



**CHEAP WORK
LUNCHBOX RECIPES**
BY POSS' PANTRY



TIKTOK STAR AND ANZ CUSTOMER SERVICE MANAGER, ADRIAN HUME (AKA @POSSPANTRY), HAS CURATED SIMPLE YET TASTY LUNCHBOX RECIPES THAT WON'T BREAK THE BANK.





SPINACH, CAPSICUM, FETA & BACON EGG CUPS

INGREDIENTS (MAKES 6 CUPS)

- 6 eggs
- 2 cups baby spinach
- 1 diced red capsicum
- 1 diced yellow capsicum
- 1 cup crumbled feta
- 4 slices short cut bacon
- 1 tsp salt
- Black pepper to taste
- Option to add cherry tomatoes and red onion for extra veggies

METHOD

1. Slice short cut bacon into bite-sized pieces and fry in a pan with some oil until they start to brown on both sides. Set aside to cool before mixing in with the eggs to avoid scrambling.
2. Whisk 6 eggs together and season with salt and pepper. In the same bowl, mix in diced capsicum, chopped baby spinach and the cooled bacon.
3. Pour into cupcake trays and top with feta cheese. Bake in the oven for 15 minutes at 180°C, or until the eggs are completely set. Once done, option to season with more salt and pepper on top.
4. Store easily in freezer bags or an airtight container for up to 5 days. Option to serve with tomato, barbeque, or hot sauce.

Approx. cost per cup = \$5



CAPRESE SALAD WITH TOASTED SOURDOUGH

INGREDIENTS (SERVES 2)

- 1 ball of buffalo mozzarella
- 3-4 Roma tomatoes
- Bunch of fresh basil
- 1 cup balsamic vinegar
- 2 tbsp brown sugar
- 2-4 pieces of sourdough bread (depending on servings)
- Salt/pepper to taste

METHOD

1. Slice mozzarella and tomatoes into thin slices. Season the tomatoes with salt and pepper and let them sit for 10 minutes to remove water from the tomatoes (this will make them sweeter!). Tear some fresh basil leaves and set aside.
2. In a saucepan add in balsamic vinegar and brown sugar and reduce until the balsamic vinegar becomes sticky and will coat the back of a spoon.
3. Toast 2 pieces of sourdough, option to butter the bread after toasting.
4. On a plate, layer mozzarella, tomato and basil in a circle and repeat. Top with the balsamic glaze and serve with toasted sourdough.

Approx. cost per serve = \$9



SPICY TUNA WRAP

INGREDIENTS (SERVES 1)

- 1 large can of tuna (chilli tuna preferred)
- 1 Lebanese cucumber
- 1 avocado
- 1 grated carrot
- 1 spring onion
- 2 tbsp mayonnaise
- 1 tbsp hot sauce of choice
- 1 tsp soy sauce
- 1 wrap
- Optional sesame seeds
- Salt/pepper to taste

METHOD

1. In a bowl, combine tuna, mayonnaise, hot sauce and soy sauce. Mix well and season with salt and pepper to taste.
2. Slice cucumber and spring onion, grate the carrot and set aside. Slice 1 avocado lengthways and season with salt/pepper.
3. Take 1 wrap and spread some more mayonnaise on the bottom, layer down cucumber, carrot and avocado. Place a healthy amount of tuna on top and garnish with spring onion and optional sesame seeds.
4. Wrap tightly and slice in half. Eat immediately or wrap in foil for later.

Approx. cost per serve = \$12



FRESH AVOCADO & ICEBERG LETTUCE SALAD

INGREDIENTS (SERVES 2-4)

- 1 iceberg lettuce
- 2 avocados
- 1-2 lemons
- 1 red chilli
- 1 red onion
- 1 cup crumbled feta (optional)
- ½ cup fresh dill
- Salt/pepper to taste

METHOD

1. Dice lettuce into large, bite-sized pieces then wash thoroughly to remove any dirt. Then finely dice a red chilli and set aside.
2. Finely slice a red onion and place in a bowl. Cover with cold water for 10 minutes (this will remove the acidity from the onions).
3. Dice 2 avocados into cubes and season with salt and pepper.
4. Finely chop a bunch of fresh dill (about ½ cup).
5. In a bowl, combine lettuce, avocado, red onion, red chilli, crumbled feta and dill. Season well with salt and pepper, plus the juice of two lemons. Then toss and serve immediately.

Approx. cost per serve = \$6.50



EASY CHICKEN BURRITO BOWL WITH CORIANDER LIME RICE

INGREDIENTS (SERVES 2)

- 2 chicken thighs
- 1 tsp salt, pepper, onion powder, garlic powder, cumin and paprika
- ½ tbsp olive oil
- 2 packets of microwave rice
- 2 limes
- 1 bunch of coriander
- ¼ cup cheddar cheese
- 1 Roma tomato
- 1 red onion
- Sour cream to taste
- Optional corn chips
- Optional black beans

METHOD

1. In a bowl, combine chicken thighs with oil and spices and mix well. Bring to room temperature by leaving out of the fridge for 20 minutes. Air fry at 200°C for 16 minutes, or alternatively cook in a pan for 5 minutes either side on high heat until cooked through. Once finished, rest for 5 minutes and slice into cubes.
2. To make tomato salsa, dice tomato and red onion and combine with the juice of half a lime and some chopped coriander. Season with salt and pepper and set aside in the fridge.
3. Microwave your rice of choice and combine with the juice of the remaining limes and some more chopped coriander.
4. Place rice in a bowl and top with chicken, tomato salsa, cheddar cheese and sour cream.
5. Option to top with corn chips for crunch or hot sauce for spice.

Approx. cost per serve = \$12