



AND

Lamb Weston 
SEEING POSSIBILITIES IN POTATOES

PRESENT

Menu Inspiration





Breakfast

Bacon, Eggs, Mushroom and Tomato

(WORKING LUNCH, ENTRÉE, CANAPE)

WHAT YOU'LL NEED

- [Lamb Weston® Munchskins®](#)
- Eggs
- Bacon pieces - Three Fat Pigs
- Mushrooms quartered
- Sundried tomatoes

INSTRUCTIONS

1. Line the Munchskins with a little grated cheese and crack in an egg.
2. Place sundried tomato, mushroom and bacon pieces on top of egg.
3. Bake at 180 °C for 15-20Mins until hot and egg is cooked and golden on top



Breakfast Munchskin®



On the Run

Baked Beans and Cheese

(WORKING LUNCH, ENTRÉE, CANAPE)

WHAT YOU'LL NEED

- [Lamb Weston® Munchskins®](#)
- Baked Beans
- Cheese

INSTRUCTIONS

1. Line the Munchskins with a little grated cheese.
2. Add baked beans and top with grated cheese.
3. Bake at 180 °C for 15-20mins until hot and golden



Vegetarian Pumpkin Spinach and Feta

(WORKING LUNCH, ENTRÉE, CANAPE)

WHAT YOU'LL NEED

- [Lamb Weston® Munchskins®](#)
- Mashed potato
- Pumpkin
- Egg
- Spinach
- Feta
- Capsicum
- Cheese

INSTRUCTIONS

1. Roast Pumpkin pieces (olive oil, garlic and seasoning). Once cooled slightly mash and fold through chopped parsley, baby spinach, feta and one egg as a binder.
2. Fill each Munchskin with roast pumpkin mix and top with a little more feta and thin slice red pepper for garnish
3. Bake 180 °C for 15-20 mins or until hot and cheese is golden.



Sweet Corn and Bacon

(WORKING LUNCH, ENTRÉE, CANAPE)

WHAT YOU'LL NEED

- [Lamb Weston® Munchskins®](#)
- Cheese
- Canned Cream Corn
- Streaky Bacon – Three Fat Pigs

INSTRUCTIONS

1. Line the Munchskins with a little grated cheese.
2. Fill each Munchkin with creamed corn, and top with cheese and bacon pieces.
3. Bake at 180 °C for 15-20 mins or until hot and cheese is golden



Smoked Fish Pie

(WORKING LUNCH, ENTRÉE, CANAPE)

WHAT YOU'LL NEED

- [Lamb Weston® Munchskins®](#)
- Tin Smoked Fish
- Béchamel Sauce
- Chopped Parsley
- Seasoned Mash Potato
- Grated Cheese

INSTRUCTIONS

1. Line the Munchskins with a little grated cheese.
2. Combine the smoked fish, Béchamel sauce and fill Munchkin.
3. Add a dollop of seasoned mash potato on top.
4. Bake at 180 °C for 15-20mins until hot and golden



Smoked Fish Pie



Smoked Chicken with basil pesto

(WORKING LUNCH, ENTRÉE, CANAPE)

WHAT YOU'LL NEED

- [Lamb Weston® Munchskins®](#)
- Smoked chicken breast cut into mouth size pieces
- Béchamel Sauce
- Basil Pesto
- Diced Red pepper
- Pinenuts

INSTRUCTIONS

1. Line the Munchskins with a little grated cheese.
2. Combine the smoked chicken, Béchamel sauce, basil pesto, red pepper and pinenuts and fill each Munchskin.
3. Bake at 180 °C for 15-20mins until hot



Kumara Mash

with roast beef

(WORKING LUNCH, ENTRÉE, CANAPE)

WHAT YOU'LL NEED

- [Lamb Weston® Munchskins®](#)
- Blue Cheese
- Med-Rare Sliced Beef
- Horseradish
- Sour Cream

INSTRUCTIONS

1. Line the Munchskins with a little grated cheese.
2. Combine the kumara mash, horse radish and sour cream.
3. Fill one side of the Munchskin with Kumara mix and the other side with a folded slice of beef.
4. Bake at 180 °C for 15-20mins until hot and add piece of blue cheese as garnish 5 mins before end.

