

I'm not robot!

WHAT GOES IN MY LUNCHBOX



FRUIT (2 PIECES)	
SANDWICH, WRAP OR ALTERNATIVE	
DAIRY	
VEGETABLES (2 PIECES)	
FIBRE/GRAINS (Wholegrains)	
WATER	





Skip to content Showing items 1 to 24 of 35A star rating of 4.7 out of 5.99 ratingsSimple storecupboard pasta salad with sunny Mediterranean flavoursA star rating of 4.3 out of 5.65 ratingsThis pasta salad makes a quick and healthy lunch, or is perfect prepared ahead for a picnic or lunchboxA star rating of 5 out of 5.2 ratingsPut out all the ingredients for classic pasta salad with pesto dressing and let the kids pick whatever they like to stir in - it's great for fussy eatersA star rating of 5 out of 5.5 ratingsElevate standard pasta salad by using orzo and pesto. The dish also offers a good way to make the most of asparagus while it's in season in the spring, tooA star rating of 5 out of 5.2 ratingsMake our Greek pasta salad with the kids. The recipe is specially designed for younger cooks, and we've noted all the equipment they'll need to make itA star rating of 4.4 out of 5.5 ratingsEat well at work with this easy-to-prepare Scandinavian-inspired beetroot and salmon fusilli salad. It'll keep you going through the afternoonA star rating of 0 out of 5.0 ratingsRustle up this easy pesto pasta salad for the family. Customise it by adding your kid's favourite vegA star rating of 4.8 out of 5.35 ratingsA speedy pasta salad with Mediterranean flavours - perfect for packed lunchesA star rating of 4.6 out of 5.38 ratingsFor a fresh idea with pasta, try Greek saladA star rating of 4.2 out of 5.20 ratingsThis is a wonderful, zesty dish, perfect for a lunch out in the garden - use our recipe for homemade pesto to make it extra specialA star rating of 4.2 out of 5.6 ratingsBring colour to your dinner table with our creamy beetroot and feta pasta. Packed with nutrients, it's a satisfying veggie lunch or supper for the familyA star rating of 4.4 out of 5.13 ratingsEnjoy this veggie pesto pasta salad with cucumber, peas, cherry tomatoes and basil for an easy family meal. It's great for a packed lunch or summery picnicA star rating of 3.8 out of 5.13 ratingsA quick pasta using leftovers from the night before. Makes a great packed lunchA star rating of 4.8 out of 5.11 ratingsA tasty and superhealthy summer saladA star rating of 4.3 out of 5.12 ratingsIf you need a quick boost of carbohydrates, try this filling and nutritionally-balanced pasta saladA star rating of 4.6 out of 5.16 ratingsFor a speedy, simple supper this chicken pasta salad dish is just the thing - save leftovers for lunch the next dayA star rating of 3.8 out of 5.16 ratingsSupper can be ready in 25 minutes with just six fresh ingredients and a bag of pastaA star rating of 4.7 out of 5.15 ratingsA low-fat, zesty salad, perfect for a summer lunchbox - vary with your favourite ingredientsA star rating of 3.8 out of 5.8 ratingsThis vegan pasta salad is packed with flavour thanks to the zesty soy and ginger dressing. Serve for a lighter summer lunch or as part of a picnic spreadA star rating of 4.5 out of 5.10 ratingsThis Mediterranean-inspired pasta salad makes a fresh and vibrant addition to any picnic, barbecue or buffetA star rating of 4.2 out of 5.7 ratingsThis is a good source of vitamin C and packed full of veg. Take some to workA star rating of 4.9 out of 5.12 ratingsStir crispy fried bacon and pesto into orzo pasta for a quick dinner or easy packed lunchA star rating of 3.9 out of 5.13 ratingsA simple midweek supper of short pasta flavoured with chilli and garlic, served with pork chipolatasA star rating of 4.2 out of 5.9 ratingsUpdate tuna pasta salad by skipping the mayo and adding balsamic vinegar, olive oil, colourful tomatoes and celeryPage 2Pasta is an incredibly versatile ingredient. For more amazing recipes featuring pasta, check out our healthy pasta salad recipes, budget-friendly pasta recipes and vegetarian pasta recipes.Showing items 1 to 11 of 35A star rating of 4.6 out of 5.9 ratingsThis small, rice-like pasta is ideal for bulking out nutritious salads. This version is made with roasted vegetables, cheese and basilA star rating of 5 out of 5.10 ratingsLayer up pasta with sundried tomato pesto, salami, olives, plum tomatoes, mozzarella cheese and basil in this clever lunchbox mixA star rating of 5 out of 5.14 ratingsLemon zest and cr me fraiche make this seafood pasta dish with king prawns and green beans rich and zingy - enjoy it hot or coldA star rating of 4.1 out of 5.12 ratingsServe rice-like pasta grains with peas and beans, basil and a soured cream and Parmesan dressingA star rating of 4.3 out of 5.7 ratingsTake the blueprint of Coronation chicken, omit the meat and add pasta and you have a fresh fusion side dishA star rating of 3.7 out of 5.7 ratingsRustle up this pasta salad for kids' lunchboxes. Customise with ham, prawns or eggs for a dose of protein - or cheese if catering for vegetarian dietsA star rating of 4.5 out of 5.2 ratingsA allergy friendly pasta dish that everyone will enjoy. Perfect for guests with food intolerancesA star rating of 5 out of 5.2 ratingsGive pasta a special twist with a honey, ginger and sesame dressing plus crispy beansprouts. These tasty bowls make a quick and easy lunch or buffet dish for a partyA star rating of 5 out of 5.5 ratingsGet your dose of omega-3 with a