THE
CAMPING
COOK BOOK
2018

HERE AT GO OUTDOORS WE'RE EXCITED TO INTRODUCE YOU TO OUR THIRD CAMPING COOKBOOK!

It's that time of year again. All we want to do is pull on our hiking boots, pitch the tent and start exploring the great outdoors. To help you get the most out of your holiday and enjoy a whole host of flavours at the same time, we're proud to introduce our third camping cookbook.

Our 2016 edition encompassed plenty of delicious, easy-to-make dishes, while our second cookbook was a diet-friendly version. Why should veggies, vegans and pescatarians miss out on tasty treats by the campfire?

This year, we've pulled out all the stops to collate our favourite one-pot recipes – from our favourite camping bloggers – so you can refuel after a long day with scrumptious food and simultaneously save on preparation time and washing up! Discover breakfast, lunch and supper recipes and you'll realise we've got something for all palates!

GO Outdoors

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V *Vegetarian*

VE *Vegan*

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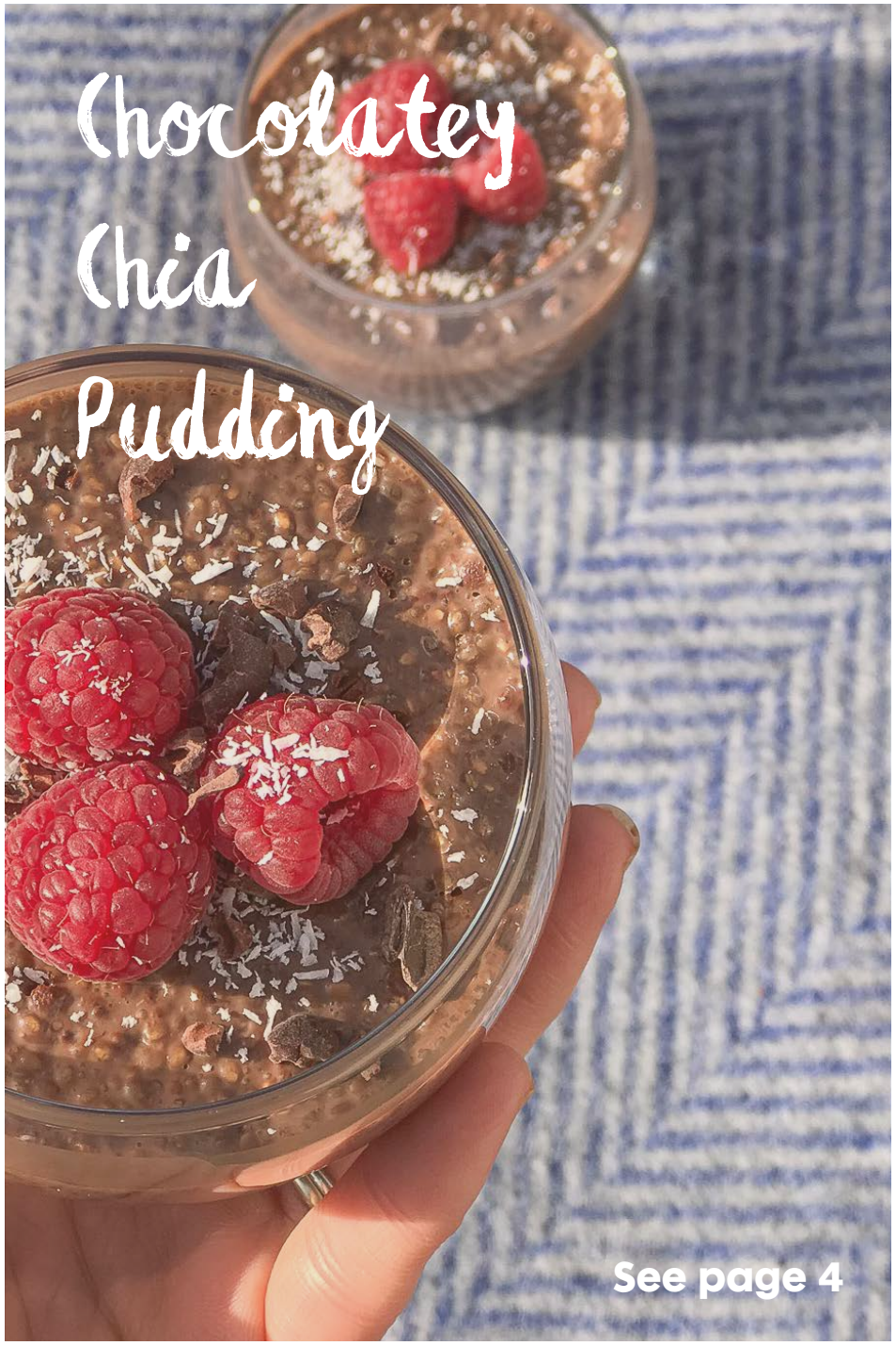
Breakfast

Some say that breakfast is the most important meal of the day and here at GO Outdoors, we wholeheartedly agree. With hours of adventuring ahead and the whole of the great outdoors to explore, you'll need all the nourishment you can get when you're out camping. It helps if your meal tastes great too!

We've got potato and egg cakes, cinnamon apple oats and more to tantalise your taste buds and energise you for the day!



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CURLY'S COOKING

Cat – aka Curly – is a home cook and she likes nothing more than a day in the kitchen cooking and baking. You'll see a whole host of delicious recipes on her blog, from sweet to savoury, so you'll definitely find something to suit your tastes.

www.curlyscooking.co.uk/

Potato and Egg Cakes (V)

Ingredients to serve 2

- 400g mashed potato, cold
- 2 eggs
- 1/2 tsp salt
- Pinch of pepper
- 2 tbsp sunflower oil

Method

1. Take the leftover mashed potato out of the fridge and break it up a bit using a fork. Add the eggs, salt and pepper to the mashed potato and mix.

2. Heat some of the oil in a large frying pan over a medium heat.

3. Spoon a large spoonful of the mixture into the pan and allow to spread out until the 'cake' is the same thickness all over.

4. Allow to cook for around 4 minutes on each side until golden brown and then flip and cook for the same amount of time on the other side.

5. Keep cooking until all of the mix is used up. Don't overcrowd the pan, and add more oil as needed.

Serve as they are or with whichever toppings take your fancy!

How to cook GOOD FOOD

Laura has always loved cooking and she believes that sharing and enjoying food makes life good! Though she used to be a chef, she now runs her blog, How to Cook Good Food and works as a cookery tutor and supper club host.

www.howtocookgoodfood.co.uk/

Overnight Cinnamon Apple Oats

V VE

Ingredients

- 50g organic oats
- 130ml almond milk or organic whole milk
- A handful of organic sultanas
- 1 tbsp organic maple syrup
- 3 organic pitted dates, roughly chopped
- ½ an organic apple, grated
- Pinch of organic cinnamon
- ½ tsp organic vanilla bean paste
- A pinch of salt
- Zest of ½ an organic lemon
- A pinch of chia seeds

Toppings:

- **Apple compote**
- **Flaked almonds**
- **Chia seeds**
- **Toasted pumpkin & sunflower seeds**

Method

1. Place all of the above ingredients (other than the toppings) into a jam jar, Kilner jar or plastic container and leave in your fridge overnight.

2. When you are ready to eat your breakfast, remove the oats from the fridge, place into a bowl and top with some of the suggested toppings.

3. If the overnight oats have become too thick, simply add a splash more milk before serving. This mixture will keep in the fridge for up to 48 hours, so you can make a double batch to enjoy over a couple of days.

Overnight cinnamon apple oats make a nutritious and delicious start to your day.

ONE INGREDIENT CHEF

Andrew Olson is the founder and recipe developer at One Ingredient Chef, where his mission is to revolutionise the way the world eats. He wants you to become healthier than ever before while cooking the best food of your life. Oneingredientchef.com provides hundreds of delicious step-by-step recipes using only natural, unprocessed, plant-based ingredients.

www.oneingredientchef.com

Quinoa Superfood Breakfast Skillet

V VE

Ingredients to serve 2

- 2 cups cooked quinoa
- 1 lemon (juice)
- Pinch of salt
- 1 cup light coconut milk
- 2 bananas
- 1 cup berries (1/2 cup of two kinds)
- 1/3 cup walnuts
- 1-2 tbsp chia seeds
- 1 tsp vanilla
- 1-2 tbsp maple syrup
- Maca powder (optional)
- Chopped mint (for garnish)

Method

1. Having leftover quinoa to use in this recipe makes it even easier, but if you're making it fresh, do that first. The recipe calls for about 2 cups of fluffy quinoa, which means you'll need to start out with 1 cup of dry quinoa and 2 cups of water.

