

COOK WITH

Jax. 

Best Foods

EST. 1913

Back  TO
School

RECIPES

... & *tricks* ...

TO REINVENT

the lunchbox

Hey!

“I used to work a corporate job while raising two kids so I know just how hard it can be to find the time and inspiration to make the kids lunches – and get them to actually eat it all! My own experience and love of food has made me especially passionate about inspiring others in the kitchen and making it fun and exciting.

Using creative but simple and out of the box recipes is a great way to get your kids involved and keep your kids excited about their food.”

Enjoy!
Jax. 



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..... *find*
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CRISPY PORK SAUSAGE

& *Black Bean Quesadilla*

As an alternative to a regular sandwich these spicy quesadillas hit the mark every time.



INGREDIENTS

Drizzle oil
1 onion, finely chopped
3 pork sausages
1 tbsp taco seasoning
2 tbsp water
1 tin black beans, drained
1.5 cup grated cheese
Fresh parsley, chopped
Oil for frying
8 small tortilla wraps

**BEST FOODS MAYO
& TOM SAUCE DIP**
½ cup Best Foods mayo
¼ cup tomato sauce
Dash of Tabasco sauce (optional)



METHOD

- 1 In a large frying pan, add the oil and onion. Fry gently until soft and fragrant.
- 2 Push the meat from the sausage skins and drop into the pan with the onion. Increase the heat, toss around the pan and fry until the meat is crispy and golden.
- 3 Sprinkle in taco seasoning, cook for 1–2 minutes, then drizzle in water until the meat is coated in a thick sauce.
- 4 Add black beans, mix and cook for another 2 minutes. Remove from the heat.
- 5 In a clean frying pan, add a little oil and place a tortilla on the bottom of the pan (or you can use spray oil directly on the tortilla). Spread a spoonful of the sausage mixture in one layer onto the tortilla, then top with a spoonful of cheese, sprinkle of parsley and another tortilla. Press down firmly with a spatula.
- 6 Cook on one side until the cheese has melted and the tortilla is golden, then gently flip over. Slide from the pan, when cold, either store in the fridge until ready to use or slice into wedges and straight into lunch boxes.

DIP Mix ingredients together.

Jax says

The filling can be made up to 2 days before and stored in the fridge. Feel free to be adventurous with your choice of sausages.

LUNCHBOX LOVE

Pop wedges of these amazing quesadillas into lunchboxes with a pottle of mayo and tom sauce dip. Chopped avocado and fresh cherry tomatoes are a fabulous addition too.



POTATO, CARROT

..... and Spring Onion Rosti

This is a fun recipe to make with the kids. Lots of fabulous kitchen interaction.



INGREDIENTS

3 spring onions, finely chopped

1 carrot, finely chopped

1 garlic clove, crushed

½ tbsp cornflour

2 potatoes, peeled

Salt and freshly ground
black pepper

1 egg

Oil for frying

BEST FOODS MAYO
& FRESH HERB DIP

¾ cup Best Foods Mayo

Pinch garlic salt

½ cup fresh herbs, chopped



METHOD

- 1 In a bowl mix together spring onions, carrot and garlic. Sieve in the cornflour then season with salt and pepper.
- 2 Grate the potatoes onto a clean tea towel and squeeze out any excess liquid. You may need to do this more than once. When dry to touch, tumble the into the bowl of ingredients. Add the egg and mix well.
- 3 Add the oil to the frying pan, when hot add spoonfuls of the potato and carrot mixture – flatten gently with the back of the spoon. If you want to be a little ‘chef-fy’ feel free to use a cookie cutter to help shape them.
- 4 Don’t overload the pan, fry around 2–3 at a time. Fry until golden and crispy on one side before flipping over. Drain on kitchen paper.

DIP Mix ingredients together until ready to use.

Jax says

Any hard vegetable can be used to create these rostis; kumara, pumpkin, swede or parsnip. Get creative in the kitchen and see if your children notice if you swap out the potato for something else.

