



BENTO RECIPES

10 ORIGINAL MEALS



List of Recipes

1. Umami Meatballs
2. Tomato Cream Eggs
3. Tahini Dressing and Steamed Veggies
4. Glazed Carrot w/Sausages and Cumin Seeds
5. Salmon Harissa Pilaf
6. Onigiri (Rice balls) Bento
7. Karaage (Kah-rah-ah-geh) Japanese fried chicken
8. Roasted Pumpkin and Beans
9. Simple Potato Gratin
10. Egg Mayo Sandwich



Designed by our chefs

These recipes are ideals for meal prep. Their preparations are easy and fast. The taste is amazing so you can enjoy tasty food on-the-go straight from your bento lunch box.

UMAMI MEATBALLS

Al Capone's Favourite



15 min
Preparation

10 min
Cooking

● ● ● ○ ○
Difficulty

List of ingredients for 2 servings

16 oz	Minced beef/pork	2 Tbs	Olive oil
½	Diced onion	½ Tsp	Garlic powder
x1	Minced garlic	½ Tsp	Onion powder
10.5 oz	Diced tomato (Canned)	2 Tbs	Potato starch
1 Tsp	Salt	Pinch	Dashes of pepper
1 Tbs	Tomato paste	2-3 Tbs	Maple syrup or any other sweetener

UMAMI MEATBALLS

Cooking Steps

1. Mix the meat

Gently mix your minced meat, onion, garlic, potato starch, olive oil, pepper and 1/3 tsp of salt in a ball and mix well until it becomes dough-like ball.

2. Roll it

Roll the dough in your palms into smallerballs to any size of your liking, tight and nice.

4. Cook the sauce

In the same skillet/frying pan pour in the can of diced tomato, garlic powder, onion powder, 2/3 tsp of salt, and maple syrup and cook until it is a thick sauce and add in the meatballs.

5. Make it melty

Cook for another 3-5 mins over medium heat (possibly with cooked pasta afterwards).

3. Pan-fry

On a lightly oiled iron skillet or frying pan over medium heat, cook them for 5 minutes on each side until golden brown, and place them aside, draining excess oil onto paper towels.

6. Final touch

Don't forget to garnish with chopped parsley.

Did you know that?

When Italian immigrants came to America in the 19th and 20th centuries, they continued cooking up their scrumptious balls of meat.

While they still continued to use the cheapest cuts of meat, people eventually started to experiment.

They added more ingredients to complement the dish, such as canned tomatoes.

TOMATO CREAM EGG

The Umami Treasure Box



5 min

Preparation

10 min

Cooking



Difficulty

List of ingredients

5 oz	Coconut cream	2 Pinch	Salt
1 Tbs	Tomato paste	1 Tsp	Olive oil for frying egg
2	Eggs	1 Tsp	Olive oil for tomatoes
2	Tomatoes (medium size)	4 in	Spring onion/chives
4 Tsp	Monk fruit sugar (or any other sugar)	1.5 Tsp	Fish sauce

TOMATO CREAM EGG

Cooking Steps

1. Beat the eggs

Beat 2 eggs with a pinch of salt and pour into a heated frying pan with olive oil.

2. Cook it

Stir slowly and let it cook as a whole. Then cut the cooked egg with your spatula into random shapes - about 7 pieces and place aside.

3. Chop it up

Chop each tomato into 6-8 pieces and stir fry with a pinch of salt and 2 pinches of monk fruit sugar in the same frying pan with some olive oil for about 5 mins.

4. Mix and Serve

Add in the eggs and coconut cream, monk fruit sugar and fish sauce.

Let it simmer for 3 mins and you are ready to fill your bento and garnish with some chopped chives.

Did you know that?

Tomatoes are one of the ultimate umami treasure boxes and its content becomes more and more dense as the color of this fruit reddens and its umami compounds increase. When tomatoes were first introduced to Europe in the 16th Century, they were small, golden and cherry sized. The French were also convinced tomatoes were aphrodisiacs and named them "love apples."