2. With the quinoa ready, add it to a large skillet along with a pinch of salt and some lemon juice. Then add the coconut milk and banana (cut into rounds). Turn the heat to medium-low and give these ingredients about 5 minutes to simmer, stirring occasionally.

NOTE: If you want to make a lower-calorie option, you can use any non-dairy milk but it won't be nearly as creamy.

3. Next, add all the remaining ingredients (minus the mint) and give it another 5 minutes until most of the coconut milk is absorbed, and everything is blending together beautifully. Garnish with some fresh chopped mint leaves and enjoy!

COCKTAILS AND WANDERLUST

Laura Ramage is a lifestyle blogger from Cornwall who has a passion for health & fitness, travel and the outdoors. From surfing and SUPing to exploring the coastal paths, Laura's blog aims to share new and exciting ways of leading a well-balanced lifestyle.

www.cocktailsandwanderlust.com

Chocolatey Chia Pudding V VE

Ingredients

- 1/2 cup chia seeds
- 2 cups of almond and dark chocolate milk or chocolate soya milk
- 1 tbsp cacao powder (**optional**)
- 1 tbsp maple syrup (**optional**)
- Handful of raspberries (**optional**)
- 1 tbsp desiccated coconut (**optional**)

Method

1. Add all ingredients to the bowl and mix immediately.

2. Pour the mixture into the glasses / jars and leave to set for two hours.

3. When you are ready to serve, sprinkle the raspberries and desiccated coconut on top.

4. Enjoy!

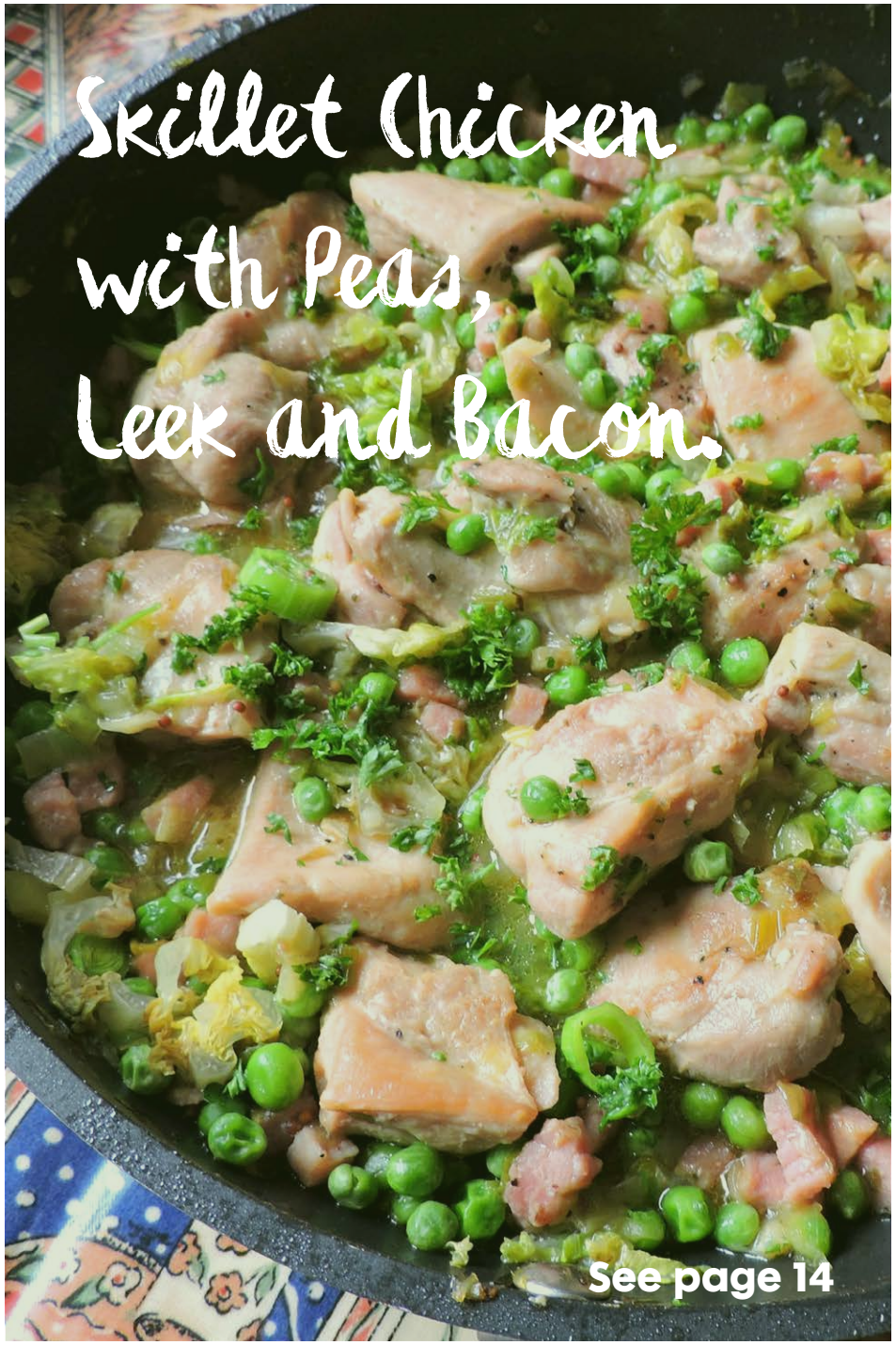
What you'll need

- 1 measuring cup
- 1 bowl
- 2 jam jars or short glasses
- Fridge or cool box

Lunch

When you're getting back to nature it's important to keep yourself energised, but you probably won't want to carry around hordes of camping equipment while you're adventuring. That's where these one-pot lunch recipes really shine!

Minimal gear, minimal washing up and maximum taste. Delicious and filling, our delectable collection includes grilled sweet potato pouches, chicken and chorizo risotto and Moroccan chicken flatbreads from top culinary bloggers.



BEACH HUT COOK

Elinor Hill, the Beach Hut Cook, lives by the sea and she genuinely has a beach hut that she often cooks in. She specialises in making simple yet tasty food for her family, and in her words, "There is nothing better than a feast by the sea with the odd cocktail or two thrown in."

www.beachhutcook.com/

Moroccan Chicken Flatbreads

Ingredients

- 6 chicken breasts, cubed
- 2 lemons, halved and juice of 1
- 3 garlic cloves, crushed
- 1 red chilli, halved
- 1 tbsp oil
- 150ml buttermilk
- 2 tsp paprika
- 1 tsp ground cumin
- 1/2 tsp ground ginger
- 1/2 tsp turmeric
- 1/2 tsp ground cinnamon
- A good grinding of sea salt and black pepper
- 1 handful of fresh coriander, stalks and leaves finely chopped
- Your choice of flatbreads

Method

1. Place the chicken in a large sealable bag and then add the remaining ingredients and massage the bag until well combined and the chicken is covered.

2. Allow to marinade for 2-4 hours.

3. Build your fire/BBQ and once up to temperature add your skillet or frying pan to the heat. Then check it's nice and hot by adding a small amount of the chicken and if it has a good sizzle then you are ready to go. Add the chicken a spoonful at a time so as not to overcrowd your pan, which will reduce the heat. We want it good and hot so it cooks the chicken thoroughly!

4. You will see that I added lemon halves to the marinade, and once cooked, these become all charred and the insides all jammy. When the dish is ready, squeeze out the flesh and it makes the most delicious addition to the final dish.

5. Remove the pan from the heat and allow to rest for a few minutes while you heat the flatbreads on the fire. Then just serve and enjoy!

A delicious, richly spiced buttermilk marinade that can be made ahead of time.

