

# Lunchbox Laughter

## Pack up Puffs



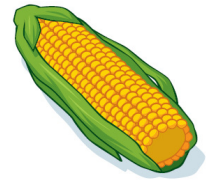
### Tuna Puffed Pouch

#### Ingredients:

- Puff pastry (6 cm x 6 cm square)
- $\frac{3}{4}$  teaspoon tomato puree
- 30 grams tinned tuna
- 15 grams sweetcorn
- $\frac{1}{2}$  spring onion
- $\frac{1}{4}$  courgette sliced thinly

#### Equipment:

- Oven and oven gloves
- Baking tray
- Can opener
- Bowl
- Knife
- Chopping Board
- Spoon
- Kitchen foil
- Wire rack



#### Method

1. Preheat oven to 160°C.
2. Thinly slice spring onion and courgette.
3. Cut puff pastry into a 6 x 6 cm square. Score around the edges approximately  $\frac{1}{2}$  cm from the edge (making a crust).
4. Spread tomato puree on the puff pastry leaving the edges with no puree.
5. Flake the tuna onto the tomato base, sprinkle with sweetcorn, spring onion and courgette.
6. Cover puff in kitchen foil.
7. Bake for 10 minutes, remove kitchen foil and bake for a further 5 minutes or until golden brown and crisp.
8. Cool on a wire rack.

### Chicken Puffed Pouch

#### Ingredients

- Puff pastry (6 cm x 6 cm square)
- $\frac{3}{4}$  teaspoon tomato puree
- 20 grams chicken
- $\frac{1}{4}$  red pepper
- 2 button mushrooms
- 10 grams cheese

#### Equipment

- Oven and oven gloves
- Baking tray
- Bowl
- Knife
- Chopping Board
- Kitchen foil
- Wire rack



#### Method

1. Preheat oven to 160°C.
2. Dice cooked chicken and pepper; chop mushrooms into thin slices and grate cheese.
3. Cut puff pastry into a 6 x 6 cm square. Score around the edges approximately  $\frac{1}{2}$  cm from the edge (making a crust)
4. Spread tomato puree on the puff pastry leaving the edges with no puree.
5. Sprinkle the chicken, mushrooms and pepper over the tomato base.
6. Cover puff in kitchen foil.
7. Bake for 10 minutes, remove kitchen foil and sprinkle with cheese bake for a further 5 minutes or until golden brown and bubbling.
8. Cool on a wire rack.