



MEALS *on* WHEELS

Easy Caravan Meals



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Meal Planning For Road Trips

FLEXIBILITY

This is key when on a trip away, partly because you don't want to be tied down to a strict schedule; part of the joy of a holiday is the escape from routine and have the freedom to change/make plans based on how you're feeling that day (and the weather!)

VERSATILITY

You also have to take into account that there's not much space in a touring caravan, so having ingredients/equipment that can be used in various ways is really helpful, for example, think about one pot meals.

INGREDIENTS

Take ingredients that can be used in different ways; things such as rice, pasta, spices, tinned beans and pulses.

PREPARATION

Because of limited space, equipment and time, you don't want to have to spend ages chopping and preparing ingredients. You could try measuring out, and storing, ingredients in small containers or resealable bags to avoid having to take big containers/packages with you. It's saves you having to rummage through bags trying to find the right ingredients if you just have a small bag with some flour in, for example, or some chopped veg or pre-grated cheese.

ORGANISATION

With limited space it pays to be organised, and tidy, so clean up as you go.

LOCAL PRODUCE

You could use your trip as a chance to try something new and buy local fresh, seasonal food from local farm shops, markets etc.



EQUIPMENT

Most caravans have a small hob, maybe even a small oven or grill/microwave, but whatever you have will be a lot smaller than you're used to.

Multipurpose pans are great for cooking in a small space, especially pans that have removeable handles as these can be stored really easily in a small space, or collapsible items that can be folded, such as **colanders and measuring cups**. You could also take a foldable **stove/barbecue** for warm days; you'll have more space outdoors and your caravan won't smell of food.

Make sure your caravan has a **fire extinguisher, or fire blanket** and that your smoke/carbon monoxide alarms are working.

Remember to open windows/doors to ensure good ventilation and keep any clutter away from **naked flames**.



SAFETY



BREAKFAST IDEAS

Breakfast Hash



INGREDIENTS:

- Diced potatoes (leftover cooked potatoes are great for this)
- 1 small onion
- 2 - 3 eggs
- 1 green pepper
- Handful of mushrooms
- Chopped sausage
- Chopped bacon
- Grated cheese
- Cooking oil

METHOD:

Heat the oil in the pan and cook the potatoes until tender and starting to brown, then add the onion, mushrooms, peppers and meat.

Once it's all cooked, make a gap in the mixture to crack the eggs into, cook until done then sprinkle grated cheese over.

French Toast

INGREDIENTS:

- 4 slices of bread
- 1 egg
- ¼ cup of milk
- Butter
- Optional - 1 tsp vanilla extract or ½ tsp cinnamon
- Toppings - sugar, honey, maple syrup, jam, chocolate spread

METHOD:

Mix the eggs and milk together in a bowl, add the vanilla/cinnamon if using, then dip the bread in the mixture so it's fully coated.

Then heat the butter in a frying pan, add the bread and fry until golden brown.



QUICK LUNCHES

Grilled Halloumi Flatbreads

INGREDIENTS

- Halloumi
- Hummus
- Coleslaw
- Pack of salad leaves
- Grated carrot
- Flatbread

METHOD

Grill the flatbreads and halloumi then fill the flatbread with the ingredients.

Tortilla Pizza

INGREDIENTS:

- Large tortilla wraps
- Tomato puree/passata
- Mozzarella
- Grated cheese
- Chopped veg - peppers, mushrooms
- Pepperoni, chorizo, ham, chopped chicken, tuna
- Olive oil

METHOD:

Prepare your tortillas by lightly toasting them in a pan, then spread the tomato puree/passata on it, add your toppings with the cheese then drizzle a bit of olive oil on top and pop it under the grill.



EASY DINNERS

Lentil And Sweet Potato Stew



INGREDIENTS:

- 1 onion
- 2 garlic cloves, chopped
- 4 sweet potatoes, chopped
- Lentils
- Coriander to garnish
- 1 tsp cumin
- Vegetable stock
- Olive oil

METHOD:

Cook onion in the oil until soft, then add the chopped garlic. Add the sweet potato and cook until soft, then add the lentils and cumin and pour on the stock.

Simmer until everything is cooked then serve with rice, potatoes or flatbreads with chopped coriander to garnish.



Smoked Salmon Linguine

INGREDIENTS:

- Smoked salmon cut into strips
- 6 spring onions
- 1 pepper, cut into strips
- Chopped parsley
- Olive oil
- 1 tbsp cream cheese
- Pinch of cayenne pepper

METHOD:

Cook the linguine, drain it and keep a small cup of the water. Heat the oil, add the onions and peppers and stir, then add the salmon and cream cheese and parsley.

Add the linguine and some of the pasta water to loosen it up if needed.

Top with a pinch of cayenne pepper to taste and the rest of the parsley.

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good food
good times
great adventures