g of feta in chunks
- A handful of chopped tomatoes
- 30g of broken-up walnuts
- Black pepper to serve

Method

1. Cook the pasta following the instructions on the package
2. Once the pasta has cooked, drain and return it to the same pan.
3. Add in the pesto, feta, and tomatoes and stir through to combine over medium heat.
4. Then pour into a bowl and sprinkle over your walnuts and some black pepper.

SOUTH AMERICAN STYLE QUINOA WITH FRIED EGGS (SERVES 2)

25G OF
PROTEIN

Ingredients

- 75g quinoa
- 400g can black beans, drained
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 lime, zested and juiced, plus extra wedges to serve
- 1 tsp cider vinegar
- 160g cherry tomatoes, halved
- 1 small avocado, stoned, peeled and roughly chopped
- 2 tbsp finely chopped coriander
- 3 spring onions or ½ small red onion, finely chopped
- rapeseed oil, for frying
- 2 medium eggs

Method

1. Place the quinoa in a small pan with 250ml water and bring it to a boil. Then turn to low, cover and leave to simmer for 15–20 minutes, stirring occasionally.

2. When the quinoa has doubled in size tip it into a bowl and mix in the beans, spices, lime zest, juice, and vinegar.

3. Then add the tomatoes, avocado, coriander, onion, and then plate.

4. Heat the oil in a pan to fry the egg. Do this until the whites have a crispy edge and the yolk is runny. Serve this on top of the quinoa.

HALLOUMI TRAYBAKE (SERVES 4)

28G OF
PROTEIN

Ingredients

- 750g baby new potatoes, halved
- 2 medium red onions, quartered and broken up into large pieces
- 4 tbsp olive oil
- 400g can chickpeas, drained
- 1 large red pepper, sliced into strips
- ½ romanesco broccoli or cauliflower (about 400g), cut into small florets
- 250g mixed colour cherry tomatoes
- 4 garlic cloves, peeled
- 250g pack reduced fat halloumi, thinly sliced
- small bunch of basil leaves torn

Method

1. Heat the oven to 160C/140C fan/gas 3 and put the potatoes in a large roasting tin with the onions. Pour over 2 tbsp olive oil and roast in the oven for about 30 mins.

2. Then add chickpeas, pepper, romanesco, tomatoes and garlic with a drizzle of 2 tbsp oil. Roast this for a further 20-25 minutes until everything is cooked and browning nicely.

3. After this mix everything together and place the halloumi slices on top and place under the grill for 5-10 minutes. Or until it is melting and browning.

4. Finally scatter on the basil leaves and serve.

SIGNPOSTING

Please visit BBC Good Foods for all the recipes used in this booklet

<https://www.bbcgoodfood.com>

