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**TEENAGE  
CANCER  
TRUST**



**CAMPING**

**COOKBOOK**

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## WELCOME!

Welcome to the Comfort Insurance Cookbook filled with fantastic recipes to cook in your motorhome or campervan! Whether it's time for breakfast, lunch or dinner. We've even included recipes for sweet and savoury snacks to keep you going along your journeys.



We hope you enjoy the recipes in this book and share them with your family and friends along your travels. There is a misconception that just because you don't have a full sized kitchen in your vehicle you aren't able to cook meals as well as at home, but we hope to prove that this simply isn't true.

Along with our own recipes, we have had submissions from some of the biggest names in the motorhome and campervan world. We would like to take this opportunity to thank (in no particular order), Eldiss Motorhomes, Auto Trail, Auto Sleeper, What Motorhome, The VW California Club Forum, VW Camper and Commercial Magazine and VW Camper and Bus Magazine, Swift Motorhomes and Todds Motorhomes.

Please let us know which recipes are your favourite either by emailing us or sharing on social media – we always enjoy seeing motorhome and campervan owners enjoying their trips!



### Support a Worthy Cause by Making a Donation:

Every day, seven young people aged 13-24 hear the words “you have cancer”. Teenage Cancer Trust is the only UK charity dedicated to providing the specialised nursing care and support they need to get through it. Cancer doesn’t just devastate a young person’s health. It threatens to take away everything they care about – their identity, their independence, and their dreams. Teenage Cancer Trust fund specialist nurses, youth support teams and hospital units within the NHS to provide the very best care and support during treatment and beyond, making sure cancer doesn’t stop young people living their lives.

If you find our cookbook useful we ask that you consider making a donation to this noble charity. [You can access our donation link here.](#)



## WHO ARE COMFORT INSURANCE?



Comfort Insurance is a family business! We pride ourselves in providing friendly and knowledgeable service to our clients.

Peter and Pat Cue and their family have been active motorhome owners for over 30 years. In the mid-1990's Peter realised that there was little or no specialist cover available to motorhome owners, so he set about creating a policy that provided the additional cover that motorhome owners needed. This became the Comfort Insurance Scheme and it quickly became a market-leader. Further schemes for private cars and household insurance have followed.

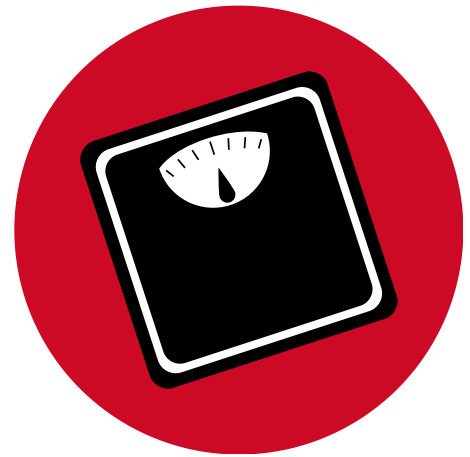
Years later the Comfort scheme is still regularly winning awards and receiving recognition for quality of cover and service. As the No.1 ranked motorhome insurance provider on Trustpilot and with a **Defaqto 5 Star Rating** on our Horizon Motorhome and Campervan policy we're celebrated across the board by satisfied customers and industry experts alike!

\*As of April 2025, Comfort is ranked No.1 on Trustpilot in the 'Best in Caravan & Motorhome Insurance Company' category.



## ESSENTIALS

Depending on the size of your van, your kitchen may include a microwave, slow cooker, oven and/or hob. However, it's likely that you will have less surface and storage space than if you were at home, which is why you need to make sure you pack carefully.



