



Quality you can taste

Gluten-Free Recipe Book

Chapter 5: Bag Lunch Inspiration from the Massel Kitchen



Positively satisfying health-conscious recipes for lunchtime

If you're packing a delicious meal for a loved one or just want healthy options to bring to the office, these dishes are ideal companions for any on-the-go lifestyle!

Checking all the boxes for health and flavor



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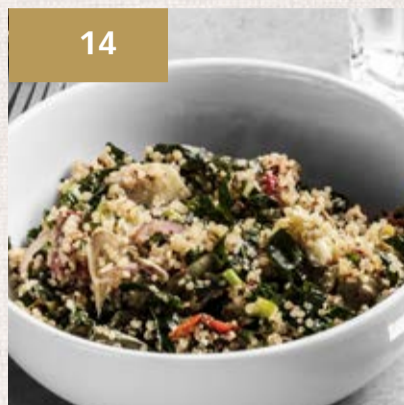
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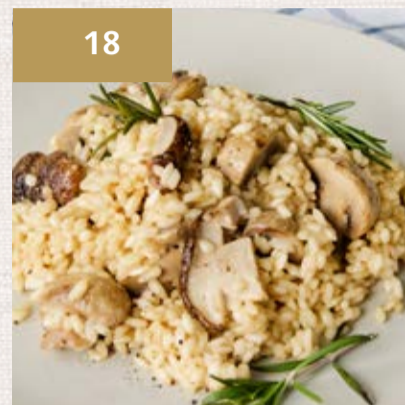
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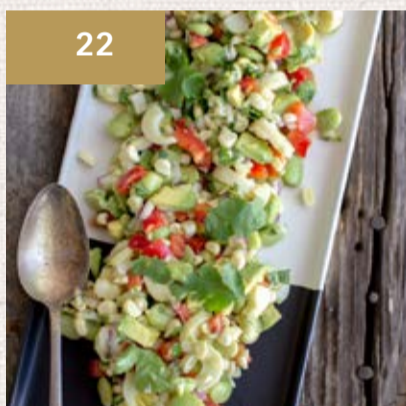
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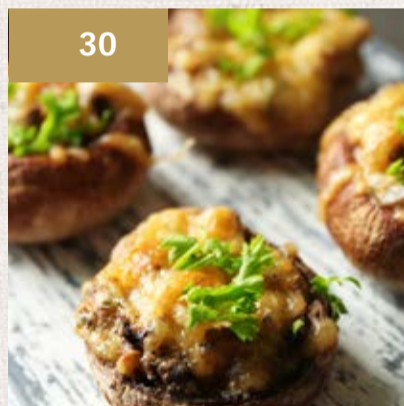
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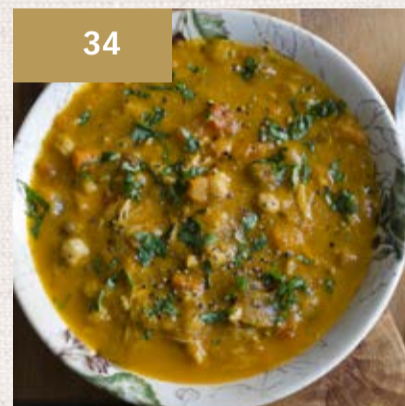
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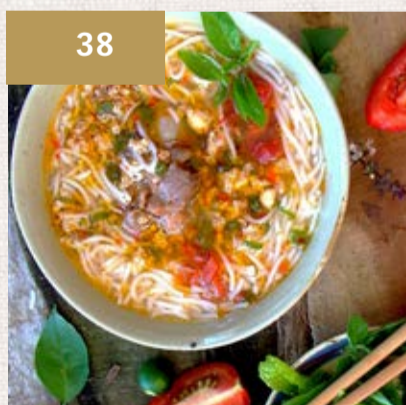
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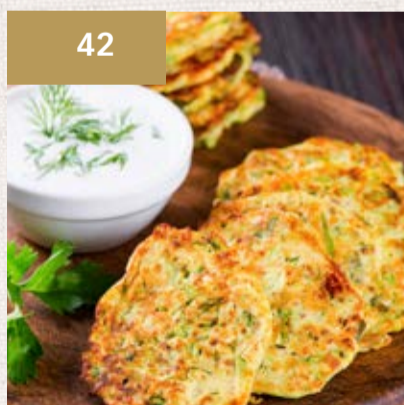
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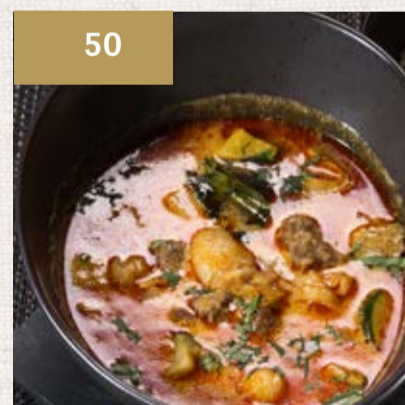
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BAG LUNCH INSPIRATION FROM THE MASSEL KITCHEN