TAHINI DRESSING AND STEAMED VEGGIES

The first ever condiment



8 min
Preparation

● ○ ○ ○ ○ ○
Difficulty

List of ingredients

¼ Cup	Tahini	2 Tsp	Maple syrup
¼ Cup	Extra virgin oil	½ Tsp	Salt
½ Clove	Crushed/minced garlic	2.5 Tbs	Ice-cold water
3 Tbs	Fresh lemon juice	2 Tsp	Mustard (optional)

TAHINI DRESSING AND STEAMED VEGGIES

Cooking Steps

1. Mix it up

Combine all the ingredients together and mix until everything is thoroughly blended.

2. Get the thickness

If your dressing is too thick to pour or drizzle, add some more ice cold water to thin it out and it should be considerably easier to whisk and pour (1 tsp at a time).

3. Enjoy it

You can enjoy the dressing with any vegetables of your choice raw or steamed.

Here we have prepared with kale, brussels sprouts, green pea pods, red onion slices and carrots.

Did you know that?

Tahini is an umami enhancer and it's not a surprise when we think about it as it's made from sesame.

Sesame seeds are believed to be one of the first condiments as well as one of the first plants to be used for edible oil. Records from Babylon and Assyria, dating about 4000 years ago, mention sesame. Assyrian myth claims that the gods drank sesame wine the night before they created the Earth.

GLAZED CARROT W/SAUSAGES AND CUMIN SEEDS

Orange is the new purple

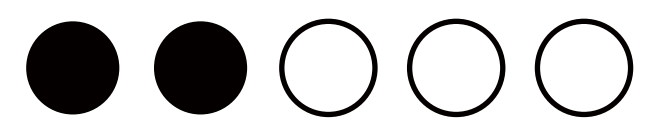


5 min

Preparation

15 min

Cooking



Difficulty

List of ingredients

- | | | | |
|----------------|------------------|--------------|---|
| 1 | Carrot julienned | 1Tbs | Raisins |
| 1Tsp | Cumin seeds | 1 Tsp | (heap) Sliced almonds |
| 1 Pinch | Salt | 1 Tsp | Olive oil |
| ½ Tsp | Maple syrup | 3 | Morning sausages chopped
into one bite sizes |

GLAZED CARROT W/SAUSAGES AND CUMIN SEEDS

Cooking Steps

1. Slice it up

Slice your sausages into bite sizes and grill them on all sides, 2-3 mins each and place them aside.

2. Fry-it

Oil the same frying pan and add cumin seeds and let them sizzle until you smell the rich fragrant seeds and start stir frying julienned carrots with a pinch of salt and maple syrup together until carrot strips become soft.

3. Add the sausage

Add the sausages and stir together for another 2 mins and mix in the raisins and it's done!

4. Garnish and serve

Sprinkle on some sliced almonds when filling the bento box.

Did you know that?

What we have here is fragrant spice seeds toasted in olive oil with carrots and sausages and yes, they are umami contributors but did you know that carrots were not originally orange, they were white or purple? It wasn't until the 1600s that some enterprising Dutch horticulturists began breeding orange carrots in earnest, some say out of a sense of nationalistic pride...but that is just hearsay.



SALMON HARISSA PILAF

Centuries Old Kitchen Staple



5 min

Preparation

20 min

Cooking



Difficulty

List of ingredients

Pilaf

1 bowl	Cooked overnight rice	½	Minced garlic clove
½	Diced red paprika	½ Tsp	Salt
½	Diced yellow paprika	1 Tsp	White wine
½	Diced onion	1 Pinch	Pepper

Salmon

1 Pinch	Salt	1 Tbs	Maple Syrup
1 Tsp	Minced garlic	1 Tbs	Olive oil
2 Tbs	Harissa	1	Lemon

SALMON HARISSA PILAF

Cooking Steps

1. Pilaf

On a well-oiled non-stick frying pan, cook onion, garlic and paprikas until soft then add rice, salt, pepper and white wine and stir fry some more and fill the bento.

2. Season the salmon

Lightly salt salmon and place aside.

3. Mix and Rub

Mix Harissa, juice of half a lemon, minced garlic and maple syrup and rub on salmon.