CHEF BEHERE

I'm Hayley, a home-baking and meat-free food blogger from Sheffield, UK. The ChefBeHere blog records my adventures with veggie recipes for every meal of the day... and any occasion to eat in between! I also share snippets of my days and generally wonder about life. I hope to inspire my readers to enjoy the time they spend in their kitchen; to eat well, feel good and cook creatively.

www.chefbehere.blogspot.co.uk

Sun-Dried Tomato and Giant Couscous Greek Salad

V

Time taken: Half an hour start to finish

Ingredients to serve 2

- A splash of olive oil
- 300g sun-dried tomatoes
- 200g giant couscous
- 1 lemon
- 150g feta cheese
- Salt and pepper
- A large handful of fresh basil

Method

1. Set a kettle boiling and measure 200g giant couscous into a bowl with a pinch of salt. Fill the bowl to the brim with boiling water, then cover and leave to cook for 5 minutes. Meanwhile, chop your sundried tomatoes into small bites (or you can break apart with your hands) and halve your lemon.

2. Once your couscous is cooked – when each grain has grown to about the size of a BB pellet or a Solero shot – drain and tip it into a large mixing bowl. Mix with the juice of your lemon and a glug of olive oil then leave to cool for a short while.

3. Once cool, tip your tomatoes into the bowl of couscous along with a large handful of basil leaves – which you can use your hands to tear up as you add to the bowl. Then, crumble the feta cheese into the bowl with your fingertips. Season with salt and pepper.

Give everything a good stir together and you're ready to go! Serve up and tuck in.

SWEET MONDAY

Kim started Sweet Monday almost 8 years ago with a love for food, but being in her early twenties she had very little experience in the kitchen! Now Kim's passion for both eating great food and creating great recipes consumes a large portion of her content. Couple this with travel, and Kim has found that no matter where you are in the world, and no matter how small your stove is, you can always whip up a delicious meal. Some of her fondest camping memories have been waking up and making breakfast in the great outdoors.

www.sweetmonday.co.uk/

One-Cup Tomato and Feta Savoury Pancakes (V)

Ingredients to serve 2

- 1 cup self-raising flour
- 1 cup semi-skimmed milk
- 1 egg
- 4 spring onions, finely chopped
- 1 large handful of cherry tomatoes, quartered
- 100g feta
- 1 avocado; halved, destoned and sliced
- Rocket salad
- Salt and pepper

Method

1. Whisk the flour, milk and egg in a large bowl.

2. Add three quarters of the spring onion, tomato and feta, and stir thoroughly.

3. Heat a touch of oil in a frying pan on a medium heat. Using a ladle, spoon your mixture into the pan, 1 or 2 spoonfuls at a time (depending on the size of your pan).

4. When the mixture begins to bubble, use a fish slice to carefully flip each pancake over and cook on the other side.

5. Serve the pancakes on a bed of rocket, then sprinkle over the remaining tomatoes, feta and spring onions and a pinch of salt and pepper.

CASSIE FAIRY

I'm Cassie Fairy, a thrifty lifestyle blogger and magazine writer. I enjoy discussing design trends and I love to 'get the look for less' by sharing easy craft projects and budget DIY makeovers. I am possibly the thriftiest person you'll ever meet – my biggest gripe is buying something new if I could get it cheaper or even free by recycling or shopping secondhand. Cassiefairy.com is where I share my best money-saving tips and DIY projects.

www.cassiefairy.com/

One-Pot Chicken and Chorizo Risotto

This is an easy recipe to make in a single pot and you can vary the ingredients to make different versions of the same dish.

Ingredients to serve 4

- 1 tbsp olive oil
- 1 large chicken breast, diced
- 1 onion, diced
- 2 peppers, sliced
- 2 garlic cloves, crushed
- 1 tbsp tomato puree
- 75g chorizo, sliced or diced
- 1 tsp cayenne
- 1 tsp paprika
- 1 tsp turmeric
- 250g long grain or risotto rice
- 400g tin of tomatoes
- 400ml chicken stock
- Splash of lemon juice
- Handful of frozen peas

Method

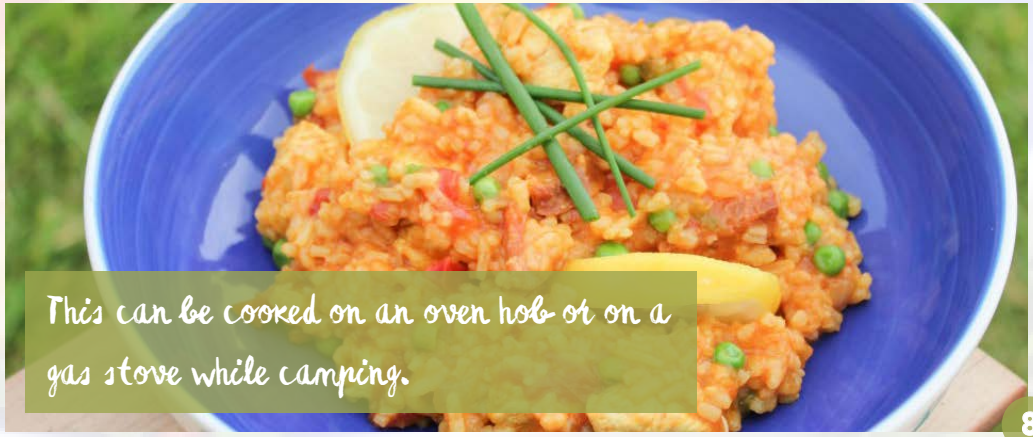
1. Brown the chicken and onion in the olive oil for 5-8 minutes until golden.

2. Add the pepper, garlic, chorizo and spices and cook off for 5 minutes before stirring in the rice.

3. Add the tomatoes and chicken stock. Pop the lid onto the pot and simmer for 20-25 minutes until the rice is tender, stirring occasionally.

4. Make sure that it doesn't dry out during cooking and add more stock if needed. Once the rice has cooked, throw in a handful of frozen peas before serving.

Photo credit: andy-greenacre.co.uk



This can be cooked on an oven hob or on a gas stove while camping.

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www.curlyscooking.co.uk/

Creamy Vegetable Curry Soup (V)

Ingredients to serve 3

- 1/4 tsp sunflower oil
- 1 small onion, diced
- 2 tbsp curry paste (I used tikka)
- 300g potatoes, peeled
- 200g courgette
- 300g cauliflower
- 200ml milk
- 500ml vegetable stock
- 1 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp tomato puree

Method

1. Dice the onion and add it to your pan/soup maker along with the curry paste and oil. Stir the onions until they are coated in the curry paste.

2. Peel the potatoes and dice them into small pieces. Slice the courgettes and break the cauliflower into small florets. Add all of the vegetables to the pan/soup maker along with the rest of the ingredients.

3. If using a soup maker, set to the smooth setting and leave the machine to do the work. After the cycle has finished, taste to make sure the soup is perfectly smooth; if there are still small lumps, turn it on to run another cycle.

4. If using a pan, cook until the vegetables have softened and then blend with a stick blender or in a liquidiser. Assuming you have cut the vegetables quite small this should take around 20 minutes.

THE ENGLISH KITCHEN

In her own words, Marie says "I am not fancy, but I am good. Simple ingredients, simple methods, fantastic flavours". She will only post recipes that she has tried herself and with years of experience as both a home cook and a personal chef, you can be sure they all taste great. She also commits to only posting recipes that she thinks anyone can cook. Thanks, Marie!

www. theenglishkitchen.blogspot.co.uk

Grilled Sweet Potato Pouches (V)

Ingredients

- 1 9-inch square of heavy-duty aluminium foil, lightly buttered
- 2 tbsp onion, chopped
- 1 sweet potato, peeled and cut into 1/4-inch slices
- 1 tbsp melted butter
- 1/2 tsp Worcestershire sauce
- 1 tsp dried parsley flakes
- Salt and black pepper to taste
- 4 or 5 pecans, broken coarsely
- 2 tbsp grated cheese (I like a strong cheddar)

Method

1. Heat the outdoor grill.

2. Place the potato in the middle of the square of buttered foil and sprinkle the onion on top.

3. Whisk together the melted butter, Worcestershire sauce, parsley flakes and salt and black pepper to taste. Drizzle this over the top of the potato and onions.

4. Fold the foil up around the potatoes, sealing them in completely. What I do is make a fold down the centre and then crimp the ends.

5. Next, place on the hot grill for 20 to 25 minutes until tender.

6. Open the top of the foil and sprinkle with the cheese and pecans. Grill for about 5 minutes longer to melt the cheese and lightly toast, then serve hot!

