

# TRUfree

Wheat  
& Gluten  
free

## Adult Lunch Box Suggestion

This tasty packed lunch contains:

- Bean salsa served with [Trufree High Fibre crackers](#)
- Herby chicken fillets
- Mango and melon pieces
- Snack bar (DS crispy bar)
- Fruit Smoothie Drink



### Herby Chicken Fillets

These crunchy chicken fillets are great hot or cold. Try them with the salsa recipe below or a gluten free pasta salad or side salad. They would also be great as part of a buffet or to snack on in the fridge when you get hungry!



Serves 2

15 minutes

3 hours

20-25 minutes

200°C/Gas Mark 6

#### Ingredients

250g mini chicken fillets

Marinade

4 x 15mlsp natural full fat yogurt

1 clove garlic

2.5mlsp paprika

2 x 15mlsp chopped herbs (flat leaf parsley, oregano, coriander)

10 [Trufree Herb & Onion Crackers](#)

1 – 2 15mlsp olive oil

#### Method

Combine marinade ingredients together and place in a shallow dish, add the chicken fillets and coat well with the mixture. Cover and refrigerate for at least 3 hrs.

Preheat the oven. Crush the crackers in a plastic bag with a rolling pin until fine.

Put the cracker crumbs on a plate and coat the chicken fillets with the crumbs, turning several times to ensure they are well coated.

Place coated fillets onto a non stick baking sheet that has been lightly oiled. Drizzle over the olive oil and bake uncovered 20 – 25 minutes until golden brown, test with a fork to ensure they are cooked through.

Allow to cool, divide into 2 portions and wrap each in greaseproof or foil.

NB Place in lunch box with a cool block to keep cool and fresh.

## Spicy Bean and Tomato Salsa Topping

This is a lovely fresh, tangy dip with a delicious flavour. The butter beans help incorporate the other ingredients in this recipe which makes it great to spread onto crackers, the pecan nuts give it an extra bite.



Serves 2

15 minutes

### Ingredients

215g can (123g drained) of butter beans, drained and rinsed  
15ml olive oil  
10ml lemon juice  
2 spring onions, topped tailed and finely chopped  
1 small green chilli, deseeded and chopped  
1 clove garlic, crushed  
¼ - ½ x 5mlsp ground cumin (add the full amount if you like it spicy)  
2 x 15mlsp fresh coriander, chopped  
50g cherry plum tomatoes, diced  
25g pecan nuts, roughly chopped

### Method

In a medium bowl roughly mash the butter beans with a fork.

Stir in the olive oil, lemon juice, chilli, garlic and cumin until thoroughly combined.

Gently stir in the chopped coriander, chopped tomatoes and nuts

Divide into two and place in little pots and cover, chill before placing in lunch box.

Serve generously on top of [Trufree High Fibre Crackers](#) or [Herb and Onion Crackers](#).

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