The recipes in this cookbook have been created with vans in mind, meaning they use as few cooking utensils as possible. There are a couple of pieces of equipment you will require though, including:

- Small, medium and large pots
- Frying pan
- Baking trays and tins
- Casserole dish
- A skillet
- Mixing bowls
- Measuring jugs
- Set of cooking knives
- Chopping boards
- Hand mixer
- Air-tight containers
- Measuring scales
- Tin opener
- Bowls, plates and crockery

None of the recipes in this book require a freezer, however if you do have one you can always store certain ingredients or even leftovers. You may also want to keep your cupboards stocked with essential such as sugar, flour, eggs and herbs and spices.





## CLEVER TIPS

Depending on the length of your trip, you may find it easier to make some of our recipes before you go to have along the way. For example, the Homemade Breakfast Bars, Berry Granola, Roasted Nut Mix and No-Bake Cheesecake can all be cooked in advance and stored in air-tight containers.



One way to make sure that you have enough space for all your ingredients is to make a meal plan before you leave and shop accordingly. Some ingredients may have to be purchased along the way however for freshness sake, such as vegetables and meat.

If you are really limited on space you can always weigh up and store dry ingredients such as flour, sugar, herbs, and spices in small zip-lock bags before you go.

To make the most out of your fridge space you could also invest in stackable food containers that will allow you to pack everything in whilst keeping your food safe. Only you know how much space your van can afford, but with a few little tricks you can make a little space go a long way!



# Breakfast



# BLUEBERRY AND LEMON PANCAKES

Pancakes are always a firm favourite with kids and adults alike, however you don't have to wait until pancake day to whip up a delicious sweet treat in your campervan. These pancakes are American-style, meaning they are thicker, fluffier and guaranteed to get you ready for a day filled with activities.

If you aren't a massive fan of blueberries or lemon you can swap these fruits for something you prefer, or you can make your pancakes plain and serve them with a good helping of golden syrup – the choice is yours!

## Ingredients (Serves 4)

- 200g Plain Flour
- 1tsp Cream of Tartar
- ½tsp Bicarbonate of Soda
- 1tsp Golden Syrup
- 200ml Milk
- 1 Large Egg

- 75g Blueberries
- 1 Lemon Zest
- 1tsp Butter

## Time

Prep: 10 minutes

Cook: 20 minutes

## METHOD

1. Add the flour, cream of tartar and bicarbonate of soda into a bowl and mix well.
2. Add 1tsp golden syrup, blueberries and lemon zest to the bowl and mix together
3. In a separate bowl (or a measuring jug), mix together the milk and egg.
4. Slowly add the milk and egg mixture to your bowl of ingredients, stirring continuously until you have a smooth batter-like mixture.
5. Heat 1tsp butter in a frying pan. Spoon in 1tbsp of mixture per pancake (you should be able to fit two or three in the pan at the same time). When bubbles form flip the pancakes until they are cooked on both sides.
6. Serve straight away with your favourite toppings such as butter, maple syrup or more blueberries and lemon juice.



# PERFECT POACHED EGGS

Some people really struggle when it comes to cooking poached eggs, as if it's not done right you could end up with either an over-cooked or under-cooked mess. The trick with poached eggs is to practice as much as you can (or until you get hungry!)

Here is our simple trick for making perfect poached eggs that doesn't require any special equipment or skills. Once you get the hang of it you'll be enjoying poached eggs for breakfast every day!

## Ingredients (Serves 4)

- 4 Large Eggs
- Salt
- Pepper

## Time

Cook: 3-5 minutes

## METHOD

1. Heat a large saucepan of water until boiling, then reduce the heat and keep the water simmering.
2. Crack an egg into a small bowl or ramekin, making sure the yolk doesn't crack (if it does you'll have to start again!)
3. In one swift movement, pour the egg out of the ramekin into the centre of the boiling water.
4. After 2-4 minutes (depending on how well you like your eggs cooked), carefully remove the eggs from the boiling water using a slotted spoon.
5. Gently dab the eggs on a piece of kitchen roll to remove any excess moisture, then serve straight away with a touch of salt and pepper.



