

HEALTHY LUNCHBOX RECIPES



Cheesy veggie wedges

Ingredients (Serves 4)

- 100g dried pasta shapes
- 1 teaspoon vegetable oil
- 1 small onion, chopped
- 1 courgette, grated
- 1 carrot, grated
- 4 eggs
- 50g mature Cheddar cheese, grated
- 2 teaspoons dried mixed herbs
- Ground black pepper

Equipment

Pans, cauldron, chopping board and knife.

Method

1. Cook the pasta shapes in boiling water for 10-12 minutes, until just tender. Drain thoroughly and rinse with cold water to cool them quickly.
2. Heat the vegetable oil in a non-stick frying pan and gently cook the onion for 3-4 minutes, stirring often. Remove from the heat and add the courgette, carrot and pasta, mixing well.
3. Beat the eggs and add the cheese. Stir in the dried herbs and season with some pepper. Pour into the frying pan and cook over a low heat for 4-5 minutes, without stirring, to set the base. Meanwhile, preheat the grill to medium-high.
4. Put the frying pan under the grill and cook for 4-5 minutes until the surface has set and is golden brown. Cool completely if serving for a packed lunch. Cut into wedges and wrap in cling film or greaseproof paper and chill until needed.

Preparation time: 15 minutes

Cooking time: 30 minutes

Approximate cost for recipe: £1.88

Approximate cost per serving: 47p

Handy hints

- When taking packed lunches to school or work, try to use an insulated container and include a small ice pack to keep things cool and fresh.
- You could use cooked potatoes instead of pasta. You'll need about 300g altogether, chopped into chunks.