We love to cook at Massel. The freshest ingredients and a pinch of innovation keep us hungry for more creations, and when it's time to think about meal planning for yourself or a loved one, we can't help but swoop in with some appetizing and health-conscious options. There's no need to order out!

Over the years, we've tried literally hundreds of recipes that feature our bouillon and seasonings. While Massel simply shines in family meals, outdoor grilling and irresistible snacks to munch on, we also love making it a part of our on-the-go lunches during the workweek. Transportable and still checking all the boxes for health, our bag lunch inspiration will also get your kids counting down the minutes until they can finally dig into their lunchboxes.

We hope you enjoy these mid-day favorites as much as we do!





Instant Ramen Cup

AUTHOR: Meg Van der Kruik, Beard + Bonnet | SERVES: 1 | Dairy-Free – Gluten-Free – Kosher –
Vegan – Vegetarian

My husband takes lunch with him to work at least a few times each week **and this is his favorite!** It's super easy to make; simply layer these ingredients into a jar.

– Meg van der Kruik, Beard + Bonnet

INGREDIENTS

2 tablespoons Massel All Purpose Bouillon & Seasoning Granules, beef flavor

¼ cup thinly shredded greens

¼ cup shredded carrots

½ cup diced tofu or cooked chicken, optional

½ tablespoon gluten-free miso paste

1 teaspoon gluten-free soy sauce

1 tablespoon nutritional yeast

One nest par cooked gluten-free ramen noodles
(3 minutes in boiling water, rinsed in cool water and drained)

Thinly sliced peppers or scallions







Instant Ramen Cup

METHOD

1. Seal all ingredients tightly in heat-safe jar that can hold at least 20 fluid ounces.
2. When ready to eat the ramen, fill the jar with boiling water; my husband uses the hot water spout on the coffee maker.
3. Allow to steep for 1-2 minutes. Stir and enjoy!



Lemon **Garlic Beans**

AUTHOR: The Blender Girl, Tess Masters | **SERVES:** 8 | Dairy-Free – Gluten-Free – Vegan – Vegetarian

The delicious aroma when you **sauté the garlic, almonds and lemon juice** makes you salivate, and I've been caught eating the mixture off the spoon before it even reaches the green beans!