## PORRIDGE WITH A TWIST

Porridge: you either love it or hate it – or do you? People often say they don't like porridge because it reminds them of that lumpy, flavourless stuff they used to have as kids. However, porridge can actually be an extremely flavoursome dish as long as you add some tasty extras.

Below we have a simple recipe on how to cook porridge on the hob and then some of our favourite ideas for toppings. This is a great way to spend a rainy morning in your campervan as the whole family can get involved and enjoy a healthy breakfast.

### Ingredients (Serves 4)

- 160g Rolled Oats
- 600ml Milk or Water
- Salt
- Dried Apricots
- Cinnamon
- Honey
- Mixed Berries
- Almond Flakes
- Mixed Nuts
- Dark Chocolate Chips

### Time

Prep: 10 minutes  
Cook: 15 minutes

## METHOD

1. Add the oats, milk or water, and a pinch of salt into a large pan and cook over a medium heat whilst stirring continuously.
2. Keep stirring until the porridge begins to simmer and starts to thicken. If your porridge becomes too thick just add some extra milk or water.
3. Place the dried apricots, cinnamon, honey, mixed berries, almond flakes, mixed nuts and dark chocolate chips into separate bowls. Lay them out on the table and let your guests choose their toppings. Some of our favourites are:
  - Dried apricots, honey and almond flakes
  - Cinnamon, mixed nuts and dark chocolate chips
  - Mixed berries, honey and almond flakes



## SUPER SMOOTHIE

If you are preparing for a long day of hiking, cycling across the coast, or even climbing a mountain then you need to make sure you start with a healthy breakfast. These days it's easy to get a range of vitamins and minerals in one hit in the form of a smoothie, however it's sometimes difficult to keep fruit and veg fresh whilst on the road.

Luckily, with our Super Smoothie you will be able to get all the nutrients you need with only a small amount of fresh fruit and veg. Dried fruit is a great way to stay healthy on the road, and by having it in liquid form you can give yourself a much needed boost in seconds!

### Ingredients (Serves 4)

- 1 Handful of Dried Fruits
- 1 Apple
- 1 Banana
- 1tsp Matcha Powder
- 250ml Water

### Time

Prep: 1 hour  
Cook: 5 minutes

## METHOD

1. Soak the dried fruits in a bowl of cold water for an hour (note: if you are health conscious try and pick dried fruits with a low sugar content).
2. Cut the apple and banana into small pieces.
3. Drain the dried fruits then add all the ingredients into a blender and mix well.  
If the consistency is too thick, add some extra water as desired.

# SPANISH EGGS

Do you ever wake up in the morning and think that you would like something other than a traditional English breakfast? Even though a fry up is most peoples' idea of a perfect breakfast, sometimes you may want something a bit spicier that will get you going for the day!

Spanish eggs will not only fill this need but are also incredibly easy to cook and only require a few ingredients. We haven't added them to our ingredients list below, but if you are after something really spicy why not add some jalapenos or chilli powder?

## Ingredients (Serves 4)

- 250g New Potatoes
- 1 Onion
- 1 Pepper
- 100g Chorizo
- 2 Eggs

## Time

Prep: 10 minutes  
Cook: 40 minutes

## METHOD

1. Place the new potatoes in a saucepan of boiling water until par-boiled (this should take around 15 minutes).
2. While the potatoes are cooking, slice the onion and the peppers into thin strips and then cook with a little oil in a frying pan on medium heat for 10 minutes until soft.
3. Move the peppers and onions to one side of the pan, then add the chorizo to the other side and cook through.
4. Drain the cooked potatoes and cut into thirds. In a new pan add some oil and fry the chopped potatoes until they are golden and crispy.
5. Add the peppers, onions and chorizo to the potatoes. Then, using the empty frying pan, fry 2 eggs to your liking.
6. Place the fried eggs on top of the rest of the mixture and enjoy.



# CONTINENTAL STYLE BREAKFAST

When you don't have the time or energy to cook a proper breakfast most people automatically resort to having a piece of toast and/or a bowl of cereal. However, that doesn't have to be the case as our friends over the Channel prove!

