Outdoor

Cooking



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Tinfoil Packet Veggie Burger Meal

What you need (per person):
Tinfoil
Veggie burger
Portion of frozen chips
Portion of vegetables of your choice (e.g. broccoli)
Salt & pepper
Spray oil

Serves: as many as you need

- Lay out one piece of heavy duty foil per meal (alternatively use two pieces of standard foil). The piece of foil should be big enough to contain the meal and be folded over securely.
- Spray the foil with an oil spray.
- Add a portion of prepackaged frozen chips, a frozen veggie burger and some vegetables.
- Spray with oil and add salt and pepper.
- Fold over the foil to make a parcel. Add the parcel to the fire to cook, near the hot coals but not directly in the fire. Allow to heat through and cook in the fire for 20-30 minutes. Check as you go.
- Once cooked, remove from the fire (be careful) and serve.

Tinfoil Packet Nacho Dip

What you need:
Tinfoil
2x 400g tins refried beans
100g grated cheese
250ml guacamole
250ml salsa
250ml sour cream
Spring onions or chives, chopped
1 large bag tortilla chips

Serves: 4-6

- Lay out a large piece of heavy duty foil (alternatively use two pieces of standard foil). The piece of foil should be big enough to contain the meal and be folded over securely.
- Layer beans, cheese, guacamole and salsa.
- Fold over the foil to make a parcel. Add the parcel to the fire to cook, near the hot coals but not directly in the fire. Allow to heat through and cook in the fire for 15-20 minutes. Check as you go.
- Once cooked, remove from the fire (be careful), add the sour cream, and eat with the tortilla chips.

S’mores

What you need:
Skewers or forks
Marshmallows
Chocolate digestives or other biscuits with a chocolate coating on one side

Serves: as many as you need

- Put a marshmallow on the end of the skewer and toast it over the fire.
- Sandwich it in between two biscuits, chocolate side inwards.
- Eat and enjoy!

Kebabs

What you need:
Wooden or metal skewers
Halloumi or paneer, chopped into chunks
Vegetables of your choice (e.g. peppers, mushrooms, courgettes), chopped into chunks
Spray oil
Seasoning of your choice (e.g. salt, pepper, herbs, spices, sauces)

Serves: as many as you need

- Thread your cheese and veg onto the skewers, and spray with oil. Add any dry seasonings you require.
- Put them on the barbecue to cook, turning occasionally, until ready.
- Serve with any sauces or dips you like.

Halloumi, Mushroom & Red Pepper Burgers

What you need:
Burger buns
Halloumi
Large flat mushrooms
Red peppers
Lettuce
Spray oil
Salt and pepper
Harissa paste

Serves: as many as you need

- Cut the halloumi and red pepper into slices. Spray the red pepper and mushrooms with oil and add salt and pepper. Add them to the barbecue, turning every couple of minutes, until done.
- A few minutes before they are done, add the halloumi.
- Meanwhile, spread harissa paste on the bottom of the burger buns, and top with lettuce.
- Once cooked, take the mushrooms, red pepper and halloumi off the barbecue. Add a mushroom to the bottom of each burger bun, top with halloumi and then red pepper chunks. Finish off by adding the top of the burger bun.

Barbecued Sweet Potatoes

What you need:
Tinfoil
Sweet potatoes (1 per person)
Spray oil
Salt & pepper
Butter
Topping of your choice (e.g. cottage cheese, grated cheese, hummus, coleslaw)

Serves: as many as you need

- Rub each potato with a little oil and salt, then wrap in a double layer of foil.
- Add to the barbecue, cooking for 30 mins, turning halfway. If still not done, cook an extra 10 minutes.
- Split the potatoes and top with a little butter. Finish off with your choice of topping.

Tofu Fried Rice

What you need:
Saucepan suitable for outdoor cooking
Spatula
Spray oil
1 packet rice
200g firm tofu, cut into cubes
2 spring onions, chopped
1 tsp Chinese Five Spice
2 tbsp soy sauce

Serves: 2

- Heat a few sprays of oil in a pan over your stove then add the chopped tofu. Fry on all sides until golden.
- Add the Chinese Five Spice and fry for about a minute.
- Add the soy sauce and fry for another minute.
- Add the rice, stir and heat through.
- Ladle into bowls and top with the spring onions.

Chickpea Curry

What you need:
Saucepan suitable for outdoor cooking
Spatula
Spray oil
1 onion, chopped
1 clove garlic, chopped
1 tbsp curry powder (Tip – mix your own from the spices in your cupboard ahead of time and transport in a small sachet)
1x 400g tin chickpeas
1x tin sliced mushrooms or green beans
1x 400g tin coconut milk
1 packet rice, heated, or 1 naan bread, to serve

Serves: 2

- Heat a few sprays of oil in a pan over your stove then add the chopped onion and garlic. Fry for a few minutes until browning.
- Add the curry powder to the pan. If using mushrooms, drain the tin and add them to the pan along with the curry powder. Cook for 5-10 minutes or until the mushrooms are brown. Then add the drained chickpeas. Cook for 3-5 minutes.
- Add the coconut milk to the pan and simmer for approx. 15 minutes. If using green beans, drain and add them 5 minutes before the end.
- Serve the curry with rice or naan bread.

Black Bean & Peanut Stew

What you need:
Saucepan suitable for outdoor cooking
Spatula
Spray oil
1 onion, chopped
1 clove garlic, chopped
1 tsp paprika
1 tsp mixed herbs
1x 400g tin black beans
1 small tin coconut milk
2 tbsp tomato puree
2 tbsp peanut butter
100g green beans
100g kale or spinach
1 packet rice, heated, or crusty bread, to serve

Serves: 2

- Heat a few sprays of oil in a pan over your stove then add the chopped onion and garlic. Fry for a few minutes until browning.
- Add the paprika and the drained beans and mix well. Cook for a few minutes then add the coconut milk, followed by the tomato puree and peanut butter.
- Bring to the boil briefly then reduce to a simmer, cooking for around 20 minutes.
- Add the green beans and kale/spinach and cook for another 5 minutes.
- Serve with rice or bread.

Easy Hot Chocolate

What you need:
Saucepan suitable for outdoor cooking
Spatula
Chocolate (block, grated, buttons or drops)
Milk (of your choice – plant milks work well)
Optional extras (chilli flakes, vanilla essence, cinnamon)
Optional toppings (marshmallows, cream)

Serves: as many as you need

- Heat the milk and chocolate in a saucepan, stirring regularly, until the ingredients are warm and melted together.
- Add any optional extras and mix well.
- Pour into mugs and add any toppings.