– *The Blender Girl, Tess Masters*

INGREDIENTS

3 quarts broth using Massel Concentrated Liquid Stock, vegetable flavor

30oz green beans

1 cup raw almonds, sliced or roughly chopped

4 tablespoons fresh garlic, finely chopped

3 tablespoons fresh lemon juice

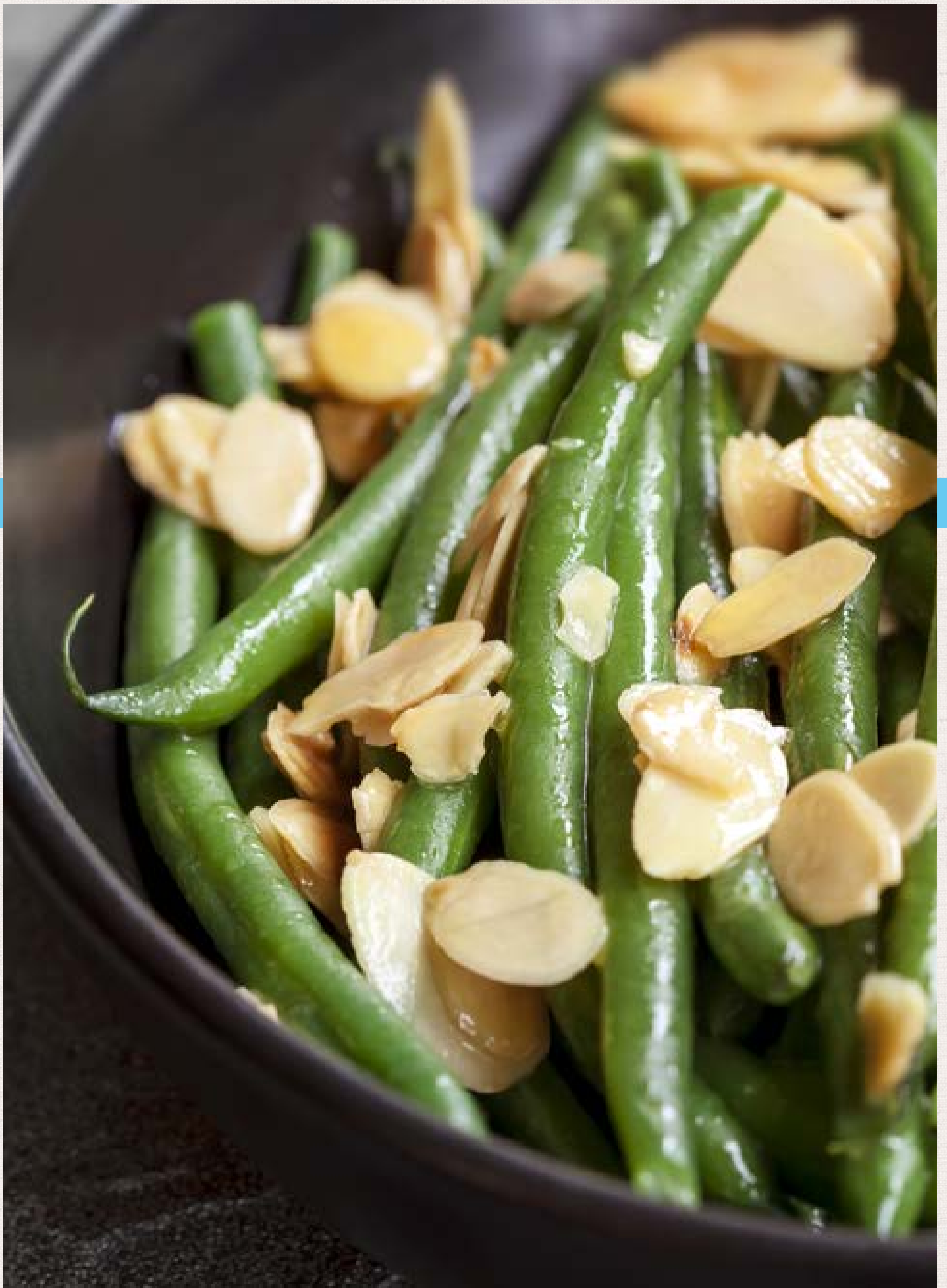
3 tablespoons cold pressed extra virgin olive oil

1 teaspoon Celtic sea salt OR Himalayan salt

1 teaspoon rough lemon zest strips

½ teaspoon finely grated lemon zest







Lemon Garlic Beans

METHOD

1. Bring the vegetable broth and filtered water to a boil in a large saucepan.
2. Gently blanch the green beans for about 3 minutes until just al dente. Drain and set aside. Return to the saucepan.
3. In a wok or large deep frypan, heat the olive oil and garlic on a medium heat for just a couple of minutes.
4. Add in the almonds and warm slightly. Then, mix in the lemon juice and finely grated lemon zest.
5. Stir this mixture through the cooked beans, and salt to taste.
6. Lay beans in a gratin dish to serve. Top with rough lemon zest strips for a lovely garnish.



Herb **Quinoa** Couscous Salad

AUTHOR: Massel | SERVES: 4 | Dairy-Free - Kosher - Vegan - Vegetarian



Dressing this salad with **herbs and Massel** make this over-the-top fabulous. Bonus, you can make it ahead and have to grab whenever you would like.