LUNCHBOX LOVE

Pop the rostis in the lunchboxes with a side of dip. Chunks of fresh cucumber and a little wedge of cheese.

MAC, CHEESE

..... *and Ham Cups*

When my boys were small, they used to bang on to me about making enough mac and cheese so they could have little mac-muffins in their lunchboxes. This is a modern version of the old recipe.



INGREDIENTS

- | | |
|-------------------|-------------------------------|
| 150g macaroni | 1 spring onion, thinly sliced |
| 1 tbsp butter | ½ cup mozzarella |
| 2 tbsp flour | ½ cup tasty cheese |
| 350ml milk (warm) | ½ cup panko or bread crumbs |
| 1 tsp mustard | 1 tbsp mixed herbs, dried |
| 1 egg yolk | ¾ cup Best Foods Garlic Aioli |
| 100g ham, chopped | |



METHOD

- 1 Preheat oven to 180°C. Grab your muffin tin and line with muffin cases.
- 2 Boil the macaroni as usual. Just before it's fully cooked, remove from the heat and drain (we will be cooking it a little longer as muffins).
- 3 In a deep, non-stick saucepan, add the butter. Once bubbling, sprinkle in flour and cook for about 1 minute. Slowly whisk in the milk until you have a thick, silky smooth sauce.
- 4 Remove from the heat, add the mustard, yolk, ham, cheeses and spring onion. Taste and season with salt and pepper.
- 5 Spoon into your muffin cases, bake until bubbling. 5 minutes before they're cooked, remove from oven and sprinkle over breadcrumbs and herbs, then return to oven for 5 minutes.
- 6 When cold, using a sharp knife, slice each muffin in half and spread through a dollop of Best Foods Garlic Aioli – such a divine surprise.

Jax says

This recipe is a great way to hide veggies in with the pasta. Try chopped capsicum, grated carrot, cooked cauliflower or peas.

LUNCHBOX LOVE

Muffin cases come in all shapes and sizes. Try and find some that will make lunchtime fun and entertaining for your children.



CORNED BEEF, SMOKED CHEESE

..... *and Pickles Best Foods Garlic Aioli Wrap*

For me, the best way to eat corned beef the next day is in a sandwich or wrap. Using this combination of amazing flavours, brought together by a creamy mayo, you won't be disappointed.



INGREDIENTS

- 4 wraps
- 2 tbsp hot mustard (or your choice)
- $\frac{3}{4}$ cup Best Foods Garlic Aioli
- 240g cooked and shredded corned beef
- 100g smoked cheese
- $\frac{1}{4}$ cup pickle or chopped gherkins
- Squeeze lemon juice
- Freshly grated black pepper



METHOD

- 1 Take your wraps and lay each on a square of sandwich or baking paper, on your kitchen bench.
- 2 Spread each base with mustard and $\frac{1}{4}$ of the Best Foods Garlic Aioli
- 3 In a bowl mix together the remaining Best Foods Garlic Aioli, corned beef, smoked cheese and pickle. I like to add a little squeeze of lemon juice too and plenty of black pepper.
- 4 Mix well and divide, in one layer between the 4 wraps.

If you haven't eaten them all already (!) roll up tightly in the baking paper, pop in an airtight container and into the fridge until you're ready to make your lunches.

Jax says

These are the perfect wraps to make using leftovers. Nice and simple, but with plenty of personality. Once cooked, corned beef can be frozen and kept for up to 1 month. So, on the days where you have nothing for lunch, remember that little secret stash in the freezer.

LUNCHBOX LOVE

In the morning, slice each wrap in half, but leave together (so it doesn't dry out). Great with mini pretzels.



ZUCCHINI, MINT

& Feta Quiche

Talk about sunshine in a cooked sandwich! This pastry free quiche is beautiful hot or cold, and very versatile.