4. Sear it

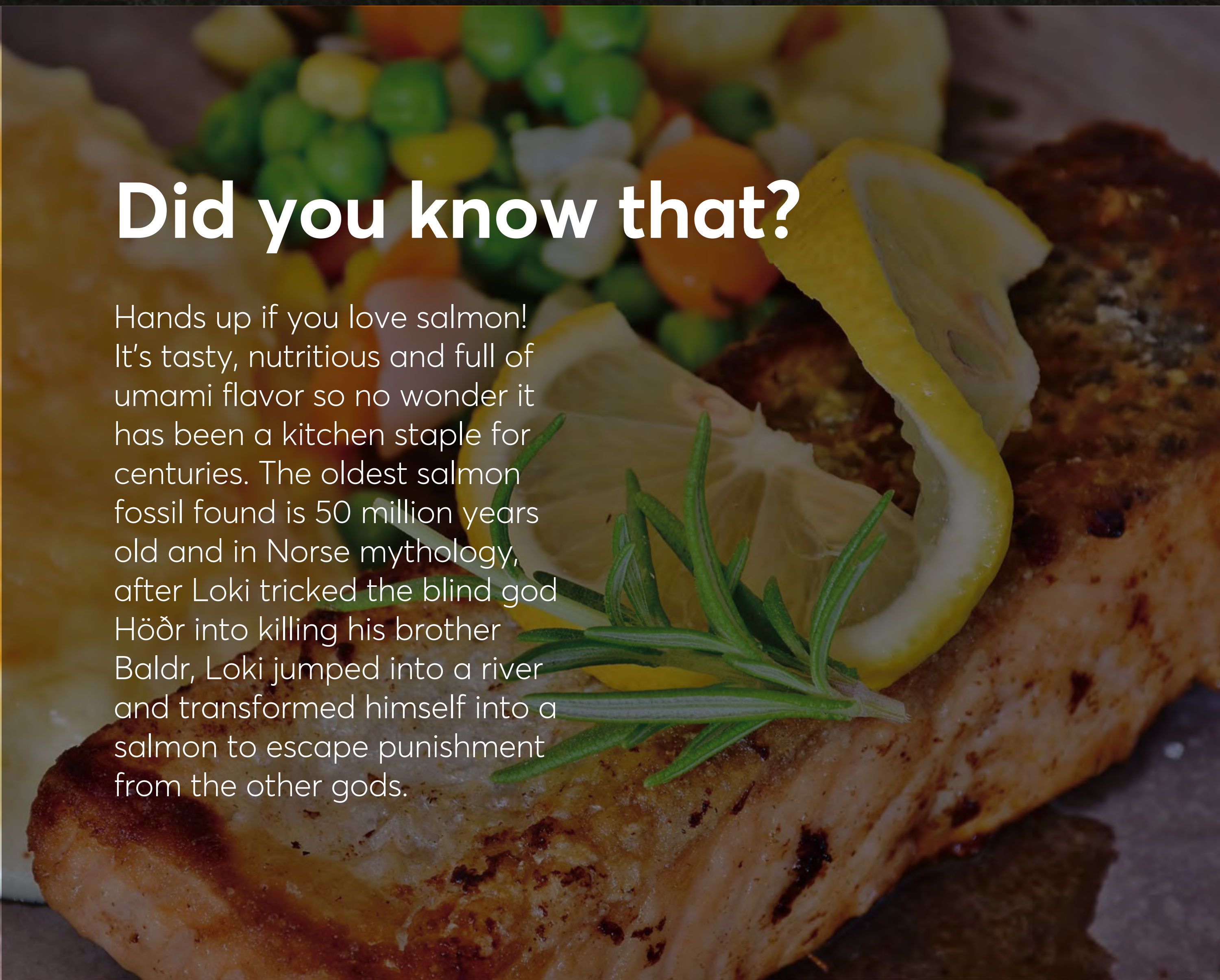
On a well-oiled non-stick frying pan on high heat, place salmon skin down and sear both sides 4-5 mins each until golden brown and cooked through well done.

5. Garnish and Serve

Place salmon over your pilaf, garnish with some chopped parsley with a good squeeze of lemon over the salmon and you are good to go.

Did you know that?

Hands up if you love salmon! It's tasty, nutritious and full of umami flavor so no wonder it has been a kitchen staple for centuries. The oldest salmon fossil found is 50 million years old and in Norse mythology, after Loki tricked the blind god Höðr into killing his brother Baldr, Loki jumped into a river and transformed himself into a salmon to escape punishment from the other gods.