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www.chefbehere.blogspot.co.uk

Prawn Fried Cauliflower Rice

Time taken: 50 mins (Half an hour veg prep then 20 minutes cooking)

Ingredients to serve 2

- 200g fresh king prawns
- 1 small cauliflower
- 2 carrots
- 300g tin of peas
- 4 eggs
- 1 bunch of spring onions
- 2 cloves garlic
- 2 splashes of cooking oil
- 1 small root of fresh ginger
- 1 big glug of soy sauce (or tamari)
- 1 small glug of sesame oil
- Salt and pepper

Method

1. Begin with veg prep! Use a grater to shred the cauliflower into coarse, rice grain-sized pieces. Then, slice and dice your carrots; top and tail your spring onions and finely chop; peel your garlic and ginger, and finely chop both. Open your tin of peas and drain.

2. Next, heat a splash of cooking oil in a frying pan, and pat your prawns dry using kitchen roll. Once your pan has heated, add your prawns to the pan along with a pinch of salt and pepper. Sizzle for a minute or two, before turning over to cook on the other side. After a minute or two, once your prawns are pink all over, remove the pan from the heat and spoon your prawns into a bowl. Cover with foil to keep warm, and set aside.

3. Wipe the pan clean and return to the heat with a fresh splash of cooking oil. Once heated, add the carrots, garlic and ginger to the pan and fry for five minutes to soften your carrot. Next, add the peas, grated cauliflower and 3/4 of your spring onion to the pan. Stir everything together and fry for a further five minutes. In the meanwhile, crack your eggs into a mug and whisk together using a fork.

4. Add a big glug of soy sauce (or tamari) and a small glug of sesame oil to the pan; stir into the veg until evenly mixed then spoon everything aside to make small well in the centre of the pan. Turn the temperature down to a low heat and pour your egg mix into the well in the centre of the pan, and then use your fork to scramble.

5. Once your egg mix is quite solid and scrambled, you can mix everything together once more so your eggs spread about the pan. Season with salt and pepper, then remove the pan from the heat and spoon your fried cauliflower rice out between bowls to serve.

How to cook GOOD FOOD

Laura has always loved cooking and she believes that sharing and enjoying food makes life good! Though she used to be a chef, she now runs her blog, How to Cook Good Food and works as a cookery tutor and supper club host.

www.howtocookgoodfood.co.uk/

Chilled Avocado, Watercress and Cucumber Soup

V VE

Ingredients to serve 3

- 1 cucumber; peeled, deseeded and chopped
- 1 avocado, flesh removed
- 2 small shallots, peeled and chopped
- 1/2 bunch of fresh dill, chopped
- 5 large sprigs of mint, leaves only
- 1/2 bag watercress
- Juice of 1/2 a lemon
- 200ml natural yoghurt
- 150ml coconut milk (drinking, not tinned)
- 1 tbsp extra virgin olive oil
- Salt & pepper to taste
- Sumac and dill fronds for garnish

Method

1. Place all of the ingredients in the power blender and blitz until you have a smooth consistency.

2. Transfer the soup to a bowl or container to chill for at least 2 hours before serving.

3. Garnish with dill fronds and sumac.

Garnish with dill fronds and Sumac.

SEARCHING FOR SPICE

Corina is an established food blogger who likes nothing better than developing tasty recipes for her young family. She creates mainly savoury healthy recipes along with the occasional sweet treat. She loves recipes that use spices and especially likes recipes which fit the 'cook once, eat twice' concept, with leftovers that are just as good to eat up the next day!

www.searchingforspice.com/

Lentil, Vegetable and Sausage Soup

Serves four. This sausage, lentil and vegetable soup is full of goodness and just the thing to ward off the cold. Delicious, easy and economical too!

Ingredients

- 400g sausages (6 sausages)
- 1 onion, finely diced
- 1 stick of celery, diced
- 2 carrots, sliced
- 300g butternut squash, cubed
- 1 courgette, cubed
- 150g green lentils
- 800ml stock (I used chicken)
- 2 tbsp chopped fresh parsley
- 1/8 tsp black pepper

Method

1. Cut the sausages into bite-sized pieces and cook in a large saucepan, until cooked through and browned on all sides.

2. Remove the pieces from the pan and set aside.

3. There will probably be quite a bit of fat in the pan, so wipe it clean then add all the vegetables and lentils. Cover with the stock and bring to the boil. Lower to a simmer and continue to cook for about 20 minutes until the lentils and vegetables are almost ready.

4. Add the sausage back to the pan and cook for another 5 minutes.

Stir in some freshly chopped parsley at the end and season with black pepper.

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www.theenglishkitchen.blogspot.co.uk

Skillet Chicken with Peas, Leeks and Bacon

Ingredients to serve 4

- Rapeseed oil for cooking
- 8 boneless, skinless chicken thighs, quartered
- Fine sea salt and coarse black pepper to taste
- 100g smoked bacon lardons (3 1/2 oz)
- 4 baby leeks, finely sliced
- 240ml chicken stock (1 cup)
- 60ml white wine (1/4 cup)
- 300g frozen baby peas, thawed (2 cups, a small pack)
- 1/2 tbsp grainy Dijon mustard
- 1 baby gem lettuce, shredded
- A large handful of fresh tarragon, chopped
- A large handful of fresh parsley, chopped

Method

1. Heat the oil in a large, flame-proof casserole dish over a medium-high heat on the BBQ.

2. Season the chicken with salt and black pepper.

3. Add to the pan in batches and brown all over, removing the pieces as they brown. Add the bacon and cook until crispy.

4. Lower the heat and add the leeks, then cook until they begin to soften.

5. Return the chicken to the pan, pour over the chicken stock and white wine, then stir together and bring to a simmer.

6. Cover and leave to simmer for about 10 minutes, stirring after 5 minutes.

7. Uncover and add the thawed peas, then stir and recover; leaving to simmer for a further 5 minutes.

8. The chicken should be cooked through by this point, so stir in the mustard, lettuce, tarragon and parsley and adjust seasoning as required.

9. Cover and remove from the heat, then leave to stand for several minutes (to wilt the lettuce) and serve!

A delicious one-pan dish that is filled with plenty of flavour.

Dinner

Evening is the most magical time of day while you're out camping. Away from the hustle and bustle of the city, we can sit back and relax by the campfire and look at the stars. Whether your highlights are the classic singalongs, the essential ghost stories or toasted marshmallows; a delicious, filling and nutritious supper will always be on the cards.

Forget sausages on the barbeque and get ready for one-pot lemon and garlic langoustines, superfood stew and sweet bean curry. Taking your GO cookbook on holiday is sure to become a new tradition!

FRANKIE'S WEEKEND

Frankie started her blog to honour the little bit of time off we get each week and she uses it to share her favourite recipes, restaurants and her passion for fitness. She's also an advocate of body positivity and eats vegetarian 80% of the time.

www.frankiesweekend.com/

Smoky Bean Chilli (V) (VE)

Ingredients to serve 4

- 1 tin kidney beans
- 1 tin chopped tomatoes
- 1 tin butter beans
- 1 tin black beans
- 1 tin black eye beans
- 1 heaped tbsp tahini
- 1 tbsp chipotle paste
- 1 tbsp chilli powder
- 1 large red onion
- 2 red peppers
- 2 cloves garlic
- Big squeeze of tomato purée
- Salt & pepper to season

Method

1. Firstly, finely chop your onion and garlic and add them to a deep frying pan or saucepan. Fry off until brown in a little oil or water. Whilst they're cooking, rinse and drain the beans.

2. Add your chopped red pepper, stirring so that nothing burns.

3. Next up, add the beans to the mix. Add in your chipotle paste and chilli powder and coat the beans.

4. After they've been coated, pour over the tomatoes and purée, and turn the heat down low. Then stir in your tahini and mix thoroughly.

5. Let the chilli simmer for about 25 minutes until the edges of the pan have started to go crispy (best bits!) and serve.

You could serve this as is, or with rice or quinoa, or a big hunk of bread!

