

Taco Rice Bowl

Serves 1

½ sachet (125g) microwavable Mexican style rice

½ can (212g) chilli beans

½ can (210g) corn kernels, drained and rinsed

Optional

1 tomato, diced

½ avocado, sliced

1/2c coriander leaves

1. Microwave rice sachet according to package instructions.
2. Pour chilli beans from can into a bowl and heat in the microwave according to package instructions.
3. In a serving bowl, add rice, chili and corn kernels.
4. *Fresh ingredients: top rice bowl with diced tomato, sliced avocado and coriander leaves.*

Per serve (with fresh ingredients):

E 2,853kJ | C 87g | P 27g | F 24g



*Taco Bowl with
fresh ingredients*



Taco Bowl with non-perishable
ingredients only

Mediterranean Salad

Serves 1

85g fusilli pasta

½ can (210g) chickpeas, rinsed and drained

¼ cup black olives, sliced in half

1/3 cup jarred char-grilled capsicum, roughly chopped

1/3 cup jarred marinated artichoke hearts, roughly chopped

Optional

1 cup cos lettuce, sliced OR rocket leaves

¼ red onion, sliced

½ tomato, diced

¼ cup basil leaves, torn

Dressing

½ tsp dried oregano

½ tbsp olive oil

½ tbsp red wine vinegar

Salt & black pepper, to taste

1. Cook pasta according to package instructions. Drain and rinse under cold water.
2. Add pasta to a bowl along with chickpeas, black olives, char-grilled capsicum and artichoke hearts.
3. *Fresh ingredients: add lettuce, red onion, tomato and basil leaves to the bowl with other ingredients.*
4. In a small bowl mix together dressing ingredients. Pour over salad and toss well to distribute. Serve immediately.

Per serve (with fresh ingredients): E 3,038kJ | C 102g | P 26g | F 23g



*Mediterranean Salad with
fresh ingredients*



Mediterranean Salad with
non-perishable ingredients only

Vegetable Fried Rice

Serves 1

½ tbsp vegetable oil
½ sachet (125g) microwavable jasmine rice
½ tin (210g) peas, corn and carrot mix, drained and rinsed
½ tbsp soy sauce
1 tsp sweet soy sauce (kecap manis)
1 tsp sesame oil
Salt and white pepper to taste

Optional

1 spring onion, sliced
1 egg, lightly whisked

- 1. Fresh ingredients: place a wok or frypan over high heat. Add half oil and pour in whisked egg. Toss gently, breaking it up with spatula. Remove from wok and set aside.*
2. Add remaining oil followed by spring onions (if using). Add jasmine rice straight from package (no need to heat up) and the peas, corn and carrot mix.
3. Press down so rice and vegetables are in contact with the pan. Pour over soy sauce, sweet soy sauce, sesame oil, salt and white pepper. Toss well combining all ingredients.
- 4. Add egg back in, if using. Toss through and serve immediately with extra spring onion for garnish.*

Per serve (with fresh ingredients): E 1,965kJ | C 55g | P 14g | F 19g



*Vegetable Fried Rice with
fresh ingredients*



*Vegetable Fried Rice with
non-perishable ingredients only*