ONIGIRI (RICE BALLS) BENTO

Umami-rich, Tasty And Fun



10 min
Preparation

10 min
Cooking

●●○○○
Difficulty

List of ingredients

11 oz	Cooked Japanese rice	1 Tbs	Cooked green peas
2 Tsp	Salt	10	Thinly cut cucumber slices
1 Cup	Water	2-3 Tbs	Toasted white sesames
		2-3 Tbs	Toasted black sesames

ONIGIRI (RICE BALLS) BENTO

Cooking Steps

3 Kinds of Onigiris

1. Roll them up

Salt (a pinch) cucumber slices and place it aside for 5 mins then squeeze out any water. Wet both of your palms from a cup of water and take a pinch of salt and rub your palms together and ball 6 balls (each ball would weigh about 40g) of rice tight and nice.

2. Cover them up

Place cucumbers in a circle, slightly overlapping each other like in the photo shown and place over the onigiri/rice ball.

3. Roll in sesame

Fill a bowl with white sesames. Place a ball of onigiri into the bowl and swirl the bowl to coat the onigiri. Do the same with black sesames.

4. Add green peas

Mix the rest of the rice with green peas and ball them like other onigiris with salt and water on your palms and you are done!

Did you know that?

Onigiris are basically an umami bomb.

Why? Because rice is umami-rich and super tasty! We all love rice dishes but did you know it has other qualities? The Great Wall of China is said to be held together with sticky rice. While it was being built during the Ming dynasty, workers used a porridge made with rice along with calcium carbonate as a mortar to hold the wall's stones together.



KARAAGE (KAH-RAH-AH-GEH) JAPANESE FRIED CHICKEN

Fried Chicken With a Japanese Twist

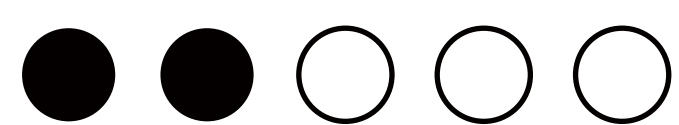


10 min

Preparation

10 min

Cooking



Difficulty

List of ingredients

1 Tsp	Maple syrup	2 Tbs	White wine
1 Clove	Minced garlic		(Sake if you have any)
1 Tsp	Minced ginger	2 Tbs	Potato starch
6 Tbs	Potato starch		(corn starch can be substituted)
1.5 Tbs	Soy sauce/Tamari	10.5 oz	Chicken thigh/breast
1	Ziploc bag		meat cut into bite size

Oil of your choice for frying

KARAAGE (KAH-RAH-AH-GEH) JAPANESE FRIED CHICKEN

Cooking Steps

1. Massage it

In a Ziploc, place chicken cut into good bite sizes, minced garlic and ginger, white wine, maple syrup, soy sauce/tamari and 2 Tbs of potato starch. Close the Ziploc, massage the bag to marinate the chicken. Keep the bag in the fridge for 10 mins – overnight if you can as your chicken will become very flavorful and tender. (If you are short of time, you can proceed)

2. Heat it up

Heat oil in a pan. Ideally to 190C/370F.

3. Cook it

Coat your chicken with potato starch and fry for about 1-2 mins until golden brown.(Cut into a thick piece to make sure your frying time is enough to cook it through)

4. Drain it

Transfer chicken pieces to a sieve, lined with a paper towel and lose its excess oil.

5. Serve it up

Fill bento when the chicken has cooled down some.You won't regret your effort on this one!

Did you know that?

The secret umami ingredients here are actually garlic and ginger. Garlic has been around for quite a while and is strongly intertwined not only with cuisine but with culture and history. Ancient Egyptians used to swear on garlic when taking an oath and legend has it that Chicago is named after garlic - "Chicagaoua" was the Native American word for a wild garlic.



