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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
½ 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
15



serves
4



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 ½ cups basil, stemmed and washed
- ⅓ cup walnuts
- 2 tbsp vegan Parmesan cheese
- 3 cloves garlic
- 1 tbsp lime juice
- ½ tsp coarse salt
- ⅓ cup olive oil
- ½ tsp pepper, adjust to taste

Method:

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
2. 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.
4. 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
20



serves
2

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
½ tsp cayenne pepper
½ 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
½ cup coriander leaves

Method:

1. 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.
3. 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.
6. Into a pot of boiling salted water, add the pasta and cook as per packet directions. Strain pasta and combine with sauce.
7. Distribute evenly over 4 air tight containers taking up one half of each container.
8. Fill the other half of the containers with the kidney beans, corn, avocado and coriander.



prep time
15



cook time
35



serves
4



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
- ½ cup pine nuts
- 1½ cups olive oil
- ½ cup Parmesan (optional)
- ½ cup sun-dried tomatoes, plus extra to serve
- 2 cloves garlic

Method:

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain and refresh under cold water.
2. 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.
4. 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
7



cook time
20



serves
4

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
- ¼ cup dukkah
- ½ bunch kale, chopped
- Salt, to taste
- 2 bunches asparagus, bottoms cut off
- ½ cup roasted sunflower seeds
- ½ cup parsley leaves, picked and washed



Honey Mustard Vinaigrette Dressing:

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 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
10



cook time
40



serves
4



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:

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain and refresh under cold water.
2. 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.

Developed by Monika Satriani for San Remo. © San Remo Macaroni Company Pty Ltd



prep time
5



cook time
10



serves
4



Kids Mini Meatballs with Rainbow Spaghetti

Ingredients:

San Remo Thin Spaghetti 500g
1 zucchini, peeled
1 carrot, peeled
3 tbsp olive oil

Meatballs:

200g chicken mince
200g pork mince
2 cups fresh breadcrumbs
3 eggs, lightly beaten

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



Method:

1. 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.
2. Roll mixture into 10 cent piece balls and place on to a baking tray and set aside in the fridge.
3. 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.
4. 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.
6. 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.
8. Spiralise the zucchini to make into noodles and repeat same process with the carrots.
9. 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



serves
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
- ½ jar pasta sauce
- 185g tin of tuna in olive oil
- Salt and pepper, to taste
- 1 handful fresh Italian parsley



Method:

1. In a large saucepan, gently simmer garlic, zucchini, celery, and kale in a good drizzle of olive oil until soft.
2. 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.
4. 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
35



serves
4

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



Method:

1. Preheat oven to 180°C.
2. 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.
4. 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.
5. Season with salt and chilli flakes and allow to cool. Once chicken has cooled, slice thinly.
6. 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
25



serves
4



Protein Packed Avocado and Pesto Pasta

Ingredients:

- San Remo Pulse Pasta Red Lentils Spirals 250g
- ½ avocado
- 2 handfuls basil, plus extra to serve
- ⅓ cup nutritional yeast
- 1 handful rocket
- ⅓ cup pine nuts
- 1 splash soy milk
- 1 handful of cherry tomatoes, cut into halves



Method:

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
2. 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.

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prep time
5



cook time
15



serves
2



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