

# LUNCHBOX IDEAS

By



Chef Chris



ماركت الواجهة البحرية  
WATERFRONT MARKET

MONDAY

# AVOCADO CHICKEN SALAD

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



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## INGREDIENTS

- 400g chicken breast (or 400g pre-cooked chicken)
- 2 avocados, cut into chunks
- ¼ cup celery, diced
- ¼ cup raisins
- ¼ cup plain thick yogurt or labneh
- 1 tbsp mayonnaise
- 1 pinch salt
- 1 pinch pepper



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## Method

1. Season the chicken breast with salt and pepper and drizzle with olive oil.
2. Cook the chicken - grill, bake or steam - and cut into small pieces. (Skip this step if using pre-cooked chicken.)
3. In a large bowl, mix the chicken with all other ingredients.
4. Chill for at least 30 mins to let the flavours combine.
5. Once chilled, serve on your favorite bread, in a wrap, sandwich, pita pocket, with crackers or on a lettuce salad.



MONDAY

# BAKED SWEET POTATO WITH CREAM CHEESE

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



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## INGREDIENTS

- 4 sweet potatoes, skin on, washed
- 500g cream cheese
- 2 spring onions, finely sliced
- 200g wild rocket or baby spinach, washed
- 1 lemon, zest and juice
- Extra virgin olive oil
- Smoked paprika
- Salt
- Freshly ground black pepper



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## Method

1. Preheat the oven to 200 °C.
2. Wash the sweet potatoes, prick them all over with a sharp knife then season with salt, pepper and paprika.
3. Put them on a baking tray and bake them on the top shelf of the oven for about 50 mins until soft.
4. Serve the potatoes by cutting a cross-shape into them so they open out on the plate.
5. Spoon on some of the cream cheese then sprinkle with spring onions, a handful of rocket, a very fine grating of lemon zest and salt and pepper to taste.
6. Finish with a drizzle of olive oil and a squeeze of lemon juice over each one.



MONDAY

# RICE PUDDING

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



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## INGREDIENTS

- 2l milk
- 1l water
- 150 g superfine sugar
- 100g calrose rice or premium Egyptian rice
- ¼ tsp vanilla powder
- 1 orange - zest
- Ground cinnamon



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## Method

1. Put the rice in a colander and rinse well.
2. Pour the milk and water into a large pot and heat on the stove until lukewarm.
3. Add the sugar to the milk and water, stirring until dissolved.
4. Next, add the rinsed rice, orange zest and vanilla powder. Stir for 1 min.
5. Reduce the heat to medium low and bring to a boil. Do not stir.
6. As soon as the rice pudding starts to thicken, stir the mixture constantly, making sure you stir right from the bottom.
7. Keep stirring until bubbles appear on the surface of the rice pudding.
8. After 4 minutes, remove from the heat.
9. At this stage, the rice pudding will still look watery but it will thicken more while cooling down. When thickened to your preferred consistency, serve the rice pudding in small bowls, sprinkled with ground cinnamon.



TUESDAY

# BAKED SALMON WITH STEAMED RICE

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



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## INGREDIENTS

- 1 kg salmon fillet
- 200g medium grain rice
- 500g water or vegetable stock
- 2 ½ tsp olive oil
- 1 tsp coarse sea salt or kosher salt
- ½ tsp coarse black pepper
- Dill, finely chopped



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## Method

1. Preheat oven to 200 °C.
2. Line a baking tray with aluminum foil and brush with 1 tsp of olive oil.
3. Place the salmon on the oiled foil, skin side up.
4. Season salmon skin with half of the salt and pepper.
5. Flip the salmon over and sprinkle top with remaining salt and pepper.
6. Put the salmon into the hot oven and bake for 10 mins.
7. Turn off the heat, leaving the salmon in the oven for another 15-20 mins until cooked through and flaky in the middle.
8. Put rice into a colander and rinse until the water runs clear.
9. Combine the water and rice in a saucepan and cover with a tight-fitting lid.
10. For flavored rice, cook the rice in vegetable stock. As another option, add 1 ½ tsp of oil to the water to keep the rice moist and stop it from sticking to the bottom of the saucepan.



