



# Wholesome Lunch Pairings for Your Guests

📅 December 1, 2020. Share: [f](#) [🐦](#)

*Quick ideas for wholesome lunch pairings that hit the spot for guests wanting healthier options*

The mid-work break for lunch is a welcome event to socialise with co-workers and get away from the desk. This in turn is a golden nugget for restaurants when it comes to incoming footfall! Meeting guests' lunch expectations, however, is a whole different game. But one thing is a given: they consistently appreciate nourishing dishes served quickly.

Our [chefs](#) have come up with some easy-to-prepare, vegetable-based lunch pairings for you to add to your Lunch Daily Specials—and they're hearty enough to please your meat-loving guests too.

## Roasted Cauliflower and Chili

When roasted, cauliflower takes on a full, earthy musk flavour. Spicy ingredients such as chillies emphasize the sweetness of the cauliflower.

## Red Cabbage and Ginger

Spicy ginger complements the robust red cabbage and gains a bittersweet taste when stir-fried. You can also use these ingredients raw to make a nourishing salad.

## Spinach and Chickpeas

Spinach and chickpeas are a centuries-old pairing. Combine wilted spinach with chickpeas and cumin for a salad or make a farinata of chickpeas served with toasted chickpeas.

## Rice and Beans OR Rice and Lentils

Make a hearty Middle Eastern Majadara (rice and lentils with brown rice) as a side dish or the base for a Middle Eastern rice bowl. Also, consider making a hearty “fajita” with brown rice, beans and vegetables.

## Chickpeas and Tahini

The classic components of hummus give your guests a great source of plant-based protein. Combine into a paste or create a chopped salad with chickpeas and tahini served with herbs and a complimentary dressing.

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