



ENERGY BOXES

By Mr Colchester and Miss Ormes



INGREDIENTS

- rice sachet or pasta
- sweetcorn
- cheese
- cherry tomatoes
- pepper
- cucumber
- tuna/chicken/other meat (optional)
- dollop of mayo/pesto/salad cream
- herbs
- or anything else you fancy!

PREP TIME

- Prep | 3 m
- Cook | 2-8 m
- Ready in | 10 m

PROCEDURE

01

Boil the pasta in a pan (a handful of pasta per person), or microwave the rice.

02

Chop up the vegetables into small chunks and grate the cheese.

03

Once the pasta and rice is ready, add them to a bowl with the rest of the ingredients.

04

Add your dressing and enjoy!