MUMMY BE BEAUTIFUL

Mummy be Beautiful is a food and lifestyle blog written by Shahnaz, an Early Years Practitioner/ SEN Support Worker by day and mum to two little boys. She's also a cake addict and shares some incredible recipes.

www.mummybebeautiful.com/

Chicken and Spinach Curry

Ingredients

- 1/4 tsp cumin seeds
- 1 tsp ginger
- 1 tsp coriander
- 1 tsp of fennel
- 1/4 tsp cumin
- 1 tsp of chili
- 1/2 tsp garam masala
- 500g spinach
- 3 tbsp of oil
- 500g chicken cubes
- 3 tbsp of tomato purée
- 1 tsp arrowroot (optional)
- Salt

Method

1. Wash spinach and drain until the water is gone.

2. Heat 1 tablespoon of the oil in a saucepan over a medium heat. Add spinach leaves with 1/2 teaspoon of salt and cook for 3-4 minutes, breaking down with the back of the wooden spoon into a pulp. Leave to one side.

3. Heat the remaining oil in your saucepan over a medium heat and add whole spices until they sizzle. Then add the chicken and salt before you cover and cook for 5-8 minutes.

4. Add your ground spices and stir, then add tomato purée and fry for a few minutes before adding 300ml of water (I thickened the water with 1 teaspoon of arrowroot).

5. Cover and cook for 30 minutes, then add spinach and continue to cook for 40-50 minutes on a low simmering heat.

Veggie LAD

Veggie Lad – also known as Rob Warren – is a vegetarian cook, writer and adventurer. He first went vegetarian at 25 after he'd put on some weight, but soon realised that he preferred the lifestyle anyway! Rob believes that vegetarianism is a good idea for the planet, but his blog exists to show people that you don't have to be a sandal-wearing stereotype to go veggie.

www.veggielad.com/

Sweet Potato and Ground-Nut Stew (V)

Ingredients to serve 4

- 3-5 sweet potatoes
- 2 onions
- 2 tbsp peanut butter
- 3 cloves garlic
- 1 thumb-sized piece of ginger
- 1 red chili
- 1 tsp cumin
- 1 tsp cayenne chili powder
- 2 tins coconut milk
- 2 handfuls unsalted peanuts
- 6 blocks of frozen spinach
- 1 lime
- 1 bunch coriander
- Sea salt
- Black pepper
- Olive oil
- 2 large flatbreads

Method

1. Peel and chop your onions, garlic and ginger, then wash and chop your sweet potatoes into bite-sized chunks.

2. Heat a glug of olive oil in a pan, and gently cook your onions on a medium–low heat for 6-8 minutes until softened.

3. Add the garlic, ginger, chili, cumin, chili powder and sweet potatoes, and cook for another 2 minutes.

4. Stir in the peanut butter and pour in your coconut milk. Half-fill the coconut milk tin with water and add to the pan, then stir and simmer for 30 minutes (or until the potatoes are soft). Add your spinach for the last 10 minutes.

5. While that's cooking, you can make your topping! Zest the lime to start with, then dry-fry the peanuts in a pan (on a low heat, for 1-2 minutes), until they're lightly brown but not burnt.

6. Combine the peanuts, lime zest and a pinch of salt, then bash in a pestle and mortar or food processor.

7. Next, sprinkle your flatbreads with water and heat them through in the oven.

8. Finely chop your coriander and add to the stew. Squeeze in the juice of the lime and season with salt, then serve in a bowl with your toppings, and flatbreads on the side. Enjoy!

BEACH HUT COOK

Elinor Hill, the Beach Hut Cook, lives by the sea and she genuinely has a beach hut that she often cooks in. She specialises in making simple yet tasty food for her family, and in her words, "There is nothing better than a feast by the sea with the odd cocktail or two thrown in."

www.beachhutcook.com/

Lemon and Garlic Langoustines

Ingredients

- 1 tbsp of olive oil
- 1 knob of butter
- 2 cloves garlic, crushed
- 8 raw langoustines
- Juice of 1 lemon
- 2 tbsp dry vermouth
- Handful fresh parsley, finely chopped
- Extra lemon if you like

Method

1. Once the fire has started to subside but it's still quite hot, place your pan on the grill. When hot, add the oil, the butter and the garlic, and then immediately add the langoustines.

2. Cook for 5 minutes each side, then add the vermouth and lemon juice and allow to bubble away for a further minute or so.

Serve straightway with parsley sprinkled over and bread for some serious mopping.

CAMPING WITH STYLE

Shell Robshaw-Bryan is an outdoors-mad blogger who runs Camping with Style. Her blog is aimed at encouraging people to spend more time outdoors, and as a keen glamper Shell regularly features camping tips, reviews and advice that will help you enjoy the outdoors and camp in comfort, with a little bit of style!

www.campingwithstyle.co.uk

One-Pot Sweet Paprika Chicken

Ingredients

- 4 free-range chicken breasts
- Chorizo
- 2 medium onions
- ½ jar of sweet roasted peppers, or 1-2 whole fresh peppers depending on your preference
- Smoked paprika
- 3 cloves garlic (chopped)
- A pinch of cayenne pepper or chilli flakes
- 500g passata
- 1 tin chopped tomatoes
- Olive oil
- 1 + ½ cups of paella rice

Method

1. Slice the onions and roasted peppers and add to the pan along with a good glug of olive oil to sweat off.

2. Slice chicken breasts and chorizo, add to the pan and continue to lightly fry on a very low heat.

3. Add chopped garlic to the dish.

4. Add the passata and chopped tomatoes then add a couple of pinches of cayenne pepper or chilli flakes.

5. Add at least 1 heaped teaspoon of smoked paprika.

6. Add paella rice to the pan and top up with a bit of water as necessary, to prevent dish drying out.

7. Simmer on a very low heat for 45 minutes or slow cook on a campfire for a couple of hours.

Serve with fresh crusty bread and enjoy!

COCKTAILS AND WANDERLUST

Laura Ramage is a lifestyle blogger from Cornwall who has a passion for health & fitness, travel and the outdoors. From surfing and SUPing to exploring the coastal paths, Laura's blog aims to share new and exciting ways of leading a well-balanced lifestyle.

www.cocktailsandwanderlust.com

Superfood One-Pot Stew V VE

This stew recipe is full of antioxidant-rich ingredients, which makes it an extra-nourishing dinner after the day spent outdoors.

Ingredients

- 1 tsp olive oil
- 1 tsp cumin
- 1 tsp turmeric
- 2 leeks
- 2 cloves garlic
- 2cm fresh ginger
- Pinch of salt
- 400g kidney beans
- 500g passata
- 2 or 3 sprigs of rosemary
- 2 carrots
- 2 sweet potatoes
- Handful of broccoli
- Handful of cauliflower
- Handful of kale
- 50g quinoa
- 800ml vegetable stock

Method

1. Sauté the leeks in some olive oil for a few minutes until they are soft. Add the garlic, ginger and dry spices and fry for a few minutes longer.

2. Add in all the remaining ingredients apart from the kale. Bring to the boil, then reduce the heat to simmer for 30 minutes until all the veg is soft.

3. Add in the kale 5 minutes before serving.

COCOCAMi

I am a freelance food and drink writer and blogger living near Liverpool. I love good food and I write a lot of restaurant reviews for my blog Coco Cami. I have also written for titles such as Olive Magazine and Speciality Food Magazine. I enjoy cooking simple recipes, breakfast is my favourite meal of the day and I love discovering new restaurants and bars too. Food is my passion and writing about it is a dream come true, I have always wanted to be a writer.

www.cococami.blogspot.co.uk/

Spicy Bean Chilli with Pan-Fried Tortillas

This vegetarian chilli is very filling and tasty and the barbecue sauce adds a sweet and smoky depth to the flavour. Served with the homemade tortillas, this is a quick and simple campfire supper.

V

Ingredients

- 4 tbsp of olive oil
- 4 tortilla wraps (one per person)
- 1 medium onion, diced
- 4 tsp of mild chilli powder (use this as a guide but reduce or increase depending on how spicy you like your chilli!)
- 1 tin of cannellini beans, drained
- 1 tin of red kidney beans, drained
- 2 tins of chopped tomatoes
- 300g vegetarian mince
- 2 x 500g cartons of tomato passata
- 4 tbsp of good-quality barbecue sauce
- Grated cheese and crème fraîche to serve

Method

1. Cut the tortilla wraps into triangles to form tortilla chips. Heat 2 tablespoons of olive oil in the pan and pan-fry the tortillas until golden brown on both sides, turning halfway through. Once the tortillas are cooked, set them aside to cool.

