

# CREATE A FUNGAL LUNCH

There are heaps of everyday foods we eat that are fungus or made using fungi. Can you use (and better yet combine) fungal ingredients and make an epic lunch box?

## Here are some fungi-rific ingredients to get you started:

- Marmite
- Yeast
- Yeast breads (sourdough, English muffins, rēwena bread, pizza base etc.)
- Soy sauce
- Chocolate
- Salami
- Miso
- Mushrooms
- Coffee
- Mould cheeses (brie, camembert, blue vein, stilton etc.)
- Ginger beer
- Quorn
- Tempeh
- Kombucha
- Horace (see page 7)

Pātai  
| Challenge

CELEBRATING  
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Send in a picture of your creation/s to [kcc@forestandbird.org.nz](mailto:kcc@forestandbird.org.nz) by 29 March 2024 to be in to win one of 10 fungi prizes.

**TIP:** How many fungal ingredients you use is one of the judging criteria - the more the better!

We've made this challenge with



Make a free account, and find out more about fungi and food at [tenz.org.nz/resource-store](https://tenz.org.nz/resource-store)

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