INGREDIENTS

- | | |
|--|---|
| 2 tbsp Best Foods Garlic Aioli | 100g feta cheese |
| 6 slices bread (gluten free if required), crusts removed | ½ cup mozzarella cheese, grated or diced (optional) |
| 1 zucchini, grated & squeezed dry | 6 eggs, lightly beaten |
| 2 sprigs fresh mint, chopped finely | 100ml milk |
| 2 spring onions, chopped | Salt and freshly ground black pepper |
| ½ lemon zest | |



METHOD

- 1 Lightly grease a slice tin or deep rectangle baking tray and preheat oven to 220°C.
- 2 Spread the bread with the Best Foods Garlic Aioli and spread side up, cover the bottom of the slice tin in one layer, ensuring there are no gaps.
- 3 Mix together the zucchini, mint, spring onions and lemon zest. Scatter over the bread.
- 4 Crumble the feta and sprinkle mozzarella cheese evenly over the zucchini and onion mixture.
- 5 Lightly beat the eggs and milk together. Season with salt and freshly ground black pepper.
- 6 Pour mixture over the sprinkled cheese and bake in the oven until golden, crispy and puffy.

Jax says

A quick tip, the staler the bread the better absorption, so don't chuck that week-old loaf. Also try different flavour combinations. Ham, cheese and tomato (sundried tomato) is fab. Or cooked mushrooms, blue cheese and walnut – a great way to introduce your children to new flavours!

LUNCHBOX LOVE

If you have a family with differing dietary or lunchbox requirements, make a half-half quiche. Half gluten free and regular bread or wholemeal and white.

TIPS & TRICKS

1 RAINBOW DAY

Encourage your kids to pick a day and colour and create their lunch based around that colour. If the colour is green: cucumber sushi with avocado filling, green jelly, grapes, boiled egg cooked in water with green colouring. Keep it fun and exciting!



2 REASON FOR SEASON

Discover what's in season and what will work in a lunchbox. During the warmer months, try sweetcorn. Experiment with herb flavours in pestos and dressings. During spring try grilled asparagus wrapped in bacon. In summer pop in berries and cherries.

3 CARB REMIX

Shake up the classic bread and chippies combo swapping the chips with pretzels, corn chips, or falafels. Get creative and swap out bread for rice paper wraps, egg or rice noodles, or dumpling skins.

4 MYSTERY LUNCH BOX:

No peeping until lunchtime.

Try out a themed lunch: sandwiches are cut to look like animals, favourite cartoon characters, minions.

Think outside the (lunch)box and incorporate some of your kids' favourite things.

Superhero box – try a super sammie or a super smoothie a.k.a. Batman fuel.

Harry Potter box – a carrot wand, frog shaped sandwiches.



5 BRAIN BOGGLER



Hide a foodie brain boggler in the box – like find a letter that's in 'Pie' but not in 'pen'. Why did the student eat his homework? Because his teacher said it was 'a piece of cake!'"

6 COOL KID BOX:

Frozen Lemon Juice Sponge

Take a thin wash up sponge and soak in water and lemon juice then squeeze out excess liquid. Seal the sponge in a bag and throw into the freezer. The next day, lay at the bottom of the lunchbox to keep lunch cool during hot days. When box comes home, remove from bag and use to wipe clean. No icky chemicals and fresh and natural (lemon is naturally anti-bacterial). Refresh the sponge by popping it through the dishwasher. Each child can have their own colour.

7 JARRED LUNCHES

In a small mason jar, begin with dressing. Layer with carbs, protein, salad and a crunchy topping – just shake, pop the top and good to go.



8 SEALED WITH A MINTY FRESH KISS

Once a week, use an old toothbrush and some toothpaste to clean along the seals and lunchbox handles. Abrasive, minty, fresh – safe and no stinky, sticky lunchbox!



9 LEFTOVERS

Double up your dinner, like a fab meatloaf. Slice and pop into lunchboxes in the morning or freeze for when you need to whip up a lunch in a hurry.



10 #BE KIND

Pop an extra (something yummy) in the lunchbox and encourage your child to give it to someone less fortunate to make a new friend or cheer up someone who's sad that day.



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NOTES





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