SIMPLE POTATO GRATIN

Luxurious Comfort Food

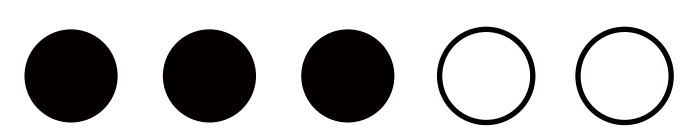


15 min

Preparation

20 min

Cooking



Difficulty

List of ingredients

1/2	Clove of garlic minced	3	Potatoes -sliced (medium size)
1/2	Salt	1/4	Onion- sliced (medium size)
1 Pinch	Pepper	1/2	1 Cup vegan cream of your choice
3.5 oz	Vegan shredded cheese		
1 Tsp	Olive oil		

SIMPLE POTATO GRATIN

Cooking Steps

1. Peel and cut

Peel potatoes and cut them into 6-7mm thin slices and soak them in water for 3 mins.

2. Sauté it

In a non-stick frying pan, heat olive oil and sauté garlic and onion until soft then add potato slices with salt and sauté some more for 2 mins and add your choice of cream and cook while stirring until half the cream is reduced.

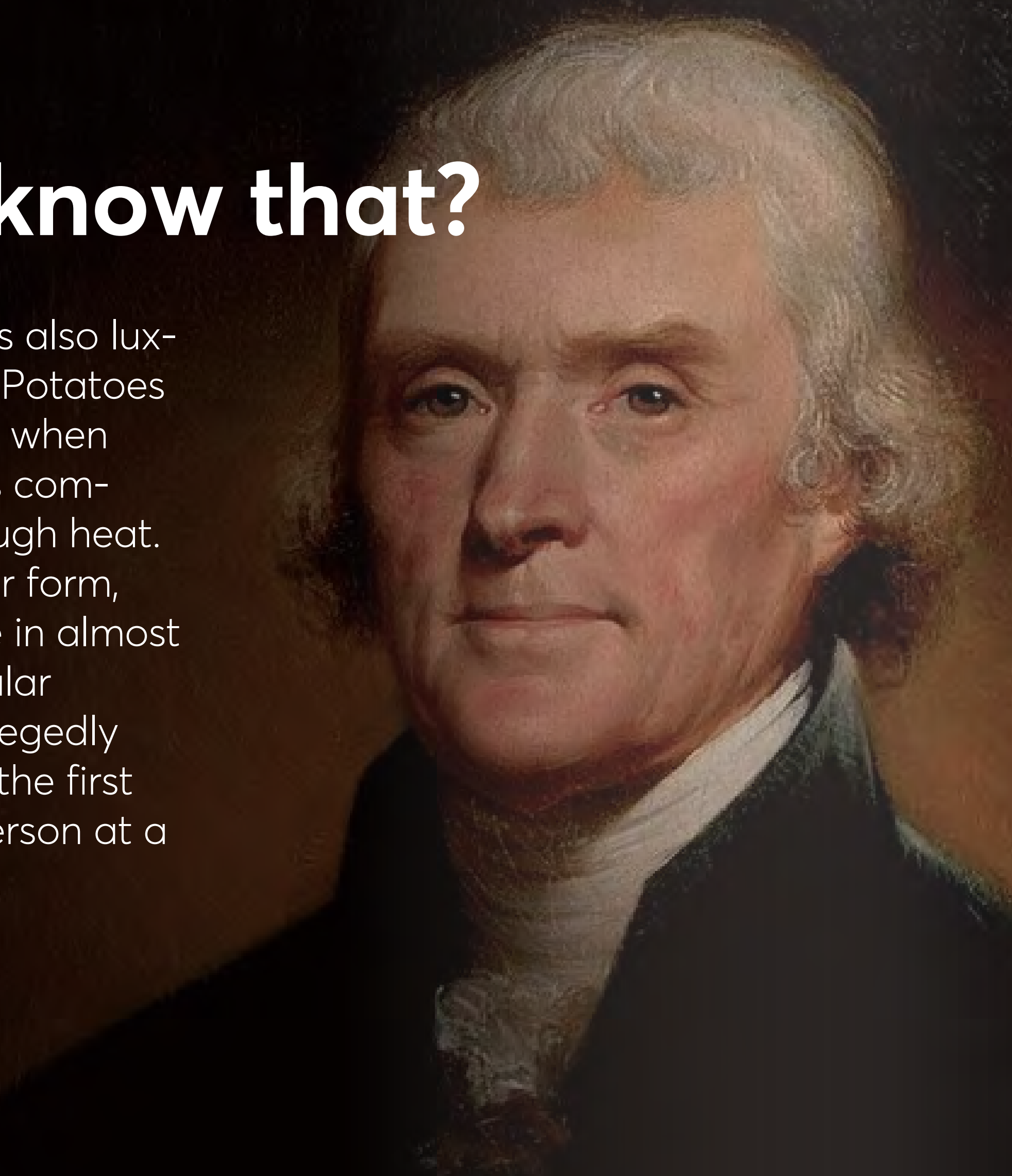
3. Fill and bake

Fill the Umami Glass container with potatoes and layer the top with cheese. And bake for 20 mins at 200C/390F.

Note: You can bake right away or bring the glass bento to your destination and bake there also.

Did you know that?