INGREDIENTS

2 Massel 7's bouillon cubes, chicken flavor

½ teaspoon Massel Concentrated Liquid Stock, vegetable flavor

2 cups water

¾ cup pearl couscous
(omit to make gluten-free)

½ cup quinoa, rinsed

3 tablespoons olive oil

1½ tablespoons lemon juice

1 cup finely chopped herbs: mint, cilantro, parsley, dill

½ cup chopped fennel

½ cup finely chopped green onions

¼ cup pistachios







Herb **Quinoa** Couscous Salad

METHOD

1. Bring the water to boil with Massel 7's bouillon cubes. Add couscous and quinoa.
2. Stir and cover, then turn off heat. Let stand for 20 minutes, without peeking or otherwise allowing heat to escape.
3. In a bowl, combine Massel Concentrated Liquid Stock, olive oil, lemon juice, herbs, fennel, green onions and pistachios.
4. When the time is up for the grains, uncover, flake couscous and quinoa, and then add to bowl. Toss all ingredients together.
5. Serve warm or chilled and enjoy!



Chicken & Barley **Risotto**

AUTHOR: Caroline Trickey, Healthy Home Café | SERVES: 4 | Dairy-Free – Kosher – Gluten-Free



Barley is packed with vitamins (such as B & E), minerals (including selenium), antioxidants and phytonutrients that **promote a healthy digestive system**. Switch with quinoa to make gluten-free!

– *Caroline Trickey, Healthy Home Café*

INGREDIENTS

½ packet Massel Concentrated Liquid Stock, chicken flavor

4 cups water
(to combine with stock)

2 tablespoons extra virgin olive oil

2 teaspoons butter

1 large onion, diced

3 cloves garlic, chopped

1 long red chili, deseeded and chopped

1 cup pearled barley
(use quinoa to make gluten-free)

1½ cup dry white wine

3 chicken thigh fillets, each cut into 4 pieces

7oz mushrooms, quartered

2 medium zucchinis, cut in half lengthways, then sliced 1cm wide

½ cup shelled edamame (can replace with 2 cups baby spinach leaves)

1 tablespoon light soy sauce

Freshly ground black pepper, to taste







Chicken & Barley **Risotto**

METHOD

1. Heat a large pot over medium heat. When hot, add 1 tablespoon of oil, as well as the butter and onions; cook onions until they soften (about 3-4 minutes).
2. Add garlic and chili, sauté for 1-2 minutes.
3. Add the barley and stir to coat with oil and butter mix (about 2 minutes).
4. Add the wine and cook until it evaporates.
5. Meanwhile, bring the stock to the boil in a saucepan, then turn down to a simmer.
6. Ladle into the barley about 1 cup of stock at a time, and stir with a wooden spoon until this evaporates. After adding 3 cups, add the last cup one quarter at a time. (The risotto should be neither too dry nor too wet and soup-like.) It will take about 40-50 minutes to cook; allow the barley to become tender.
7. Meanwhile, heat a frying pan over medium heat. When hot, add 1-2 teaspoons of oil and the chicken thigh fillets. Cook for a few minutes on each side until brown.
8. Remove chicken from frying pan and add to barley mixture. (It will need at least 15 minutes in the risotto to ensure it is cooked through.)
9. Add 1-2 teaspoons of oil to the same frying pan, over medium heat, along with half of the mushrooms and cook until soft and lightly browned.
10. Remove mushrooms from frying pan and add to barley mixture along with zucchini.
11. With 5-10 minutes to go, cook the remaining mushrooms and stir through the risotto along with the edamame.
12. When cooked, add pepper, then taste and add soy sauce as necessary. Spoon into bowls. Serve with steamed broccoli and beans.



Easy Vegan Ceviche

AUTHOR: Meg Van der Kruik, Beard + Bonnet | SERVES: 2 | Dairy-Free – Gluten-Free – Kosher – Vegan – Vegetarian

This vegan spin on traditional ceviche is sure to become a staple dish at your house! **We pack this simple salad in our lunches**, take it on picnics and serve it up as an appetizer on Taco Tuesday.