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11. Stir the rice in the water to distribute it evenly over the bottom of the pan.
12. Over medium heat, bring the water to a boil and cook rice uncovered without stirring for around 5 mins or until the water level drops below the surface of the rice.
13. Lower the heat if the pan looks like it will boil over.
14. When almost all water is absorbed by rice, cover the pot with a tight-fitting lid.
15. Reduce heat to low and cook for about 12 mins. Do not remove the lid while steaming as it will let the steam escape, thus reducing the amount of water the rice will absorb.
16. When the water has finished steaming, remove the pot from the heat and place a kitchen towel between the pan and the lid to absorb any remaining moisture.
17. Let stand for an additional 10 min.
18. Remove the lid and kitchen towel, then using a fork or rice spoon, gently fluff the rice so the grains separate.
19. Serve the salmon accompanied by the steamed rice, sprinkled with finely chopped dill.





TUESDAY

# BANANA MOUSSE WITH COCOA

By



Chef Chris



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PREPARATION TIME



SERVES



## INGREDIENTS

- 8 very ripe bananas
- 4 tbsp cocoa powder
- 2 tbsp honey



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## Method

1. Put the bananas in the freezer for 15 mins. Bananas should start to freeze, but not be frozen solid.
2. Peel the bananas and cut into slices.
3. Place the banana slices into a food processor. Add the cocoa and honey and blend for around 5 mins until smooth.
4. To serve, pour the mousse into individual bowls.





TUESDAY

# VEGGIES STICKS

By



Chef Chris



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PREPARATION TIME



SERVES



TUESDAY

## INGREDIENTS

- 1 small carrot
- 1 small cucumber
- 1 red capsicum
- 1 yellow capsicum
- 1 stick of celery



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## Method

1. Cut all the veggies into thin sticks and place them into containers.
2. Eat alone or dipped into your favourite dip!



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TUESDAY

# YOGURT DIP

By



Chef Chris



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PREPARATION TIME



SERVES



## INGREDIENTS

- 500ml thick yogurt
- ¼ tsp garlic powder
- ¼ tsp dried spring onion seasoning
- ¼ tsp smoked paprika
- ¼ tsp salt
- 1 tbsp dill, finely chopped
- 1 tbsp chives, finely chopped
- 1 tbsp extra virgin olive oil



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## Method

1. Add all the ingredients to a bowl and whisk until combined well.
2. Chill for at least 30 mins to let all the flavors combine.
3. Serve with veggie sticks or crackers.
4. Dip can be stored in the fridge for up to 5 days in a sealed container.



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WEDNESDAY

# FRUIT SALAD

By



Chef Chris



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WATERFRONT MARKET

PREPARATION TIME



SERVES



## INGREDIENTS

- 1 peach
- 1 apple
- 1 pear
- 4 cherries



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## Method

1. Cut the peach, apple and pear in small cubes, removing the pits and seeds.
2. Cut the cherries in half and remove the pits.
3. Mix the fruits together in a small container and refrigerate until serving.
4. Fruit salad can be stored in the fridge for up to 3 days.



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WEDNESDAY

# MEATBALLS IN RED SAUCE

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



ماركت الواجهة البحرية  
WATERFRONT MARKET

## INGREDIENTS

### FOR THE MEATBALLS:

- 80g bread crumbs
- 2 eggs
- Salt & Pepper
- 640g beef mince
- 10g finely chopped fresh parsley
- 10g dried mint
- 2 garlic cloves, minced
- 1 white onion, minced
- 40ml olive oil
- 150ml olive oil for frying the meatballs
- 120g Gouda cheese, shredded



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**FOR THE RED SAUCE:**

- 1.5kg tomatoes - peeled, seeded and chopped
- 240g tomato paste
- 160ml olive oil
- 450g red onion, minced
- 60g garlic cloves, minced
- Salt & Pepper
- 1l water, room temperature
- 10g cinnamon powder
- 30g sugar





## Method

### MEATBALLS:

1. Into a mixing bowl add the minced beef, bread crumbs, parsley, mint, garlic, onion, eggs, olive oil (40 ml) and season with salt and pepper.
2. Knead the mixture well until all the ingredients are combined.
3. Cover the bowl with a lid or cling film and allow the mixture to chill in the fridge for approx. 20 mins so the beef absorbs all the flavours. Whilst the mixture is chilling, prepare the red sauce.