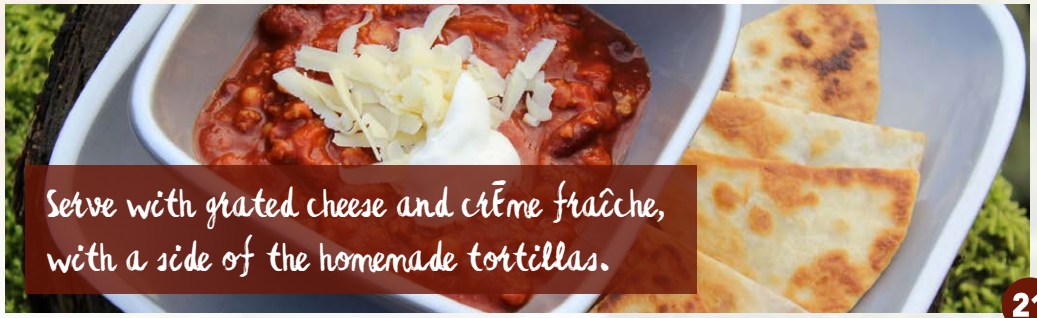
2. Dice the onion and heat the remaining olive oil in the pan over a medium heat. Fry the onion until softened, then add the mild chilli powder and stir well to coat the onions.

3. Add the 2 tins of beans, the tomato passata and the 2 tins of chopped tomatoes to the pan and stir well.

4. Add the vegetarian mince and the barbecue sauce to the chilli and stir again to combine.

5. Allow to simmer over a medium heat for 20 minutes, until the chilli is thoroughly heated and thickened.

6. Serve with grated cheese and crème fraîche, with a side of the homemade tortillas!



GASTRONOMIC GORMAN

Initially starting her blog as an excuse to write about her favourite pastime - eating - Chloe has now become one of Birmingham's well-established food bloggers. Her writing covers restaurant reviews, street food events, travel adventures and her own recipes designed for busy Millennials. A seasoned glamper and festival goer, cooking over fire and eating under the stars is right up there with her fave foodie experiences.

www.gastronomicgorman.com

Shortcut Shakshuka V VE

Ingredients

- 1 jar roasted peppers in oil (approx. 280g)
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 1 tsp coriander
- 1 tsp paprika
- ½ tsp cumin
- ½ tsp cayenne pepper
- 1 tbsp harissa
- 400g tinned tomatoes
- 4 free-range eggs
- 2 tbsp fresh parsley, roughly chopped
- Salt and pepper

Method

1. Drain the peppers, reserving 1 tablespoon of their oil.

2. Heat the oil in a heavy-bottomed pan (ideally cast iron) and fry the onion for 10 minutes until soft and starting to brown.

3. Add the minced garlic and fry until fragrant.

4. Add the spices and harissa to the pan and fry for a few minutes, continually stirring so they don't burn.

5. Roughly slice the roasted peppers and add to the pan, along with the tinned tomatoes. If your tinned tomatoes are whole, break them up a bit with a wooden spoon. Stir well to combine everything.

6. Simmer the sauce over a low heat for around 10 minutes, until visibly reduced but not dry. If it's looking too dry, add a splash of water.

7. Use the back of a spoon to make 4 wells in the sauce, then crack the eggs straight in one at a time.

8. Continue to simmer until the whites of the eggs have solidified but the yolks are still runny.

9. Season with salt and pepper, scatter the chopped parsley over the top and serve straight from the pan with fresh bread and Greek yoghurt if you've got it.

Meant for breakfast, but works just as well for dinner.

REBEL RECIPES

Niki is a freelance food consultant, recipe creator, food stylist and photographer and IIN health coach. Having had a successful career in digital & brand marketing within the food industry, she has now gone freelance to follow her foodie passion. Her award-winning food blog Rebel Recipes is where she shares her delicious but easy plant-based recipes.

www.rebelrecipes.com

Sweet Potato, Cauliflower and Peanut Stew

V VE

Ingredients

- 6 shallots, roughly chopped
- 1 tbsp olive oil
- 4 cloves garlic, sliced
- 1 tsp cumin seeds
- 1 tsp turmeric
- 6 tomatoes, chopped
- 1 tin organic light coconut milk
- 1 cup water
- 1 sweet potato, peeled and cubed
- 1 small cauliflower, chopped
- 1 tsp sea salt
- 3 tbsp crunchy peanut butter
- Juice of ½ lime
- 1 tsp tamari
- Chilli flakes
- Toasted peanuts
- Coriander

Method

1. Add the oil to a large pan with a lid and heat to a medium heat, then add in the shallots. Fry for approx. 8-10 minutes until soft and browning.

2. Add in the garlic, cumin seeds, turmeric and coriander. Stir for 30 seconds or so.

3. Next add in the chopped tomatoes and cook for a further 5-6 minutes; then add in the water, coconut milk, sweet potatoes and cauliflower.

4. Simmer for 20 minutes with the lid on until the sweet potatoes and cauliflower are tender.

5. Stir in the peanut butter, lime juice, tamari, chilli flakes, salt and pepper. Simmer for a couple of minutes.

6. Top with toasted peanuts and fresh coriander.

MUST HIKE MUST EAT

Shannon writes on her blog, Must Hike Must Eat, about her love for hiking trails both long and short. From long-distance hiking in the Pacific Northwest and trail maintenance on the Pacific Crest Trail to car camping in national parks around the United States, you will find her sharing ideas and recipes for following a wholefoods, paleo diet while enjoying adventures in the great outdoors.

www.musthikemusteat.com/

Rosemary Roasted Veggies with Turkey and Pecans

This is a full course festive meal in one pot!

Ingredients

- 4 cups diced root veggies (carrots, parsnips, and sweet potato)
- 1 cup coarsely chopped onion
- 3 cloves garlic, smashed
- 1/4 cup oil (avocado or coconut)
- 1-2 cups water
- 1 cup cooked turkey
- 1 cup pecans
- 1/2 cup dried cranberries
- 1 tsp salt
- 1 tsp dried rosemary

Method

(AT HOME)

Chop up the veggies and onions and place in a container with the garlic. Mix the pecans, cranberries and spices together and place in a separate container. For the turkey, you can use leftovers or cut up a premade, cooked turkey patty. Keep in an airtight container in the cooler or it will last a day or two without refrigeration.

(AT CAMPSITE)

1. Prepare the campfire with the briquettes and when you have a good set of coals, place the Dutch oven on a grill over them to melt the oil.

2. Next, sauté the chopped vegetables, onions and garlic for about 5 minutes and then add enough water to fill the pot with about an inch of water. Cover with the lid and settle in the coals. Place a few coals on top of the lid, as well.

3. Cook the vegetables for about 1 hour, carefully checking periodically to make sure there is still some water in the pot (add more if needed) until the vegetables are soft. When they are done, toss in the rest of the ingredients and let it cook a few more minutes until everything is warm and combined.

4. Enjoy!

What you'll need

- Knife and food storage containers
- Cast-iron Dutch oven with lid
- Spoon
- Campfire with briquettes
- Oven mitt

KEITH FOSKETT

Keith Foskett is a long-distance hiker, and general outdoors lover. Host of a blog that won the GO Outdoors Best Outdoor Blog of 2015, he also contributes to various outdoor publications and is the author of five books on long-distance thru-hiking. Nurturing an unhealthy interest in woollen base layers, he loves a glass of Rioja and a decent paella. His native habitat is the South Downs National Park in West Sussex.

www.keithfoskett.com/blog

Vegetarian Italian Frittata (V)

What I love about this dish is the versatility. It's great for breakfast, lunch, or dinner.
The addition of bay leaves and oregano brings out the flavours. You can substitute the milk for soy, coconut, or other non-dairy products.

Ingredients

- 2 medium mushrooms
- 1/2 a red pepper
- 1/2 an onion
- 1 clove garlic
- 4 eggs
- 100ml milk
- 2 bay leaves
- 1 tsp of dried oregano
- Salt and pepper
- Olive oil

Method

1. Heat the oil in the saucepan and add the onion, pepper, and mushroom. Cook until browned, then add the garlic and bay leaves, cooking for a further minute.

