

# Lunchbox Laughter Safari Recipes



## Crocodile Sandwich (Serves 1)

### Ingredients

1 wholemeal finger roll  
3 pepper squares  
2 tortilla chips  
2 olives  
1 handful mixed salad  
Butter or mayonnaise  
1 tablespoon cream cheese

### Equipment

Knife

### Method

1. Use the knife to create a slit close to one end of the finger roll
2. Push in the olives to create the eyes of the crocodile, using cream cheese to hold in place if necessary
3. Make another slit down the centre of the roll, behind the slit for the eyes
4. Spread a little butter or mayonnaise onto the roll and fill with salad
5. Push the pepper squares into the back of the crocodile to make the spikes of the crocodile
6. Cut another slit where the mouth of the crocodile would be, break each tortilla chip into three pieces and place with the point facing outwards into the slit for teeth, again using cream cheese to hold the cheese in place if needed

### Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
283	MEDIUM	LOW	LOW	MEDIUM
Kcal	10.6	3.3	8.4	1.76

## Tiger Salad (Serves 1)

### Ingredients

1 orange pepper (cut into bite size pieces)  
4 baby corn  
80g baby spinach  
50g tenderstem broccoli  
1 tablespoon light balsamic dressing

### Equipment

Grill

### Method

1. Place the pepper under the grill, skin side down to create dark stripes across the pepper
2. Trim the broccoli
3. Mix together all ingredients and drizzle over the dressing

### Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
156	LOW	Low	LOW	LOW
Kcal	3	0.2	14.8	0.39

## Pink Flamingo Fruit Salad (Serves 1)

### Ingredients

80g watermelon (cut into chunks)  
½ pink grapefruit (cut into wedges)  
50g pomegranate seeds

### Equipment

Knife, chopping board

### Method

1. Mix together the watermelon and grapefruit and sprinkle with the pomegranate seeds

### Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
158	LOW	LOW	MEDIUM	LOW
Kcal	0.2	0	8.5	0