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**RED SAUCE:**

1. Heat the olive oil (160 ml) in a large pan.
2. Add the onions and garlic and cook over low heat for 5 mins, stirring occasionally until softened.
3. Add the chopped tomatoes to the pan and the tomato paste dissolved in a little water. Season with salt, pepper, cinnamon and sugar and allow to simmer for 10-15 mins.
4. Take the mixture out of the fridge and roll into small bite-sized, meatballs and set aside. Heat the olive oil (150 ml) in a frying pan and deep fry the meatballs for 3-4 min on each side.
5. Fry in batches, making sure the balls are not overcrowded when frying. When cooked, remove meatballs from the frying pan and place on paper towels to absorb any excess oil.
6. Add the meatballs to the red sauce and allow them to cook together for around 5 mins.
7. Serve hot, sprinkled with Gouda cheese, which will melt.



WEDNESDAY

# MEDITERRANEAN LENTIL SALAD

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



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WATERFRONT MARKET



## INGREDIENTS

- 200g green lentils, uncooked
- 1 small cucumber, diced
- 200g cherry tomatoes, quartered
- ¼ cup diced red onion
- ¼ cup flat leaf parsley, chopped
- ¼ cup kalamata olives, pitted and chopped
- ½ cup crumbled feta cheese



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## Method

1. Add the lentils to a mesh strainer and rinse under cold running water.
2. When clean, place them into a medium sized saucepan with 3 cups of water and bring to a boil. Once boiling, cover with a lid, reduce the heat and simmer for 20 mins or until tender but not mushy.
3. Drain the lentils of any excess water and add them to a serving bowl. Allow to cool.
4. Meanwhile, whisk together all the ingredients for the vinaigrette and set aside.
5. Add the remaining salad ingredients to the bowl with the cooled lentils and pour over the vinaigrette. Gently stir everything together until combined.
6. Season with freshly ground black pepper and taste to adjust the flavors if needed. Serve straight away or cover and refrigerate until ready to serve.



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THURSDAY

# AIR FRIED VEGGIE CHIPS

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



ماركت الواجهة البحرية  
WATERFRONT MARKET



## INGREDIENTS

- 1 zucchini
- 1 red beet, peeled
- 1 large carrot, peeled
- 1 sweet potato, peeled
- ½ tsp pepper
- 1 tsp salt
- 1 tsp dried spring onion seasoning
- 1 pinch of smoked paprika



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## Method

1. Using a mandolin, slice all vegetables into rounds approx. 0.5 cm thick.
2. Place in a single layer in you air fryer. Set to 180°C and bake for approx. 15-18 minutes, flipping halfway through cooking time.
3. Keep an eye on them so they don't burn.
4. Add fried vegetable chips to a bowl and sprinkle with seasonings.

## TIPS

1. Depending on the size of your air fryer, you may need to work in small batches.
2. As cooking time differs per vegetable, ideally cook each vegetable separately or in groups based on their cooking time. Alternatively, if all the vegetables are cooked together, write down the cooking time per vegetable and make sure to remove from air fryer or oven accordingly.
3. Veggie chips can be also made in the oven.
4. Preheat the oven to 150 °C and blot the vegetable slices with some paper towel in order to remove any extra moisture.



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5. Use a cooking brush to spread a light layer of olive oil on both sides of the veggies.
6. Lay a sheet of parchment paper over a cooking tray, place the veggie slices on in a single layer and put the tray in the oven.
7. Indicative cooking times as following:
  - Carrot, pumpkin, beetroot chips: approx. 15-20 min
  - Sweet potato chips: approx. 35-40 min
  - Zucchini chips: approx. 20 min
  - Eggplant chips: approx. 45 min
  - Tomato chips: approx. 1 hr
8. Cooked veggie chips should be kept moisture-free in an airtight container to stay crispy for a long time.





THURSDAY

# EGG SALAD SANDWICH

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



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## INGREDIENTS

- 8 eggs
- 4 lettuce leaves
- 8 bread slices
- ½ cup mayonnaise
- 1 tsp Dijon mustard
- ¼ cup green onion, chopped
- ¼ tsp paprika
- Salt and pepper



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## Method

1. Place the eggs in a saucepan and cover with cold water.
2. Bring water to a boil and immediately remove from heat.
3. Cover saucepan with a lid and let the eggs stand in the hot water for 10-12 min.
4. Remove eggs from hot water; cool, peel and chop.
5. Place the chopped eggs in a bowl and stir in the mayonnaise, mustard and green onion.
6. Season with salt, pepper and paprika.
7. Mix well and let chill for approx. 30 min.
8. To serve: place a lettuce leaf on a bread slice, spread on some of the egg salad and cover with one more bread slice. Alternatively, you can serve on crackers.





