



Camping Meal Planner (v)

Mains

Halloumi Kebabs

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

Vegi Chilli Bowl

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

Broccoli Pasta

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

Pancakes

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

Eggy Bread

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.

Burritos

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

Main Ingredients

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

Store Cupboard

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

Optional Extras

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