A comfort food that is also luxurious and indulgent. Potatoes give off umami flavor when cooked as its flavor is completely changed through heat. Loved in any shape or form, potatoes are a staple in almost any cuisine. The popular "French fries" were allegedly served in the U.S. for the first time by Thomas Jefferson at a presidential dinner.



ROASTED PUMPKIN AND BEANS

A Nutritious Meal and Cinderella's Carriage



10 min

Preparation

20 min

Cooking



Difficulty

List of ingredients

½ Can	Kidney beans	½ Tsp	Cumin powder
4.5 oz	Pasta of your choice	½ Tsp	Paprika powder
1 Tbs	Salt for cooking pasta	½ Tsp	Salt
1	Minced garlic clove	2 Tsp	Shredded vegan cheese
¼	Diced onion	¼	Kabocha pumpkin
1 Tsp	Olive oil		(or any other kind of pumpkin)

ROASTED PUMPKIN AND BEANS

Cooking Steps

1. Slice it up

Slice pumpkin into bite sizes and steam/boil until slightly soft but not entirely and set aside.

2. Cook the pasta

Boil pasta in salt water (on the harder side) and set aside.

3. Sauté it

Heat olive oil in a skillet/frying pan, sauté onion and garlic until soft and mix in salt, cumin and paprika powder.

