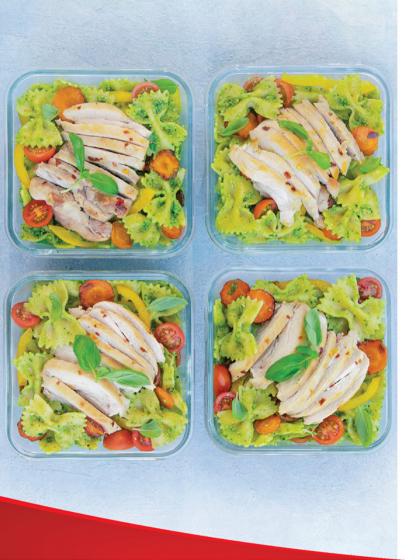
# Back to School with San Remo

LUNCHBOX RECIPES







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### Asian Noodle Salad with Chilli Beef

#### Ingredients:

San Remo Wholemeal Spaghetti 500g 1 tbsp vegetable oil 2x 200g porterhouse steaks Extra virgin olive oil Salt and pepper, to taste



#### Salad Ingredients:

- 1 cup mint leaves
- 1 cup coriander leaves
- 1 cup Thai basil leaves
- 1 cup snow peas, finely sliced
- 1 cup bean sprouts 1/2 cup peanuts

#### Salad Dressing:

- 1 clove garlic, finely chopped 1 red chilli, finely chopped
- 5 tbsp lime, juiced
- 3 tbsp fish sauce
- 1 tbsp palm sugar
- 3 tbsp vegetable oil

#### Method:

- 1. To make the dressing, combine all salad dressing ingredients together into a small bowl and whisk. Set aside.
- 2. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
- 3. Refresh pasta under cold running water. Strain and toss vegetable oil through the pasta and set aside.
- 4. Place beef into a bowl and mix together with a drizzle of olive oil and season with salt and pepper.
- 5. Heat a griddle pan on medium heat and cook the beef on each side for 2 to 3 mins or until cooked to your liking.
- 6. To construct salad, in a large bowl, place pasta and salad ingredients together and toss gently to combine.
- 7. Distribute salad evenly over 4 air tight containers.
- 8. Slice beef into thin strips and distribute evenly on top of each salad.
- 9. Divide the dressing into 4 small dressing tubs to go into each container.





prep time 15

cook time



## Basil Pesto Pasta

#### Ingredients:

3 cups San Remo Wholemeal Penne ½ cup homemade pesto (see below) ½ cup sun-dried tomatoes Fresh basil, to taste Salt and pepper, to taste



#### Basil Pesto:

2 1/2 cups basil, stemmed and washed

1/3 cup walnuts

2 tbsp vegan Parmesan cheese

3 cloves garlic

1 tbsp lime juice

1/2 tsp coarse salt

1/3 cup olive oil

1/2 tsp pepper, adjust to taste

#### Method:

- 1. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
- Meanwhile, to prepare the pesto, add all the pesto ingredients into a food processor or high-powered blender and blend until smooth. Set aside.
- 3. Once pasta is cooked, gently toss the pesto through the pasta.
- Top with sun-dried tomatoes and basil and season with salt and pepper.

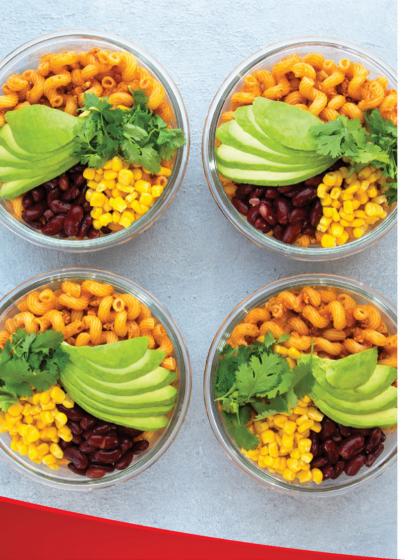
Developed by Emma Amies for San Remo. © San Remo Macaroni Company Pty Ltd







prep time 12 cook time



## Mexican Bolognese with Curls

#### Ingredients:

San Remo Curls 500g Extra virgin olive oil

- 1 small onion, diced
- 2 garlic cloves, finely chopped 400g chicken mince
- 1 tsp cumin
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1/2 tsp cayenne pepper
- 1/2 tsp chilli flakes, optional
- 1 x 400g tin of crushed tomatoes
- 1 cup chicken stock



Salt and pepper, to taste 1 x 400g tin of kidney beans, strained & washed

- 1 cup fresh corn kernels
- 1 avocado, cored, peeled, thinly sliced
- 1/2 cup coriander leaves