summer salad that features wild salmon, wholewheat pasta, broccoli and beans to make it filling and healthyA star rating of 4.6 out of 5.19 ratingsUse frozen, skinless wild salmon fillets for a cheap and filling lunch on the go. This low-calorie, healthy dish couldn't be easier to whip upA star rating of 4.7 out of 5.19 ratingsAn easy pasta salad that makes a tasty addition to any lunchbox. Ideal for kids aged 9 - 12, it also makes up 2 of their 5-a-daySee more Pasta salad recipes In ten minutes, you can have this healthy tuna pasta salad ready for your packed lunch or supper. Each serving provides 312kcal, 18g protein, 25g carbohydrates (of which 6g sugars), 14g fat (of which 4g saturates) 7.5g fibre and 1.4g salt. With a GI of 58 this meal is high protein, low GI. Get the family involved and make tasty meals from scratch!Every week for 4 weeks you will get 2 healthy recipes - with videos, easy-to-follow instructions and a shopping list - straight to your inbox. Haloumi provides all the saltiness you need in this vegetarian pasta dish delivering a tasty, low-sodium recipe that's ready in only 25 minutes. Ingredients Units: Metric | Imperial (US) 300g wholemeal pasta (penne or rigotoni)80g haloumi3 tablespoons chopped fresh mint, plus a few sprigs to garnish1 red chilli, finely chopped or 2 teaspoons chilli flakes2 tablespoons olive oil2 cloves garlic, finely chopped2-3 tablespoons balsamic vinegar2 x 250g punnets cherry tomatoes, halved1 avocado, sliced1 cup chickpeas, rinsed and drained2 spring onions, finely sliced Instructions Bring a large pot of salted water to the boil. Add pasta and cook according to packet directions. Set aside to cool. In a small bowl place haloumi, mint, chilli and half the oil. Stir to coat and set aside to marinate. In a large salad bowl combine garlic, balsamic vinegar and remaining oil. Add tomatoes, avocado, chickpeas, spring onions and pasta, and toss to coat. Set a pan over medium-high heat. Cook haloumi for 1 minute each side, until golden brown. Cut into chunks and add to pasta. Toss lightly. To serve, divide pasta salad among 4 plates. Garnish with mint and freshly ground black pepper. VariationsMake it gluten free: Use gluten-free pasta. HFG tipMake a hummus with any remaining chickpeas by whizzing in the blender with a little olive oil, seasoning and lemon juice. Calories 586cal Kilojoules 2450kJ Protein 20g Total fat 27g -Saturated fat 7g Carbohydrates 65g -Sugars 9g Dietary fibre 14g Sodium 385mg Calcium 220mg Iron 4.5mg Subscribe now in to enjoy this feature See favs PRINT Author: Sarah Swain - Food writer, stylist and recipe creatorPhotographer: Melanie JenkinsFirst published: Mar 2018For more healthy recipes and expert diet advice go to www.healthyfood.com © Healthy Life media Limited. All rights reserved. Reproduction without written permission prohibited. Showing items 1 to 14 of 14A star rating of 4 out of 5.11 ratingsThis is quick to throw together and perfect as a lunchbox feast whether you're on a picnic or at your deskA star rating of 4.6 out of 5.19 ratingsUse frozen, skinless wild salmon fillets for a cheap and filling lunch on the go. This low-calorie, healthy dish couldn't be easier to whip upA star rating of 5 out of 5.5 ratingsGet your dose of omega-3 with a summer salad that features wild salmon, wholewheat pasta, broccoli and beans to make it filling and healthyA star rating of 4.6 out of 5.16 ratingsFor a speedy, simple supper this chicken pasta salad dish is just the thing - save leftovers for lunch the next dayA star rating of 4.2 out of 5.6 ratingsUse up leftover ratatouille to make a substantial vegetarian lunch that's quick to prepare and also super healthy, providing all five of your five-a-dayA star rating of 4.3 out of 5.7 ratingsTake the blueprint of Coronation chicken, omit the meat and add pasta and you have a fresh fusion side dishA star rating of 4.2 out of 5.7 ratingsThis is a good source of vitamin C and packed full of veg. Take some to workA star rating of 4 out of 5.3 ratingsMake your own hummus in this family pasta salad. Dish up for little ones first, then scatter with pul biber chilli flakes and crumbled feta for the grown-upsA star rating of 4.7 out of 5.26 ratingsThrow together tuna, capers and rocket with garlic, chilli and spaghetti to make this easy and healthy supper. It takes just 25 minutes to makeA star rating of 4.2 out of 5.9 ratingsUpdate tuna pasta salad by skipping the mayo and adding balsamic vinegar, olive oil, colourful tomatoes and celeryA star rating of 4.2 out of 5.5 ratingsPack in protein, carbohydrate and vitamins with this broccoli, pasta and eggs dish, a healthy vegetarian lunch to keep you going on a busy afternoonA star rating of 4.4 out of 5.5 ratingsEat well at work with this easy-to-prepare Scandinavian-inspired beetroot and salmon fusilli salad. It'll keep you going through the afternoonA star rating of 3.8 out of 5.16 ratingsSupper can be ready in 25 minutes with just six fresh ingredients and a bag of pastaA star rating of 3.9 out of 5.12 ratingsTry a fresh twist on the classic pasta salad with a tangy, veggie yogurt-based dressing, plus apples, walnuts and chickpeas. It's a healthy, low-calorie lunch option that provides 3 of your 5-a-daySee more Healthy pasta salad recipes

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