

Mediterranean Lunch Box



Discover this tasty Mediterranean inspired lunch box combination for school or work lunches.

Preparation 5 min
Cooking 0 min
Servings 1
Nutrition Facts (per serving)
Calories 450
Fat 35
Carbohydrates 17
Fibre 3
Protein 20
Sodium 700

Ingredients

- 120 g (1 cup) cucumber, sliced
- 30 g (¼ cup) cashews
- 30 g (¼ cup) kalamata olives
- 30 mL (2 tablespoons) yogurt-based tzatziki
- 8 units (45 g) cherry tomatoes
- 4 units (40 g) cocktail bocconcini
- 1 medium egg, hard-cooked

Preparation

1. Assemble ingredients in a snack box.

Notes

Can be stored for 5-7 days in the refrigerator



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