#### Method:

- Heat a drizzle of olive olive oil in a large pan over medium heat. Add onions and cook for 2 to 3 mins. Add garlic and fry for another minute.
- 2. Add the mince and cook for 5 to 6 mins or until fully cooked.
- Add cumin, oregano, paprika, cayenne pepper and chilli flakes. Stir and cook for 2 mins.
- 4. Pour crushed tomatoes and chicken stock into pan, stir and bring to the boil.
- 5. Simmer and cook for a further 15 mins and season with salt and pepper.
- Into a pot of boiling salted water, add the pasta and cook as per packet directions. Strain pasta and combine with sauce.
- Distribute evenly over 4 air tight containers taking up one half of each container.
- Fill the other half of the containers with the kidney beans, corn, avocado and coriander.





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prep time 15 cook time



# Chicken Pesto Penne with Asparagus and Sun-Dried Tomato

#### Ingredients:

2 x 250g packets Pulse Pasta Penne

1 tbsp olive oil

15 asparagus, cut into thirds

200g chicken breast, sliced

Salt and pepper, to taste



#### Pesto:

4 cups fresh basil leaves

1/3 cup pine nuts

11/2 cups olive oil

1/2 cup Parmesan (optional)

1/2 cup sun-dried tomatoes, plus extra to serve

2 cloves garlic

#### Method:

- Into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain and refresh under cold water.
- To make the pesto, blend all pesto ingredients together in a food processor until smooth.
- 3. Heat a fry pan with the olive oil and add the asparagus and chicken. Season with salt and pepper.
- Toss the pasta through the pesto with the chicken, asparagus and extra sun-dried tomatoes.

Developed by Noopsi Phiboonthmmasakfor San Remo. @ San Remo Macaroni Company Pty Ltd







prep time

cook time 20



# Red Lentils Spirals with Pumpkin and Kale

#### Ingredients:

2 x 250g packets San Remo Red Lentils Spirals Extra virgin olive oil ½ butternut pumpkin, diced 1/4 cup dukkah ½ bunch kale, chopped

Salt, to taste

2 bunches asparagus, bottoms cut off

½ cup roasted sunflower seeds

1/2 cup parsley leaves, picked and washed

#### Honey Mustard Vinaigrette Dressing:

1/4 cup balsamic vinegar 1/2 cup olive oil 1 tbsp honey Extra virgin olive oil 1 tsp mustard seeds Salt. to taste

#### Method:

- 1. Preheat oven to 180C.
- 2. To make the dressing, add all dressing ingredients into a small bowl and mix well to combine. Set aside.
- 3. Into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain, allow to cool and toss gently with some olive oil.
- 4. Place the pumpkin on a roasting tray, drizzle with olive oil and dukkah and bake for 15-20 minutes or until golden.
- 5. Fry the kale in some olive oil for 7-10 minutes until tender and cooked and season with salt.
- 6. After the pumpkin has been baking for 10 minutes, add the asparagus to the tray and bake for another 10 minutes.
- 7. Cut the asparagus into batons once cooked and cooled down.
- 8. Divide the pasta between 4 containers and top with the pumpkin, asparagus and kale.
- 9. Sprinkle with sunflower seeds and parsley and divide the dressing into 4 dressing tubs to go with each container.







prep time

cook time



## Fresh Italian Bowtie Pasta Salad

Ingredients:

San Remo Bowties 500g
200g buffalo mozzarella, cut into cubes
250g cherry tomatoes, quartered
1 handful fresh basil leaves
Extra virgin olive oil
Salt, to taste



#### Method:

- Into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain and refresh under cold water.
- Once the pasta has cooled down, drain again and add the mozzarella, cherry tomatoes and basil.
- 3. Dress with a generous drizzle of olive oil and salt.

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prep time

cook time 10



# Kids Mini Meatballs with Rainbow Spaghetti

#### Ingredients:

San Remo Thin Spaghetti 500g

1 zucchini, peeled 1 carrot, peeled

200g chicken mince

3 eggs, lightly beaten

2 cups fresh breadcrumbs

200g pork mince

t carrot, peeted

3 tbsp olive oil

Meatballs:

