

Lunchbox Laughter World Cup Recipes



Cheesy Potato Footballs (Serves 1)

Ingredients

- 3 potatoes (peeled, chopped and boiled)
- 2 tablespoons grated cheese
- 1 egg
- 2 olives (chopped into pieces)

Equipment

Saucepan, hob, potato masher, grater, knife, chopping board

Each suggested portion contains

| Calories | Fat (g) | Saturates (g) | Sugars (g) | Salt (g) |
|----------|---------|---------------|------------|----------|
| 210 | MEDIUM | MEDIUM | LOW | MEDIUM |
| Kcal | 9.5 | 3.6 | 0.6 | 0.92 |

Method

1. Mash the potatoes until smooth then mix in the egg and cheese
2. Using your hands, mold the potato mixture into small balls and add the olives to create the black and white pattern of a football
3. Bake at 200°C until golden brown and crispy

Football Salad (Serves 1)

Ingredients

- 30g mini mozzarella balls
- 1 cereal bowl of spinach
- ¼ red pepper (diced)
- ¼ yellow pepper (diced)
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil

Equipment

Whisk, mixing bowl

Each suggested portion contains

| Calories | Fat (g) | Saturates (g) | Sugars (g) | Salt (g) |
|----------|---------|---------------|------------|----------|
| 125 | MEDIUM | MEDIUM | LOW | MEDIUM |
| Kcal | 7.2 | 4.3 | 6.4 | 0.66 |

Method

1. In this recipe, the mini mozzarella balls represent footballs, the red and yellow pepper represent red and yellow cards and the spinach represents the green of the pitch
2. Whisk together the balsamic vinegar and olive oil to form an emulsion
3. Add the spinach and pepper and toss to coat
4. Top with the mini mozzarella balls

Fruity Football Skewers (Serves 1)

Ingredients

- 1 kiwi (peeled and cut into chunks)
- 3 lychees (peeled and stoned, if fresh)
- Another fruit of your choice (see method)

Equipment

Knife, chopping board, wooden skewer

Each suggested portion contains

| Calories | Fat (g) | Saturates (g) | Sugars (g) | Salt (g) |
|----------|---------|---------------|------------|----------|
| 54 | LOW | LOW | MEDIUM | LOW |
| Kcal | 0.4 | 0 | 11.9 | 0 |

Method

1. Use the kiwi fruit to represent the green of the pitch, the lychees to represent footballs and another fruit to represent the colour of your favourite team!
2. Thread all of the fruit onto the skewer in an alternating pattern

Don't forget to include the traditional half time orange quarters!