



# Camping Meal Planner (v)

## Mains

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### Halloumi Kebabs

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225 g halloumi, in 2cm cubes  
1 pepper, 2cm cubes  
1 courgette,  
140 g cherry tomatoes,  
halved  
chilli powder (optional)  
1 lemon  
olive oil  
black pepper

Soak 8 wooden skewers in cold water to soak. Place halloumi & pepper in a bowl. Cut courgette in half lengthways & then slice, add to bowl with the tomatoes. Add chilli powder to taste if using. Finely grate the lemon zest, then add to the bowl along with 2 tablespoons of olive oil. Season with a pinch of pepper, then mix well to coat. Thread the halloumi, tomatoes, pepper & courgette on to the skewers and bbq, turning during cooking

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### Vegi Chilli Bowl

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2 garlic cloves , crushed  
olive oil  
1 tsp chilli powder  
2 tsp ground cumin  
250g chestnut  
mushrooms , quartered  
400g tin of chopped  
tomatoes  
400g tin of kidney  
beans

Fry garlic & chilli for 2 mins. Add cumin & mushrooms & cook for 3 mins. Add tomatoes, kidney beans & 200ml water. Simmer for 15 mins. Serve with sweet baked potato

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### Broccoli Pasta

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350g pasta of choice  
1 head broccoli, cut into small florets  
1 1/2 tblsp olive oil  
1 red onion, finely chopped  
2 garlic cloves, crushed  
1 tsp finely grated lemon rind & zest to serve  
1/2 tsp chilli powder  
400g can chickpeas, rinsed and drained  
2 tsp lemon juice  
ricotta to serve

Cook pasta, adding broccoli for last 3 mins. Drain, reserving 60ml cooking liquid. Return to pan. Heat the olive oil, cook the onion for 3-4 mins or until softened. Add garlic, lemon rind & chilli, cook for 1 min or until fragrant. Add the chickpeas, cook for 1 min, then add to pasta, with reserved cooking liquid & lemon juice. Season & serve



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## Breakfasts

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### Pancakes

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225g plain flour  
3 tsp baking powder  
pinch salt  
4 tbsp caster sugar  
50g melted butter  
125ml milk  
125ml buttermilk (can  
use all milk)  
2 eggs  
1 tsp vanilla extract

Combine all ingredients well with a whisk. In a large frying pan you can cook 4 pancakes at a time (about a tblsp each). Fry for 2 minutes on one side before flipping. Serve with topping of your choice, eg honey, banana, chocolate spread, fresh berries  
The batter can be made in advance & kept cold

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### Eggy Bread

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4 eggs  
4 slices of bread  
4 tblsp milk  
knob of butter

Whisk the eggs in a bowl with the milk. One at a time, dip the slices of bread in the egg mixture until properly coated. (Thick slices of bread work best). Then fry in a small knob of butter, turning over after a few minutes, until both sides are golden brown.

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### Burritos

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4 Flour Tortillas  
1 red onion  
3 medium potatoes  
8 mushrooms  
3 eggs, beaten  
100g Cheddar (grated)  
1 tblsp Oil  
Salt and pepper

Dice the potato & par boil in a pan of lightly salted water. Dice the onion & fry for 2 mins in the oil, add chopped mushrooms & fry until cooked. Add the egg mixture & keep stirring until the eggs are cooked. To serve, place a large spoonful on a tortilla, top with cheese and roll up



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## Shopping List

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### Main Ingredients

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Butter  
100g Cheddar (op)  
250g Ricotta  
225g halloumi  
Milk  
Buttermilk (op)  
9 Eggs  
1 Loaf Bread  
Flour tortillas  
2 red onions  
3 med potatoes  
500g mushrooms  
2 lemons  
2 courgettes  
2 peppers  
250g cherry toms  
1 head broccoli

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### Store Cupboard

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salt & pepper  
olive oil  
garlic  
plain flour  
baking powder  
caster sugar  
vanilla extract  
chilli powder  
cumin  
400g tin tomatoes  
400g kidney beans  
350g pasta  
400g tin chickpeas

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### Optional Extras

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side dishes/veg/salad  
pancake toppings  
tea/coffee/sugar  
soft drinks  
snacks