2. Crack the eggs into a jug then add the milk, oregano, and seasoning. Beat until mixed.

3. Pour the mixture into the saucepan, immediately turn the heat to its lowest setting, and place a lid on the saucepan.

4. Leave for 10 to 20 minutes until the mixture is set (it shouldn't wobble), then cut into servings!

COCOCAMi

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www.cococami.blogspot.co.uk/

Thai Red Curry with Halloumi (V)

This vegetarian Thai red curry is fragrant and spicy and it is the perfect recipe to warm you up after a long day of outdoor activities. This makes a filling meal served with naan bread on the side.

Ingredients

- 3-4 tbsp olive oil
- 1 medium onion, diced
- 2 red peppers; washed, deseeded and sliced
- ½ jar of Thai red curry paste
- 1 block of halloumi, sliced
- 1 tin of chickpeas, drained
- Half a 500g carton of tomato passata
- 1 tbsp of cornflour combined with 2 tbsp water to thicken if needed
- Cashew nuts and flat leaf parsley

Method

1. Heat 2 tablespoons of olive oil in the pan over a medium heat.

2. Fry the peppers and the halloumi until the peppers have softened and the halloumi is golden on both sides (turn over the halloumi during cooking). Remove the peppers and the halloumi from the pan and set aside.

3. Dice the onion and add another 1-2 tablespoons of oil to the pan if needed and allow to warm. Fry the onion until softened and then add the curry paste and stir well to coat the onions.

4. Add the chickpeas, coconut milk and tomato passata to the pan and stir well.

5. Return the peppers to the pan, so that they can absorb the flavour of the sauce while cooking. Simmer the curry on a medium heat for about 15-20 minutes. If the sauce seems too thin, add 1 tablespoon of cornflour mixed with 2 tablespoons of water to the sauce and stir in well to thicken.

6. Once the curry is thoroughly heated, serve with the pan-fried halloumi on the side (or mix it into the sauce if you prefer).

MUST HIKE MUST EAT

Shannon writes on her blog, Must Hike Must Eat, about her love for hiking trails both long and short. From long-distance hiking in the Pacific Northwest and trail maintenance on the Pacific Crest Trail to car camping in national parks around the United States, you will find her sharing ideas and recipes for following a wholefoods, paleo diet while enjoying adventures in the great outdoors.

www.musthikemusteat.com/

Garam Masala Sweet Potato and Kale Scramble (V)

Here's a hearty Indian-influenced breakfast, sure to fuel you up in the morning!

Ingredients to serve 4

- 2 cups shredded sweet potatoes
- 1 tbsp dried onion (or 1/4 cup fresh)
- 1 tbsp oil (avocado or coconut)
- 5 eggs
- 1 cup chopped kale
- 1 tsp garam masala spice
- 1 tsp minced garlic
- 1/2 tsp sea salt
- 1/2 tsp black pepper

Method

(AT HOME)

1. Crack the eggs into a bowl and mix in the garam masala spice, garlic, salt and pepper until blended. Store in a small, recycled water bottle or other plastic container with a tight lid.

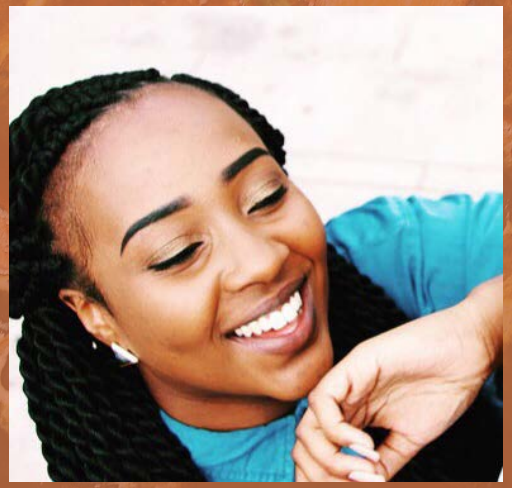
2. Put the shredded sweet potatoes and onion together in a small plastic bag and the chopped kale in another.

(AT CAMPSITE)

1. Heat the cast iron skillet and oil over a medium heat and then add the sweet potato mix in an even layer. Let it cook for about 8-10 minutes until the potatoes start to turn soft (watch to make sure it isn't so hot that it burns).

2. Layer on the kale and egg mixture and cover with foil for a few minutes until the eggs begin to set. Then stir everything together and let it cook for a few more minutes, until the eggs are to your liking. Enjoy!

NOT WITHOUT CAKE



Sherelle is a twenty-something copywriter and blogger living in London. With a penchant for travel, food, photography and personal style, you can find her documenting her adventures and inspired vegetarian and plant-based recipes on Not Without Cake. She champions recipes that include the three Cs: colour, creativity and culture!

www.notwithoutcake.com

Vegan Sweet Potato, Black Bean and Coconut Curry

V VE

Ingredients

- 3 large sweet potatoes; cubed, skin on
- 100g dried black beans
- 1 can full-fat coconut milk
- 1 small white onion, chopped
- 1 garlic clove, crushed
- 2 salad or vine tomatoes, chopped
- 1 sprig of fresh thyme
- 1/2 tsp each of paprika, curry powder, garam masala & chilli powder
- 1/2 tsp black mustard seeds
- Salt and black pepper to taste
- 1 tbsp flavourless cooking oil
- 2 cups water
- Soya milk (optional)

Method

1. Soak the black beans in a cup of cold water for at least 2 hours, or overnight if possible.

2. Gently simmer in a deep non-stick saucepan for 25-30 minutes until tender, then drain and set aside.

3. In the same pan, heat the oil on a low heat. Add the mustard seeds, onion and garlic, and fry until they begin to pop.

4. Add the potatoes to the pan with the spices, thyme, seasoning and second cup of water. Steam with the lid on for 15 minutes until tender.

5. Stir in the chopped tomatoes, black beans and coconut milk. Cook for 5 minutes and remove from the heat. The sauce should be thick and creamy, coating the back of a spoon. Drizzle with soya cream and serve with any grain or bread for a filling family feast!

Tip: Substitute the black beans for chickpeas or kidney beans if desired.

REBEL RECIPES

Niki is a freelance food consultant, recipe creator, food stylist and photographer and IIN health coach. Having had a successful career in digital & brand marketing within the food industry, she has now gone freelance to follow her foodie passion. Her award-winning food blog Rebel Recipes is where she shares her delicious but easy plant-based recipes.

www.rebelrecipes.com

Squash Tagine with Cauliflower Rice and Herby Tahini Dressing

V VE

Ingredients

- 2 tbsp olive oil
- 2 onions, chopped roughly
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp chili flakes
- 1 tsp cinnamon
- ½ tsp ground ginger
- 3 cloves garlic, sliced
- 2 tbsp tomato purée
- 1 small butternut squash, peeled and cut into chunks
- 1 red pepper, sliced
- 2 carrots, cut into chunks
- ½ cup organic chopped dried apricots
- 1 + ½ pint vegetable stock
- Juice of ½ a lemon
- 1 tsp sea salt
- Twist of black pepper
- 1 tin organic chickpeas
- Pomegranate seeds (optional)
- (Pre-made) cauliflower rice

Tahini Dressing

- **Handful of coriander & mint**
- **1 tbsp tahini**
- **1 garlic clove**
- **Juice of 1 lemon**
- **Sea salt**
- **Black pepper**
- **Water**