– Meg van der Kruik, Beard + Bonnet

INGREDIENTS

1 heaping tablespoon Massel All Purpose Bouillon and Seasoning Granules, vegetable flavor

¼ cup freshly squeezed lime juice

½ cup freshly squeezed orange juice

1 teaspoon freshly grated ginger

2 tablespoons extra virgin olive oil

1 cup frozen baby lima beans, thawed

2 ears of corn, kernels removed

1 red bell pepper, seeded and diced small

½ cup diced red onion

1 (14-ounce) can hearts of palm, sliced into rounds

¼ cup finely minced cilantro

1 small avocado, diced







Easy **Vegan Ceviche**

METHOD

1. In a large mixing bowl, combine the lime and orange juices. Whisk in the ginger, olive oil and Massel All Purpose Bouillon and Seasoning Granules until completely incorporated. Set aside.
2. Add the lima beans, corn kernels, bell pepper, red onion and hearts of palm to the dressing. Toss to combine. Marinate in the refrigerator for at least 2 hours or up to overnight.
3. Just before serving, toss in the cilantro and avocado. If desired, serve with chips or crackers.



Chickpea & Zucchini Fries

AUTHOR: Massel | SERVES: 4 | Dairy-Free – Gluten-Free – Kosher – Kosher – Vegetarian – Vegan



Your kids won't even know that they're eating veggies!
These are great with a sandwich, or you can just serve them as a snack or appetizer.

INGREDIENTS

3 Massel Ultracube bouillon cubes, chicken or vegetable flavor

Massel All Purpose Bouillon & Seasoning Granules, any flavor, to taste

4 cups water

3 cups chickpea flour

4 cups zucchini, grated

Extra virgin olive oil (for frying)

1 lemon, cut into wedges

Freshly ground black pepper

Natural sea salt (optional)





A photograph showing several whole zucchinis and some sliced rounds on a wooden surface. A small bunch of fresh basil leaves is also present. The background is a light-colored, textured fabric.

Chickpea & Zucchini Fries

METHOD

1. Place the zucchini in a colander and sprinkle with salt. Set aside for 15 minutes.
2. Put the zucchini in a towel and wring out the liquid.
3. Grease a baking sheet and place a sheet of wax paper or parchment paper on the bottom.
4. Bring the water and Massel Ultracubes to a simmer over medium heat. Gradually pour in the chickpea flour while whisking constantly. Season with salt and pepper.
5. Once all the flour is in, whisk rapidly until the mixture is thick and most of the lumps have been worked out; it will look like a thick pancake batter (about 1 minute). Take care to adjust the heat so that the batter doesn't boil or it will become too thick. Stir in zucchini.
6. Pour the mixture into the prepared pan and smooth out with a spatula. Refrigerate until cool (about 1 hour).
7. In a heavy bottomed pot, add olive oil for deep frying. Heat oil to 370°F.
8. Flip the set chickpea mixture onto a cutting board, peel off the paper, and cut into fries.
9. Working in batches, as to not overcrowd the pan, add the fries. Cook 3 to 4 minutes or until golden brown.
10. Remove fries with a slotted utensil to a dish lined with paper towel, and season immediately with Massel All Purpose Bouillon and Seasoning Granules.
11. Serve immediately with lots of wedges of lemon to squeeze on the fries.

TIP

You can make this ahead of time and just fry up when your family is ready. The mixture will keep for about 36 hours in the fridge.



Swiss & Zucchini Stuffed Mushrooms

AUTHOR: Massel | SERVES: 4 - 6 | Gluten-Free – Kosher – Low-Sugar – Vegetarian



Do your vegetable dishes **need some inspiration?** This cauliflower creation is your answer. It is a wonderful **gluten-free side dish** or it could serve as a hearty vegetarian main. It will soon be your **family favorite** because of the flavor.

INGREDIENTS

3 tablespoons Massel Concentrated Liquid Stock OR 1 Massel Ultracube, any flavor

6 baby portabella mushrooms or 2 large ones

1 cup zucchini, grated

½ cup grated Swiss cheese OR vegan cheese that melts well

½ cup gluten-free breadcrumbs

¼ cup purple onion, grated

3 cloves of garlic, finely chopped

1 teaspoon thyme

1 teaspoon salt

½ teaspoon pepper







Swiss & Zucchini **Stuffed Mushrooms**

METHOD

1. Rub mushrooms clean and take out center stems.
2. In a bowl, add the rest of the ingredients and toss together.
3. Mound the filling into each mushroom and pack down a bit.
4. Place on a foil lined baking sheet and bake at 375°F for about 30 minutes. You are looking for the mushroom to feel cooked and the top to be browned.
6. Serve immediately.

