

Lunchbox Salads Recipes To Brighten Up Lunchtime And Fill You Up

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Invest in a lunchbox you love and fill it with these amazing recipes. They are packed with flavour and nourishment to keep you happy and your stomach content. Food-loving Naomi and Anna are trained chefs and have poured their lunchmaking-wisdom into this handy book, ensuring their recipes take no more than 30 minutes to make, transport well and will last up to 2 days in tupperware.

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Butternut salad with pea and goat 's cheese dip. The key to a good lunchbox salad is having a variety of tastes and textures. This easy vegetarian salad has the perfect balance of soft and smoky roasted squash, sweet, lightly pickled red onion, aromatic fresh mint and crunchy seeds. Serve it with a creamy pea and goat 's cheese dip for crisp breadsticks.

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