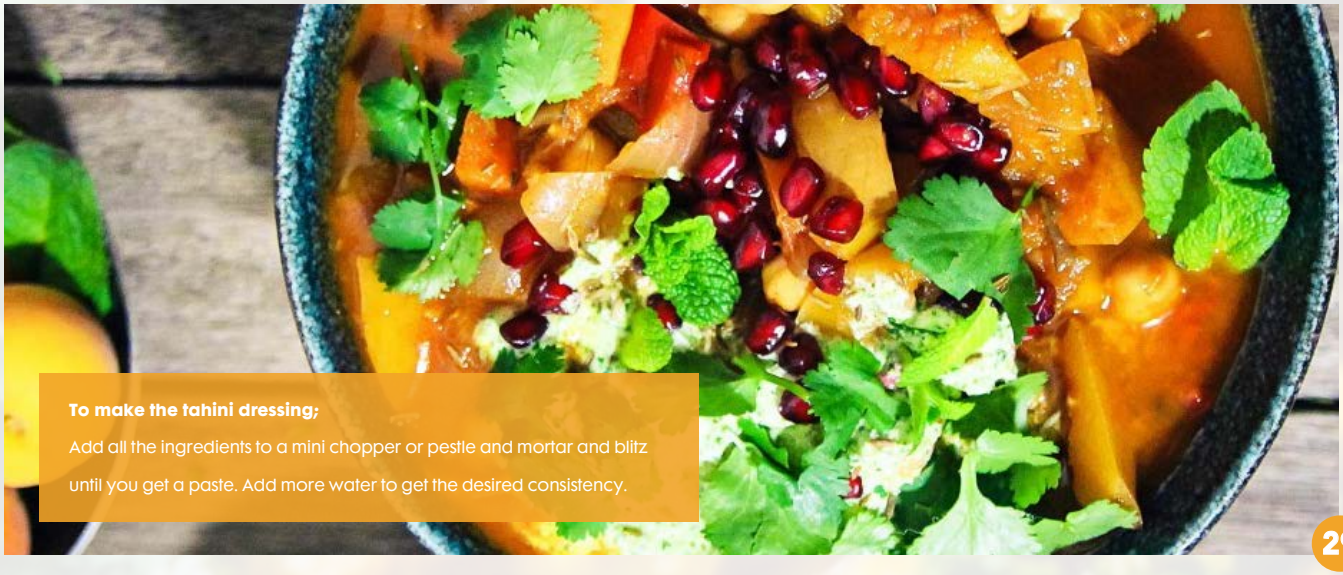
Method

1. Add olive oil to a large frying pan and heat to low/medium heat. Add the chopped onion and fry for 10 minutes until soft and browning

2. Add in garlic and spices, stir for a few minutes until fragrant.

3. Add tomato purée, veg stock, apricots and chopped veg. Simmer for approx 20 minutes or until the squash is tender.

4. Add chickpeas, lemon juice and salt and pepper to season. Drizzle with tahini dressing and coriander & mint.



To make the tahini dressing;
Add all the ingredients to a mini chopper or pestle and mortar and blitz until you get a paste. Add more water to get the desired consistency.

THE PURPLE PUMPKIN

The Purple Pumpkin is a creative lifestyle blog where Michelle Cooks, Creates, and Celebrates. Join her as she shares delicious recipes and creative ideas for seasonal events, parties, travel, and lifestyle. She thinks up the ideas so you don't have to!

www.thepurplepumpkinblog.co.uk

Pilafi Pourgouri V VE

Pilafi Pourgouri is a Greek-Cypriot dish made with bulgur wheat, which is available readily in supermarkets in the dried beans and pulses aisle.

Ingredients to serve 4-6

- Olive oil
- 1 medium white onion, finely chopped
- 4-6 cloves garlic, finely chopped (depends on their size, and how much you like garlic!)
- 30g spaghetti, broken into small pieces
- 200g bulgur wheat
- 1 x 400g can chopped tomatoes
- Hot water
- 2 vegetable stock cubes
- 1 tbsp tomato puree
- Salt

Method

1. In a large, heavy-based saucepan, heat a little olive oil then gently sweat the onions and garlic until soft and translucent – this will take about 5 minutes.

2. Stir in the spaghetti and the bulgur wheat to coat in the onion and garlic mixture.

3. Add the chopped tomatoes then fill the empty tomato tin with hot water and add that to the pan.

4. Crumble in the stock cubes and add the tomato puree. Stir everything well to combine.

5. Bring to the boil, stirring from time to time to prevent the wheat from catching on the bottom of the pan.

6. Remove from the heat, cover with a tea towel and put the lid on the pan.

7. Leave to steam for about 20 minutes.

8. You'll know it is ready when the liquid is absorbed and the bulgur wheat has softened, but still has a little bite to it. If you need to, you can always add more water whilst steaming.

ROMY LONDON

Romy discovered her love for cooking after going vegan in 2014 and she has never looked back since. As a result, you'll find that all of her recipes are free from animal products, but Romy believes anything is possible on a vegan diet – whether you're a bodybuilder or looking for your favourite indulgent treat.

www.romylondonuk.com

One-Pot Pasta V VE

Ingredients

- 1/2 onion
- 2 garlic cloves
- 2 tbsp chopped basil
- 1 tbsp olive oil
- 1/2 tsp lemon juice
- 1 jar black olives
- 1/2 jar capers
- 1 tbsp chopped parsley
- 500g spaghetti
- 350g tomato sauce
- Salt/pepper to taste
- 750ml - 1ltr water

Method

1. Pour the olive oil into a large pan, then add the onions & garlic and cook until translucent.

2. Add the rest of the ingredients. Yes you heard that right - ALL of it, including the dry spaghetti! Otherwise it wouldn't be a 'one pot', right?

3. After adding the pasta sauce, refill the sauce jar with water twice, and add it to the pan. Depending on the pasta you are using you might need more or less water, so please adjust as you go along.

4. Once the pasta starts softening, carefully stir the ingredients and keep stirring regularly until the pasta is soft and all ingredients combined well.

5. You might need to add a little extra water during this process, as the pasta will soak up a lot - just make sure there is always a little liquid/sauce surrounding the spaghetti.

6. Remove from the stove, season with salt & pepper & enjoy!

THRIFTY LESLEY

Lesley lives in East Sussex and loves exploring new recipes. She writes about how to feed yourself for £1 a day at ThriftyLesley.com and is passionate about inexpensive food being exciting, flavoursome and not difficult to make. Now her family has grown and flown, she has more time for interests. Lesley has also been featured on national television, radio, newspapers and magazines and loves to spread the word about eating this way. One reader followed her meal plans for 6 months and saved enough for a world trip! She was so proud!

www.thriftylesley.com

Sweet Bean Curry V VE

This recipe is one I have been making for decades. I first came across it at the house of a close friend when we went for dinner, and he kindly gave me the recipe. I like this just as it is, but you could add more vegetables.

Ingredients

- 2 tins red kidney beans, or any other beans you want to use
- 1 tbsp vegetable oil
- 1 apple
- 175g mushrooms
- 1 tbsp curry powder
- 1 tbsp lemon juice
- ½ tsp salt
- 1 tbsp chutney
- 50g raisins
- 50g coconut cream

Method

1. Open the beans and drain them.

2. Peel and chop the onion, wipe and slice the mushrooms and slice up the apple into small pieces or peel if you want to.

3. Pile the fruit and veg into a large saucepan or frying pan, and sauté with the oil until soft-ish.

4. Add the curry powder and sizzle for a bit, then add lemon juice, chutney, salt, raisins and beans. Add enough water to moisten and loosen then taste and adjust seasoning if necessary.

5. Cook for 10-15 minutes. Stir through the coconut cream just before serving!

What you'll need
- Sharp knife
- Large saucepan or frying pan
- Tin opener

This recipe costs significantly less than 50p a head.

TRAIL RECIPES

Tanya Krezevska is an avid hiker and founder of Trail Recipes, a food blog dedicated to all outdoor enthusiasts. Tanya is passionate about good food and Mother Nature, and even when she is "on-the-go" she can't stop cooking delicious meals.

After 20 years of a successful career in sales and marketing, Tanya turned her passion into profession - she got a diploma in culinary arts and became a Trail Chef.

www.trail.recipes

Seafood Paella

Ingredients

- 1 tbsp olive oil
- 30g (1.06oz) chorizo or summer sausage (optional)
- 1 shallot
- 2 tbsp tomato paste (tubed)
- 1/2 tsp sweet smoked paprika
- 1/2 vegetable bouillon cube
- Salt, to taste
- 2/3 cup paella rice
- 1 tin (about 85g/3oz) smoked mussels
- 1 tin (about 100g/3.5oz) squid in ink
- 1 tin (about 85g/3oz) shrimps in brine

Method

1. Heat the olive oil in a pot on medium heat.

2. Add the finely chopped shallot and cook until shallot is soft and golden.

3. Add diced chorizo and cook, stirring, for 3–4 minutes until crisp.

4. Stir in the tomato paste and paprika.

5. Pour in the rice and 2 cups water. Bring to a boil and crumble in the bouillon cube.

6. Season to taste and simmer for about 15 minutes.

7. Stir in the drained seafood and cook for another 5-10 minutes together, until the rice is done and almost all the liquid is absorbed. Enjoy!

What you'll need
- Cutting board
- Knife
- Pot or large pan
- Spatula or spoon

For more summer inspiration, join the conversation.