

Healthy lunch ideas for work

Office lunches are a chore, the novelty of the canteen food dies down when you have the same insipid chicken curry and beef tehari every day. There is no getting around it, and packing your own lunch is the only way to stay on track with your health goals. You can also opt for ready-to-eat box meals, which are now available in Dhaka, but it is preferable if you can pack simple lunches for work. You need a well-balanced meal even for lunch, and it should include lean protein, fibre-rich carbohydrates and vegetables, and healthy fats. Try these simple recipes for next week's work lunches.

CURRIED CHICKEN SALAD WITH TOASTED ALMONDS

Two cups of cooked chicken are used in this well-seasoned chicken salad. To make this, use store-bought chicken breast, roast your own chicken, or poach some chicken breasts. To prepare chicken breasts, cover 2 to 3 boneless chicken breast halves with water in a saucepan. Bring the chicken to a boil in a large pot over high heat. Reduce the heat to low, cover the pan, and cook for 15 to 20 minutes, or until the chicken is cooked through. Put the chicken on a plate to cool off. Continue with the recipe after the chicken has been cooled.



This recipe is delicious in pita pockets, but it would also be delicious on lettuce or salad greens.

Ingredients

2 cups cooked chicken, diced
1 rib celery, diced
2 scallions, thinly sliced, optional
¼ cup slivered almonds, toasted
1/3 cup golden raisins
½ tbsp lemon juice
½ to ¾ cup mayonnaise, or to taste
½ to 1 tsp curry powder, or more, to taste
Salt, to taste
Freshly ground black pepper, to taste

Method

In a medium mixing bowl, combine the diced chicken, celery, onions, scallions, almonds, and raisins. Toss with 1/2 cup mayonnaise and 1/2 tbsp lemon juice. To moisten, add more mayonnaise as needed. Blend in the curry powder, salt, and pepper to taste. Serve on lettuce wraps, pita pockets, or sandwich rolls. It makes an excellent healthy work lunch.

CHICKEN WALDORF SANDWICHES

Waldorf salad is a side dish that typically consists of chopped apples, celery, and walnuts in a mayonnaise dressing. This sandwich combines the salad with two

slices of brown bread to create a delicious and unique meal. It's also a great way to use up leftover cooked chicken, whether light or dark meat. You can flavour this salad with honey mustard or yoghurt or mayonnaise. Thyme and basil are two herbs that would be delicious in this dish.

If you want to pack this sandwich in a lunch box, it's best to do so unassembled. Place the salad in a container and the lettuce in a plastic sandwich bag.

Ingredients

2 cups shredded cooked chicken
1 to 2 chopped, unpeeled apples
1 cup chopped celery
½ cup chopped walnuts
½ cup dried cranberries, or dried cherries
½ cup mayonnaise
2 tablespoons plain yogurt
2 tablespoons honey mustard
2 teaspoons lemon juice
1/8 teaspoon salt
2 slices bread
Leaf lettuce

Method

Gather up all of the ingredients for the Chicken Waldorf Sandwiches. In a medium mixing bowl, combine the chicken, apples, celery, walnuts, dried cranberries, mayonnaise, yoghurt, honey mustard, lemon juice, and salt. Combine thoroughly. Make bread and lettuce sandwiches.

— LS Desk

Photo: Collected



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