

TRUfree

Wheat
& Gluten
free

Children's Lunch Box Suggestion

This tasty packed lunch includes:

- Tuna and Cheese pate served with [Trufree Herb & Onion Crackers](#)
- Crunchy BBQ Turkey Goujons
- Banana, apple or satsuma
- Individual pack of mixed dried fruits and or Snack bar (DS Crispy Bar)
- Fruit Smoothie drink or carton of fruit juice



Crunchy BBQ Turkey Goujons

These crunchy turkey goujons are a great alternative to a sandwich, you can serve them with BBQ or tomato sauce for dipping.



Serves: 2-3 15 minutes 20-25 minutes 200°C / Gas Mark 6

Ingredients

250g turkey breast fillets
4 x 15mlsp BBQ sauce (Wilkin & Sons)
10 [Trufree High Fibre Crackers](#)
1 – 2 15mlsp olive oil

Method

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

Cut the turkey into strips, place in a shallow dish and stir through the BBQ sauce to cover all the turkey pieces.

Put the cracker crumbs on a plate and coat the turkey strips 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 portions and wrap each in greaseproof or foil.

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

Tuna and Cheese Pate

A quick easy and nutritious recipe that is very tasty for children or adults. The zingy flavours of the lemon make this a very fresh tasting pate, it would also be great as a filling for a jacket potato.



Serves 2

10 minutes

Ingredients

86g can Tuna in brine (56g drained)
50g cheddar or double Gloucester cheese, grated
2.5mlsp lemon zest
5mlsp lemon juice
10mlsp fresh chopped chives or parsley
15mlsp Greek yogurt or mayonnaise
Freshly ground cracked black pepper

Method

Tip the drained tuna into a medium mixing bowl, add the cheese, lemon zest and juice, mix together

Stir in the chopped parsley and yogurt and combine together. Season with the cracked black pepper.
NB Do not over mix other wise it loses its texture and becomes too smooth.

Divide into two and place in little pots and cover, chill before placing in lunch box.
Serve with [Trufree Herb and Onion](#) or [High Fibre Crackers](#)

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