Having a continental breakfast is a great way to make something in under 10 minutes whilst still feeling like you've had a proper breakfast. Furthermore, by having a bit of everything you will ensure you have a well-rounded meal filled with everything you need to start the day right.

## Ingredients (Serves 4)

- 2 Packs of your favourite pastries (we suggest English muffins, croissants and/or crumpets)
- Ham
- Cheese
- Jam
- Yogurt
- Tea/Coffee

## Time

Prep: 10 minutes  
Cook: 5 minutes

## METHOD

1. Pop your pastries (English muffins, croissants, crumpets etc) either in the toaster or oven until warm.
2. Grab the ham, cheese, yogurt and jam and place on the dining table (no need to plate everything up, let people grab what they need!)
3. Make yourself a lovely cup of tea or coffee.
4. Relax while your friends and family tuck in to your European-style breakfast and marvel at your "cooking skills".

★ **Bonus Step:** If you want to add something extra-healthy to your continental breakfast try making one of our Super Smoothies!

# BREAKFAST WRAPS

Breakfast wraps often get a bad name due to the fact that most people associate them with low-quality fast food – but not these wraps! In fact, breakfast wraps are a great way to make an all-in-one meal that can also be eaten on the go.

Our recipe uses ingredients that you would usually find in an English breakfast, however that doesn't mean you can't make up your own. Sausage, black pudding, feta cheese and even beans can all be combined to create your perfect wrap that will always hit the spot.

## Ingredients (Serves 4)

- 4 Eggs
- 8 Rashers of Bacon
- 2 Tomatoes
- 80g Grated Cheese
- 4 Tortilla Wraps
- Spring Onion
- Salt
- Pepper

## Time

Prep: 10 minutes  
Cook: 20 minutes

## METHOD

1. Chop the bacon, tomatoes and spring onion into small pieces.
2. Add the bacon into a frying pan and cook through.
3. Crack the eggs into a bowl, add a pinch of salt and pepper, then whisk thoroughly. Add the eggs to a pan and stir continuously until scrambled.
4. Once the eggs are scrambled, add the bacon, tomatoes, and onion and cook through until all ingredients are warm.
5. Heat the tortilla wraps in the oven or microwave.
6. Add a quarter of the egg, bacon, tomato, and onion mixture to each wrap.
7. Top each wrap with cheese, fold and enjoy!



# HOMEMADE BREAKFAST BARS

We've gotten to know hundreds of motorhome and campervan owners over the years, and one thing we've learned is that some are much more active than others! To some, a motorhome trip is just not the same without taking your bike out for day-long rides, finding the best places to surf or going on an epic hike.

If you are the active type, you may not have time to make yourself breakfast every morning (too much to go and do!) This is where homemade breakfast bars come in a treat as you can prepare them even before you leave for your holiday then tuck in whenever you want a quick and easy breakfast.

## Ingredients (Serves 4)

- 135g Rolled Oats
- 200g Dates
- 100g Roasted, Unsalted Almonds
- 85g Honey
- 65g Peanut Butter

## Time

Prep: 10 minutes  
Cook: 5 minutes

## METHOD

1. Put the dates in a food processor or bowl and blitz until they are blended together but still have small pieces remaining.
2. Add the rolled oats and almonds to the dates and mix well.
3. Heat up honey and peanut butter in a pan, then add the date, oat and almond mixture. Stir well so that all the ingredients are mixed together evenly.
4. Line a baking tray with grease-proof paper, then add the mixture and spread out evenly. Make sure you push down on the mixture so the ingredients really pack together!
5. Place in the fridge for 20 minutes until set (the bars can also be stored in the fridge for a couple of days). Cut into bars, perfect whenever you need a quick and easy breakfast!

# MINI FRITTATAS

Eggs are one of the most diverse ingredients in the world, which means they are perfect for breakfast, lunch or dinner. Eggs are also filled with protein which means they are the perfect snack if you need a bit of sustenance.