TIP

To make your own gluten-free bread crumbs, toast your favorite gluten-free bread and pulse in your food processor.



Cheeky 10-Minute Chickpea & Rosemary Soup

AUTHOR: The Blender Girl, Tess Masters | SERVES: 4 | Dairy-Free – Gluten-Free – Vegan – Kosher – Vegetarian



I've been making this dish with joy for more than 20 years, ever since my college days. **It can be made with fresh or canned ingredients**, making it versatile for all kinds of situations.

– *The Blender Girl, Tess Masters*

INGREDIENTS

3 cups broth using Massel Concentrated Liquid Stock, vegetable flavor

2-3 cups cooked chickpeas

2 cups tomatoes, freshly chopped and coarsely pureéd OR 1 tin tomatoes, crushed

½ cup green onion, chopped

1 tablespoon fresh rosemary, chopped (~2 or 3 sprigs)

2 tablespoons fresh garlic, finely chopped

2 tablespoons olive oil







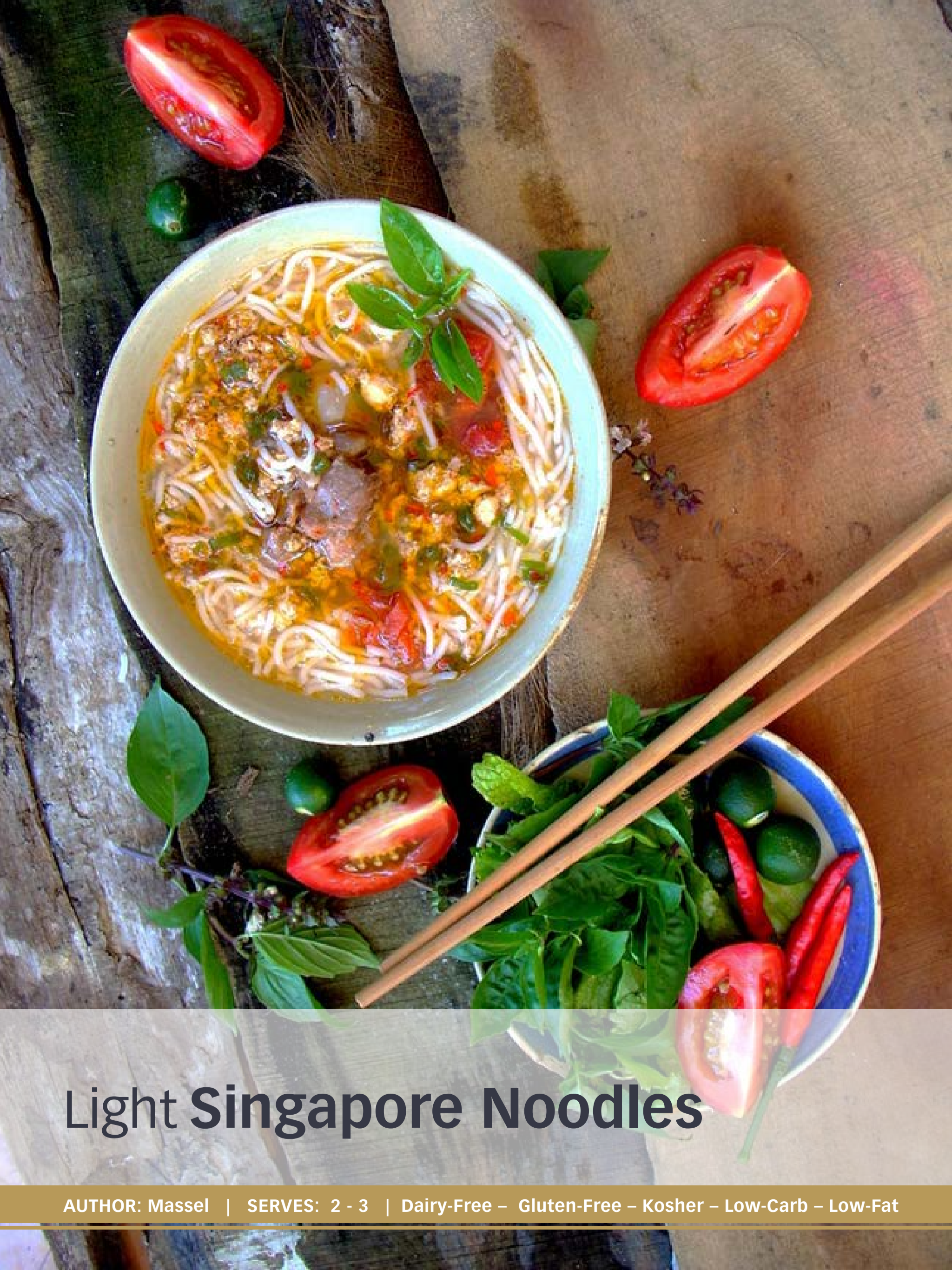
Cheeky **10-Minute Chickpea & Rosemary Soup**