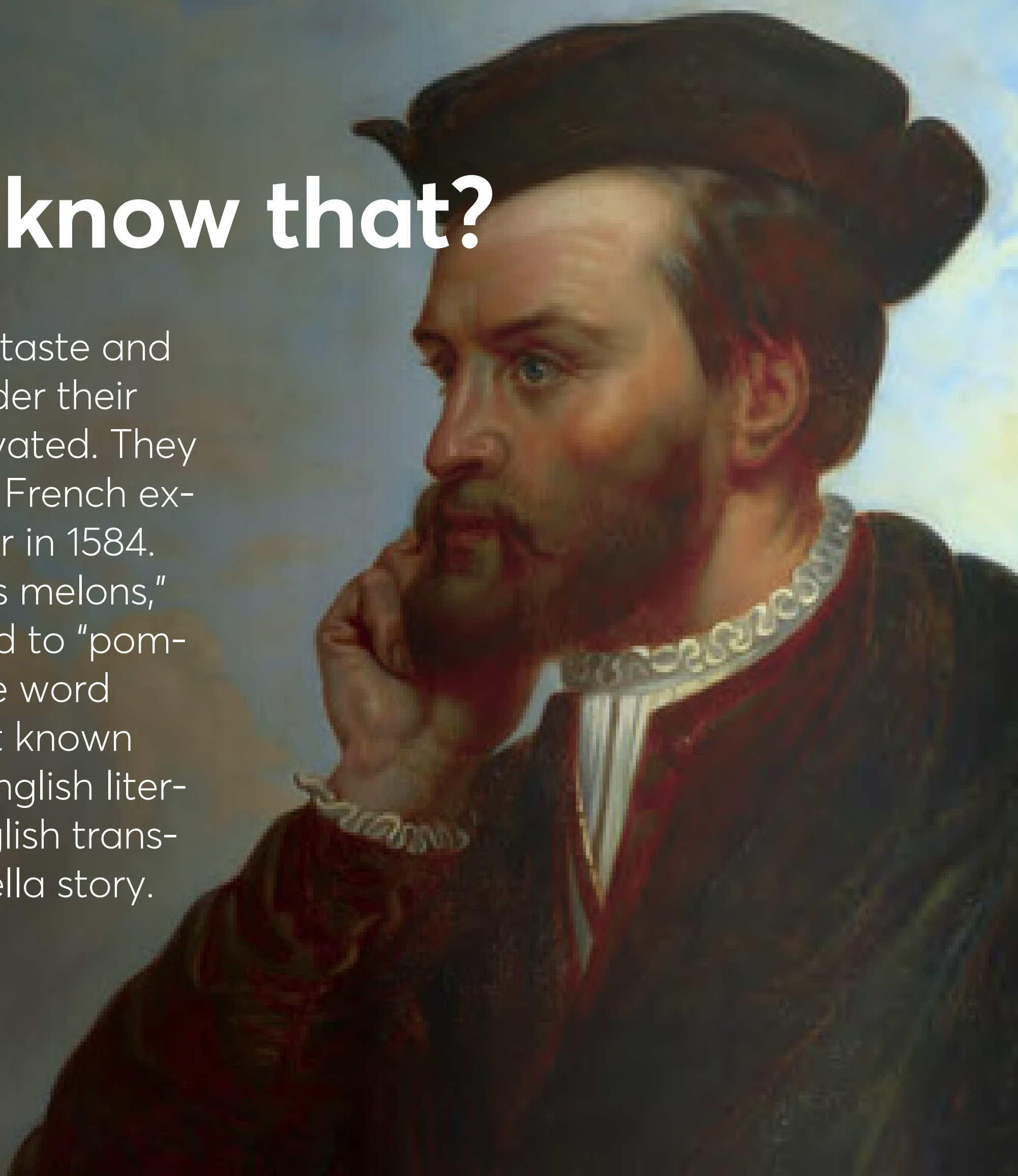
4. Put it in the oven

Toss pumpkin, pasta, kidney beans and onion mix into Umami glass bento and layer with cheese on top and bake for 15-20 mins at 200C/390F and your cozy dish is ready.

Note: You can bake right away or bring the glass bento to your destination and bake there also.

Did you know that?

Pumpkins are full of taste and nutrients so no wonder their umami has us captivated. They were first named by French explorer Jaques Cartier in 1584. He called them "gros melons," which was translated to "pompions" in English. The word evolved and the first known use of the word in English literature was in the English translation of the Cinderella story.



EGG MAYO SANDWICH

Colorfull Take on a Classic

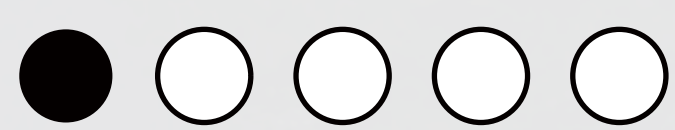


15 min

Preparation

10 min

Cooking



Difficulty

List of ingredients

1	Cooking sheet	1/6	Shredded red cabbage
1/2 Tsp	Mustard	2 Slices	Soft morning bread/Shokupan
1	Egg	2 Tbs	Mayonnaise of your choice
Pinches	Salt	1/2 Tsp	Butter of your choice
1/6	Sliced/shredded lettuce		(enough to butter bread)

EGG MAYO SANDWICH

Cooking Steps

1. Boil it

Hard boil your eggs and mash with mayonnaise and salt to make egg mayo.

2. Butter it up

Spread butter on bread then mustard and shred both lettuce and red cabbage.

3. Layer it up

Spread a good sized cooking paper (big enough to be able to wrap a sandwich) on the table and place a bread with buttered surface up and place all the shredded red cabbage, then egg mayo, then the shredded lettuce and place the other bread with butter spread on the inside.

4. Wrap it

Wrap the sandwich as if wrapping a gift as tight as possible then use rubber bands to secure it and let it sit in the fridge for about 10 mins then cut into half.

Enjoy!

Did you know that?

Eggs, known as the 'nature's multivitamin' are not only good for us but also naturally umami packed and a delicious source of protein. So healthy and tasty that some people are obsessed with eggs. The world record for eating hard-boiled eggs is 65 in 6min 40sec, by Sonya Thomas in 2003. She would have eaten more but they ran out of eggs.