These mini frittatas are easy to make and are so moreish that we are sure you will end up snacking on them throughout the day. Luckily, they don't take long to make which means you can always whip up a second (or third) batch in no time!

## Ingredients (Serves 4)

- 4 Egg Whites
- 1 Whole Egg
- ½ Onion
- 50g Ham
- 50g Cheese
- Salt
- Pepper

## Time

Prep: 10 minutes  
Cook: 30 minutes

## METHOD

1. Chop the onion and ham into small chunks, then lightly fry the onions in a pan until soft and golden brown.
2. Add the ham and cook for 5 minutes until the ham is crisping on the sides.
3. Remove the ham and onion mixture from the hob and let stand for 5 minutes.
4. In a separate bowl, whisk together the egg whites, whole egg, cheese and salt and pepper. Add the onion and ham mixture and stir in gently.
5. Line 24 fairy cake cases with a small amount of grease and place in a muffin tray. Add the mixture evenly into each case.
6. Bake for 18-20 minutes at 180°C. Check that the frittatas are cooked through before serving.

★ **Bonus Step:** If you want to add something to gourmet up the recipe try garnishing the Fritattas with parsley or your herb of choice!



## BERRY GRANOLA

Over the past few years, granola has become an increasingly popular breakfast dish that rivals most peoples' favourite cereal. Cooking a big bowl of granola either at the beginning of your trip or before you head off ensures you will have a tasty breakfast every morning, filled with fruit, seeds and fibre.

This is a very basic granola recipe that includes ingredients that you can easily find in any supermarket or even your kitchen cupboard. If you like this recipe, why not try adding some new ingredients for a twist on a tasty classic?

### Ingredients (Serves 4)

- 450g Rolled Oats
- 175g Mixed Nuts
- 85g Dried Mixed Berries
- 50g Sesame Seeds
- 50g Sunflower Seeds
- 125ml Sunflower Oil
- 100ml Runny Honey

### Time

Prep: 10 minutes  
Cook: 25 minutes

## METHOD

1. Add the rolled oats, mixed nuts, sesame seeds and sunflower seeds in a bowl and stir well.
2. Stir in the oil, then the honey, breaking up any lumps along the way
3. Add the mixture to a non-stick baking tray, then bake in the oven at 190°C for 20-25 minutes. Stir the mixture a couple of times during baking so the mixture crumbles into small pieces.
4. Once golden brown, remove from the oven, add to a bowl and let cool.
5. Add the dried berries then store in an air-tight container for up to 1 month.
6. To serve, add fresh fruit, milk or yogurt and even an extra dash of honey.



