

THE LUNCH BOX



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Matlådan

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Steeped in a long tradition, packed lunches remain bang on trend. This cook book helps you create a packed lunch that is delicious, nutritious, organic, vegetarian, cheap or posh – whatever you feel like. The advantages of a homemade packed lunch are many!

People are increasingly interested in eating greener and better for both body and the environment, and at a reasonable cost. Encompassing a wide variety of dishes, the recipes in this book are logically organised, with appetizing and inspiring pictures.

Vegetable dishes – Vegetable lasagne, Broccoli fritters...

Classics – Sausage and bean casserole, Meat and potato hash with mustard cream

Slow cooking – Pulled pork, Chilli con carne...

Posh nosh – Chilli noodles with prawns, Crêpes with creamed chanterelles

Cold dishes – Pasta salad, Caesar salad, Gazpacho...

Sweet treats – Coconut balls with dates, White muesli tops

The book is also full of clever tips on how to make your packed lunch more interesting and how to be financially savvy and eco-friendly with your ingredients.

About the author



Annika Mogensen is a food writer and has written several books, for example, about porridge, mulled wine and crayfish.