THURSDAY

# YOGURT WITH HONEY

By



Chef Chris



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WATERFRONT MARKET

PREPARATION TIME



SERVES



## INGREDIENTS

- 200g thick yogurt
- 2 tbsp honey
- 1 tsp cinnamon powder



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WATERFRONT MARKET

## Method

Add all ingredients to a bowl and mix well. Spoon into smaller bowls to serve.



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WATERFRONT MARKET



FRIDAY

# APPLE PIES

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



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WATERFRONT MARKET

## INGREDIENTS

- 425g puff pastry sheets
- 400g apples peeled, seeds removed, cut into small cubes
- 60g raisins
- 1 tsp cinnamon powder
- 1/3 tsp clove powder
- 1 pinch nutmeg
- 130g chopped walnuts
- 150g honey
- 1 egg



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WATERFRONT MARKET

## Method

1. Preheat oven to 180 °C.
2. Into a large bowl, place the apples, raisins, cinnamon, cloves, nutmeg, walnuts and honey.
3. Mix well.
4. Cut the puff pastry sheets into triangles. Into the middle of each triangle place one teaspoon of the apple filling.
5. Roll into a croissant shape and place on a baking tray.
6. Brush the tops of the pies with egg wash.
7. Place the baking tray into the oven for approx. 20 min or until the pies turn a nice golden brown color.



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FRIDAY

# MINI PIZZA BITES

By



Chef Chris



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WATERFRONT MARKET

PREPARATION TIME



COOKING TIME



SERVES



## INGREDIENTS

- 425g puff pastry sheets
- ¼ green capsicum, finely chopped
- 80g smoked turkey, finely chopped
- 80g Edam or Gouda (or mixed) cheese, grated
- 3 tbsp tomato paste
- 1 pinch sugar
- 1 pinch oregano
- 1 tsp olive oil
- 1 egg



ماركت الواجهة البحرية  
WATERFRONT MARKET

## Method

1. Preheat oven to 180 °C.
2. Into a small bowl add the tomato paste, sugar, oregano and olive oil. Mix thoroughly.
3. Cover with a lid or cling film and set aside.
4. In another bowl add the capsicum, smoked turkey and cheese, mixing well.
5. Cover with a lid or cling film and set aside.
6. Place the puff pastry sheets on the counter, plastic wrap side down. Spread the tomato sauce, edge to edge over the puff pastry and crumble the cheese, turkey and capsicum mixture over the top.
7. Starting with the long side of the pastry sheet, roll the pastry tight, making sure to gently remove the plastic film as you go.
8. Cut the roll into 2 cm pieces (small pizza rolls)\*.
9. Line a baking tray with baking paper, place the pizza rolls onto the paper and brush with an egg wash.
10. Cook in the oven for approx. 20 mins.
11. \*At this step, pizza rolls can be frozen and cooked at a later time should you wish.





FRIDAY

# SPINACH WITH RICE

By



Chef Chris

PREPARATION TIME



COOKING TIME



SERVES



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WATERFRONT MARKET

## INGREDIENTS

- 1.5kg spinach, coarse stalks removed or 900g frozen spinach
- 120ml olive oil
- 1 small onion, finely chopped
- 4 chopped scallions (spring onions)
- 250ml tomato juice OR 250ml hot water with the juice of 2 lemons
- 4 tbsp finely chopped fresh dill
- 80g medium grain rice
- Salt and pepper to taste



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WATERFRONT MARKET

## Method

1. Roughly chop the fresh spinach leaves and rinse well. Put into a pan and cook over medium heat, stirring frequently for a few minutes until wilted.
2. Drain and set aside.
3. If using frozen spinach, defrost and squeeze out the excess liquid.
4. Heat olive oil in a large, heavy pan.
5. Add the onion and scallions and cook over low heat for 5 mins, stirring occasionally until softened and translucent.
6. Pour in the tomato juice or water, add the spinach and dill, season with salt and pepper and stir well.
7. Using a wooden spoon, spread the spinach mixture evenly over the base of the pan and make randomly spaced hollows in the mixture.
8. Spoon small amounts of the uncooked rice into the hollows, covering with the spinach mixture. Cover the pan and simmer over low heat for 15-20 min, until the rice swells and most of the liquid has been absorbed.
9. Do not overcook and do not stir during cooking.





10. When done, turn off the heat, remove the lid, cover the pan with kitchen towel and then put the lid back on. Allow the kitchen towel to absorb the steam for 10-15 mins.
11. Remove the lid and the kitchen towel, sprinkle with some more pepper to taste.
12. Serve warm or at room temperature.