# Patient Story

## FRANCESCA'S STORY

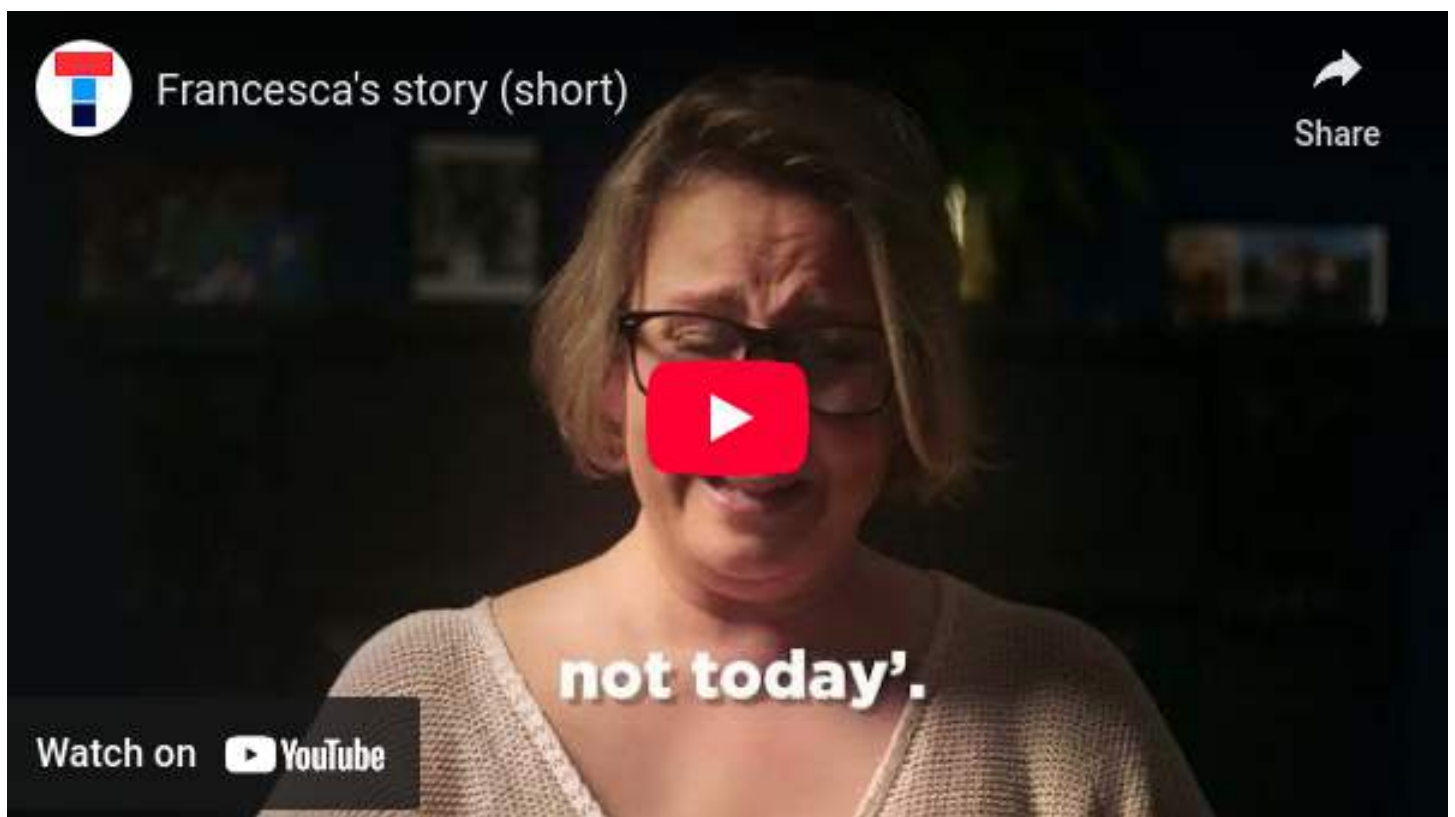
SCAN FOR DONATION LINK



Teenage Cancer Trust is a registered charity: 1062559 (England & Wales); SC039757 (Scotland)



## **FRANCESCA'S STORY**



Francesca was diagnosed with leukaemia aged 14. She was treated on the Teenage Cancer Trust unit at Leeds General Infirmary, where the support she received made a world of difference for her and her family.

**Make a donation to Teenage Cancer Trust**

Teenage Cancer Trust is a registered charity: 1062559 (England & Wales); SC039757 (Scotland)





# Lunch

# QUICK AND EASY RICE BOWL

It may sound simple, but meat, rice and vegetables go great together and provide a quick and easy lunch that is guaranteed to fill you up. Rice bowls are also easy to pack into air-tight containers and take with you on a day out, or you can reheat them the next day as long as you are particularly careful with the rice.

Once you get the hang of this first rice bowl you can start thinking about other options, such as using beef or even fish. When it comes to rice bowls it's all about the flavour combinations, so try a few and see which ones become firm favourites.