#### Sauce:

2 tbsp olive oil

2 garlic cloves, smashed

2x 400g tin of whole peeled tomatoes

Salt and pepper, to taste

¼ cup extra virgin olive oil 1 cup flat leaf parsley, finely chopped

½ cup of grated Parmesan Salt and white pepper, to taste

# AVCHE-TI SANRUM THIN SPACIEST INVESTMENT

#### Method:

- To make the meatballs, in a large mixing bowl, combine chicken and pork mince, breadcrumbs, eggs, olive oil, parsley, Parmesan, salt and white pepper. Mix well to combine.
- Roll mixture into 10 cent piece balls and place on to a baking tray and set aside in the fridge.
- To make the sauce, heat olive oil on a pan on low to medium heat. Add the garlic and allow it to slowly infuse the oil for 5 mins.
- Add tinned tomatoes, stir and bring to the boil then reduce heat to a simmer. Cook for 10 minutes and season with salt and pepper.
- 5. Place meatballs one by one into the simmering sauce.
- Cook meatballs for 20 mins or until cooked. Check sauce for seasoning and if needed adjust with salt and pepper.
- 7. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
- Spiralise the zucchini to make into noodles and repeat same process with the carrots.
- Once pasta is cooked, strain off excess water and into a bowl add the pasta, the zucchini and the carrot noodles. Softly mix together with the olive oil.
- 10. Distribute pasta and meatballs evenly over 4 air tight containers.

TIP: one bowl will feed two children or one teenager







prep time 25 cook time 45 ves 4



## Easy Tuna Tomato Pasta

#### Ingredients:

San Remo Penne 500g

- 1 tsp of garlic
- 1 medium zucchini, grated
- 2 celery stalks, thinly sliced
- 1 bunch kale, chopped

Olive oil

- 1 tbsp tomato paste
- 400g tin diced tomatoes
- 1/2 jar pasta sauce
- 185g tin of tuna in olive oil
- Salt and pepper, to taste
- 1 handful fresh Italian parsley



#### Method:

- In a large saucepan, gently simmer garlic, zucchini, celery, and kale in a good drizzle of olive oil until soft.
- Add in tomato paste, tin tomatoes, pasta sauce and tuna and simmer for 30 minutes.
- 3. In the last 12 minutes of the sauce cooking, into a pot of boiling salted water, add the pasta and cook as per packet directions.
- Once pasta is cooked, add it to the sauce and season with salt, pepper and parsley.

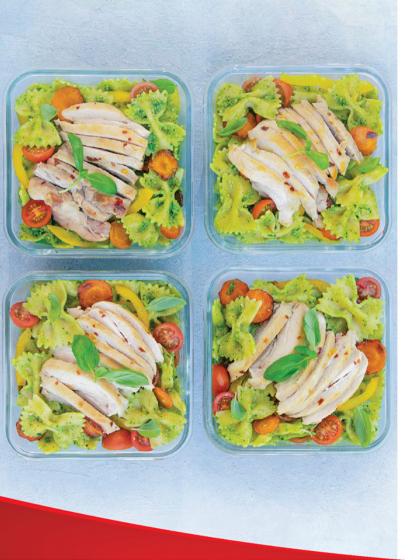
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prep time 12 cook time



### Chicken and Pesto Bowties

#### Ingredients:

San Remo Bowties 500g

Extra virgin olive oil

- 2 large carrots, peeled and cut into circles
- 4 chicken thigh fillets

Salt, to taste

Chilli flakes, to taste

- 1 cup pesto (homemade or store bought)
- 1 yellow capsicum, finely sliced
- 1 cup basil leaves, picked and washed

# BOWTIES SANREMO BOWTIES BOWTIES

#### Method:

- 1. Preheat oven to 180°C.
- Into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain well, cool and drizzle with olive oil.
- 3. Heat a fry pan with some olive oil, add the carrot and cook until golden.
- Remove carrot and add chicken thighs to the same pan and cook for 10-12 minutes or until golden on both sides and cooked through.
- Season with salt and chilli flakes and allow to cool. Once chicken has cooled, slice thinly.
- Place the carrots onto a baking tray and roast for 10-15 minutes until golden and tender.
- 7. Toss the pasta and the pesto together along with the capsicum, then divide the pasta equally into 4 containers.
- 8. Top each container with basil leaves and the roasted carrot.







prep time 10 cook time



## Protein Packed Avocado and Pesto Pasta

#### Ingredients:

San Remo Pulse Pasta Red Lentils Spirals 250g

1/2 avocado

2 handfuls basil, plus extra to serve

1/8 cup nutritional yeast

1 handful rocket

1/8 cup pine nuts

1 splash soy milk

1 handful of cherry tomatoes, cut into halves



#### Method:

- Into a pot of boiling salted water, add the pasta and cook as per packet directions.
- To make the pesto, simply add all remaining ingredients, besides the cherry tomatoes, into a blender or food processor and blend until mixture is smooth.
- 3. Toss the pesto together with the pasta.
- 4. Serve with the cherry tomatoes and extra basil.

Developed by Nicole Lambert for San Remo. @ San Remo Macaroni Company Pty Ltd







prep time

cook time

