

Fruit & veggie bento lunch box



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Serves 1

Forget an everyday sandwich, this tasty, colourful and nourishing lunch box is sure to bring a smile to a hungry child.

MINI MELON & STRAWBERRY SKEWERS

4 strawberries, hulled

Thick slice peeled rockmelon, cut into cubes

Thread strawberries and melon onto small bamboo sticks.

LETTUCE, HAM & CARROT 'SANDWICH' ROLL

1 slice wholemeal bread, crusts removed

Mayonnaise, for spreading

1 small Iceberg lettuce leaf, chilled

¼ cup grated carrot

1 thin slice leg ham

Using a rolling pin, flatten bread. Spread with mayonnaise. Top with lettuce, carrot and ham. Tight roll and press to secure. Cut into 3.

CUCUMBER BASKETS

1 small Lebanese cucumber, cut into 4 and seeds scooped out

2 cherry tomatoes, halved

Fill each cucumber wedge with a cherry tomato and pop into a paper patty case.

LETTUCE & CHEESE CUPS

1 small Iceberg lettuce leaf, chilled

1 thick sliced reduced fat cheddar cheese, cut into 3 triangles

Fill the lettuce with the cheese slices.

FRESH FRUIT

Like a small bunch of seedless grapes or a chopped orange.

To serve:

Arrange all of the prepared food into an cooled airtight lunchbox.