## Ingredients (Serves 4)

- 250g White Rice
- 4 Chicken Breasts
- 1 Onion
- 2 Peppers
- 100g Cherry Tomatoes
- 1 Avocado
- 1tsp Paprika
- 1tsp Cayenne Pepper
- 1tbsp Lemon Juice
- 2tbsp Olive Oil
- Salt

## Time

Prep: 20 minutes  
Cook: 25-30 minutes

## METHOD

1. Mix the cayenne pepper, paprika, lemon juice, salt and 1tbsp of olive oil in a bowl to make a runny paste (if the mixture is too thick add a splash of extra lemon juice).
2. Cut the chicken into chunks and add to the cayenne pepper and paprika mixture. Using a spoon, stir the chicken until it's coated with the mixture.
3. Place the chicken on a non-stick tray and cook at 180°C for 25 minutes or until cooked through.
4. While the chicken is cooking, add rice into a saucepan of water, bring to the boil, then simmer until cooked.
5. Cut the onions and peppers into strips, add the other tablespoon of olive oil to a frying pan, then cook the onions and peppers until soft.
6. Drain the rice and serve into four bowls. Top with the cooked chicken and onion and pepper mixture.
7. Slice up the avocado and baby tomatoes and top off each bowl. Enjoy!

★ **Bonus Step:** Add some extra flavour and garnish with fresh rocket!



## WILT FREE SALAD

It's always important to stay healthy while on a motorhome holiday, and there is nothing healthier than a good old salad. However, some salads are just not up to the task of staying fresh and tasty throughout the day, which is why you need to think of something different.

Using lentils as a base to your salad is a great way to not only stay healthy but also get a good dose of protein and natural carbohydrates all in one go. Add some onions, cherry tomatoes and spinach and you are good to go!

### Ingredients (Serves 4)

- 250g Green Lentils
- 1 Red Onion
- 85g Baby Spinach
- 250g Cherry Tomatoes
- 2tbsp Olive Oil
- 1tbsp White Wine Vinegar
- 1 Lemon
- Salt
- Pepper

### Time

- Prep: 10 minutes
- Cook: 20 minutes

## METHOD

1. Drain the green lentils, add to a pan and cover with water. Bring to the boil then simmer for 15-20 minutes or until soft.
2. Chop the cherry tomatoes in half and the red onion into small pieces.
3. Once the lentils are cooked, drain them in a sieve and add to a bowl. Add the cherry tomatoes, red onion and baby spinach.
4. In a measuring jug, mix the olive oil, white wine vinegar, the juice from 1 lemon and salt and pepper to taste. You can also add spices or your favourite dressing ingredients at this point.
5. Add the dressing to the salad, or if you are not eating your salad straight away, keep the salad and dressing in separate air-tight containers and mix before serving.

# MEDITERRANEAN FEAST

Travelling to Europe in your motorhome is a great way to see numerous countries and cultures in one go, and it also gives you the opportunity to try out some fantastic food! Mediterranean food is famous for its flavours and diversity, however you don't have to be in Europe to enjoy a Mediterranean feast.

Below is a simple way to serve a Mediterranean lunch that is healthy, tasty and sure to impress family and friends. You can also add your favourite dishes that you've picked up on your journeys to add even more variety.

## Ingredients (Serves 4)

- 4 Lean Lamb Chops
- 1 Aubergine
- 1 Courgette
- 1 Red Onion
- 2 Cloves Garlic
- Handful of Rosemary
- Handful of Mint
- 2tsp Black Pepper
- Handful of Mint
- 2tsp Black Pepper
- 4 White Pitta Breads
- 1 Pot of Hummus
- 1 Pot of Tzatziki
- 100g Feta Cheese
- 2tsbp Olive Oil

## Time

Prep: 15 minutes

Cook: 30 minutes

## METHOD

1. Cut the aubergine, courgette and red onion into small strips and add to a baking tray. Drizzle with oil and cook for 20-25 minutes at 200°C or until the vegetables are soft.
2. Trim any excess fat off the lamb. Chop the garlic into small pieces, then rub all over the lamb with the mint, rosemary and black pepper.
3. Place the lamb chops on a tray and cook in the oven for 20 minutes, turning half way through.
4. Warm the pittas in the oven or microwave, then cut them into strips. Cut the feta cheese in to small chunks and place on the table along with the pitta bread, hummus and tzatziki.
5. Place the lamb chops on top of the cooked vegetables and serve.