METHOD

1. Heat the olive oil in a large pot over a medium heat and lightly sauté the green onion and garlic for just a few minutes.
2. Add in the tomatoes and the rosemary, and then simmer for a few minutes. Then add in the vegetable broth and the cooked chickpeas.
3. Bring to the boil and then simmer for about 10 minutes to allow the flavors to infuse.
4. Ladle the soup into bowls and garnish with freshly chopped continental parsley and finely chopped spring onions.
5. Serve with scoops of grain or crusty bread.

TIP

Avoid sticky garlic! Simply rub a tiny drop of olive oil onto the blade of your knife and a few drops onto the garlic cloves. This coats the garlic and stops it from sticking everywhere.



Light Singapore Noodles

AUTHOR: Massel | SERVES: 2 - 3 | Dairy-Free – Gluten-Free – Kosher – Low-Carb – Low-Fat



Sweet, savory and nutritious in a bowl. This chicken salad is packed with flavor and perfect for a **well-rounded meal** of chicken, avocado and more of your favorites!

INGREDIENTS

2 tablespoons Massel Concentrated Liquid Stock, vegetable flavor

1 lb boneless pork loin, thinly sliced

2 tablespoons curry powder

1/2 tablespoon soy sauce

1 tablespoon vegetable oil

1 small onion, sliced

1 bell pepper, sliced

1 cup julienned carrot

2 eggs, beaten

6oz dried rice vermicelli noodles (soaked in hot water until soft)

1/2 cup sliced scallions (optional topping)

Lime wedges (optional topping)







Light Singapore Noodles

METHOD

1. In a bowl, toss the pork with 1 tablespoon curry powder and 1 tablespoon of Massel Concentrated Liquid Stock. In another bowl, mix the remaining curry powder, Concentrated vLiquid Stock and soy sauce with 2 tablespoons of water.
2. In a large skillet, heat the oil over medium-high. Add the onion, pepper and carrot; stir-fry until soft (about 2 minutes). Add the pork, then stir-fry until almost cooked through (about 3-4 minutes).
3. Push the pork mixture to the sides of the skillet. Add the egg to the center of the skillet; do not stir for 30 seconds, then mix into the pork.
4. Add the noodles and the curry mixture. Stir-fry until the pork is cooked through (about 2-3 minutes). Top with scallions and lime, if desired.



Pea, Feta & Herb Fritters

AUTHOR: Massel | SERVES: 4 - 6 | Dairy-Free – Gluten-Free – Kosher – Low-Fat
Vegan – Vegetarian



The fresh mint and dill, combined with **the sharp feta and fresh clean flavor of the peas** make these fritters perfect with cocktails or a beer after a long work day.

INGREDIENTS

1 teaspoon Massel All Purpose Bouillon & Seasoning Granules, vegetable flavor

2 cups fresh or thawed green peas

2 tablespoons fresh dill, chopped

2 tablespoons mint, chopped

2 green onions, finely chopped

2-3oz crumbled feta cheese

2 eggs

¼ cup coconut flour

Juice of half of a lemon

2 tablespoons coconut oil

1 teaspoon freshly ground black pepper

HORSERADISH DILL SAUCE

1 teaspoon Massel All Purpose Bouillon & Seasoning Granules, vegetable flavor

1 cup mayonnaise OR plain Greek yogurt

1 tablespoon horseradish sauce

1 tablespoon fresh dill, finely chopped







Pea, Feta & Herb Fritters

METHOD

1. In a bowl, combine peas, dill, mint, onions, feta cheese, eggs, Massel All Purpose Bouillon & Seasoning Granules, ground pepper, flour and lemon. Mix until egg and flour are thoroughly incorporated.
2. Heat up coconut oil over medium heat in a non-stick pan.
3. When pan is heated, spoon a dollop of mixture in oil, forming about 2-inch discs.
4. When first side is brown, turn gently until second side is brown. This whole process should take about 2 to 3 minutes.
5. Place on a pan lined with paper towel. Repeat until the entire batter is cooked.
6. Sprinkle with a little extra Massel. Serve immediately with a sauce of your choice.

HORSERADISH DILL SAUCE

1. Mix all the ingredients together.
2. Chill and use when ready.

For a vegan version of this sauce, change the mayo or yogurt to vegan mayo.





Oriental-Style **Slow Cooker** **Chicken**

AUTHOR: Massel | SERVES: 3 - 4 | Dairy-Free – Gluten-Free – Kosher – Low-Carb – Low-Fat



Put a little **zing in your life** with this vivacious oriental style dish, which is as simple as tying your shoes. **Cook overnight for a filling lunch!**

INGREDIENTS

2 tablespoons Massel All Purpose Bouillon & Seasoning Granules, chicken flavor

6 chicken thigh fillets

14oz light coconut milk

2 cups basil leaves

1 teaspoon turmeric powder

1 teaspoon cumin powder

½ teaspoon chilli powder

Toasted pumpkin seed
(optional topping)

Toasted almond slivers
(optional topping)







Oriental-Style **Slow Cooker Chicken**

METHOD

1. Place whole chicken thighs in your favorite slow cooker pot.
 2. In a blender, put in all of the remaining ingredients and blend to a creamy consistency. Pour mixture over the chicken.
 3. Place lid on the cooker and cook on high heat for 4 hours, OR on low heat for 8 hours.
 4. Serve on rice and top with a sprinkle of toasted pepitas (pumpkin seeds) or toasted almond slivers, if desired.
-



Lamb Curry Soup

AUTHOR: Massel | SERVES: 2 - 4 | Gluten-Free – Kosher – Low Carb – Low Sugar

Nothing sets you quite right than a **good spicy curry**. Just make sure that you have lots of bread to sop up the spicy broth.



INGREDIENTS

**2 cups broth made using
1 Massel Ultracube bouillon
cube, beef flavor**

**1 teaspoon Massel All Purpose
Bouillon & Seasoning Granules,
chicken flavor**

1 lb lamb stew meat

1½ tablespoons curry powder

1½ teaspoons grated ginger

1 teaspoon garlic powder

1 teaspoon freshly ground
black pepper

¼ - ½ teaspoon cayenne
pepper, to taste

1 medium onion, grated

1 tablespoon canola OR
vegetable oil

½ cup yogurt

Fresh chives and/or a wedge
of lime (optional toppings)







Lamb Curry Soup

METHOD

1. Mix lamb, curry, ginger, garlic powder, pepper, Massel All Purpose Bouillon & Seasoning Granules, cayenne pepper and the grated onion together. Make sure to thoroughly coat the lamb evenly with all the spices and onion. Place in an air-tight container for 4-8 hours.
2. Heat oil a high-sided pan over medium-high heat.
3. Place spiced lamb in oil and brown on all sides.
4. Pour 2 cups of Massel beef broth into pan with lamb and turn down heat to medium. Scrape the bottom to release all the tasty brown bits on the bottom of the pan. Add more broth if you want it soupier.
5. Simmer for about 15-20 minutes.
6. Take a ladle full of the soup and add it to a bowl with the yogurt in it. Whisk together and then add back to the pan.
7. Taste and adjust with Massel granules.
8. Garnish with fresh chives and/or a squeeze of lime. Enjoy!

These recipes are the fifth chapter of the new Massel cookbook, and if you liked these recipes half as much as we did, sign up for our [newsletter](#) to be the first to know about new releases.

We have a lot more coming!

Future Chapters Include:

- Summertime BBQs
- Around the World

Bring some Massel magic from your home to work and school, and be careful; almost everyone around you will want to try a bite! **Happy cooking!**



Quality you can taste

Checking all the boxes for health and flavor