# ITALIAN DELI STYLE SANDWICHES

Everyone assumes that if you are going on a camping holiday at one point or another you will have to eat a soggy sandwich – but this isn't true! In fact, by substituting some ingredients and using some clever tricks you can enjoy delicious sandwiches with zero sogginess.

Traditional sliced bread is prone to becoming soggy in a short amount of time, which is why ciabatta is a great alternative. Below is a simple recipe which will make you feel like you've just picked up a sandwich from an Italian deli.

## Ingredients (Serves 4)

- 4 Ciabatta Rolls
- 2 Chicken Breasts
- 2tbsp Pesto
- 150g Mozzarella
- 200g Rocket
- 2tbsp Mayonnaise
- Black Pepper

## Time

Prep: 10 minutes  
Cook: 20 minutes

## METHOD

1. Cut the chicken into small strips, place on a baking tray and cook in the oven for 18-20 minutes at 200°C or until cooked through.
2. Once the chicken is cooked, place in a bowl and add the pesto and black pepper. Mix well.
3. Slice the ciabatta rolls in half, spread one half with mayonnaise then add the chicken and pesto mixture. Finish with a few slices of mozzarella cheese and a small handful of rocket.

# MEXICAN CHICKEN WRAP

If you are a fan of Mexican food then this recipe is perfect for you! Mexican chicken wraps are quick, easy to make and taste amazing, which is why they are firm favourites of families across the UK.

The below recipe uses chicken, cayenne pepper and paprika, however, you can substitute chicken for beef or tofu or add your own special seasoning. We've suggested adding a dollop of salsa, sour cream and maybe even some hot sauce to our wraps, however guacamole and barbecue sauce are also great extras!

## Ingredients (Serves 4)

- 4 Tortilla Wraps
- 4 Chicken Breasts
- 1 Onion
- 1 Green Pepper
- 1 Yellow Pepper
- 1 Red Pepper
- Hot Sauce (optional)
- 1tbsp Olive Oil
- 1tsp Cayenne Pepper
- 1tsp Paprika
- 200g Grated Cheese
- 150g Salsa
- 150g Sour Cream

## Time

Prep: 15 minutes

Cook: 20 minutes

## METHOD

1. Slice the chicken breasts, onion and peppers into strips (make sure you use separate chopping boards for the meat and veg!)
2. Add the olive oil to a pan and once hot add the chicken, paprika and cayenne pepper. Cook the chicken for 10-15 minutes until golden brown.
3. Add the onion and peppers to the pan and cook for another 5-10 minutes until soft.
4. Warm the tortillas either in the oven or microwave.
5. In each wrap add a large spoonful of the chicken and vegetable mix, a dollop of sour cream and salsa and a sprinkling of cheese. Add hot sauce if you're feeling brave!



# WARM BREAD AND SPINACH DIP

Warm bread and dip: is there anything more comforting on a cold and rainy day? Even though bread and dip isn't the healthiest lunch in the world, it's certainly one that will become a firm favourite when you crave some comfort food.

To make things easier we've suggested using ready-made bread dough in this recipe, however you are more than welcome to create your own! You can also experiment with different warm dip varieties or toppings.

## Ingredients (Serves 4)

- 1 Packet of Ready-Made Dough (you can find this in most large supermarkets)
- 250g Baby Spinach
- 1 Clove Garlic
- 120g Cream Cheese

- 100g Sour Cream
- 60g Mayonnaise
- 60g Grated Parmesan
- 60g Grated Mozzarella
- Butter

## Time

Prep: 20 minutes  
Cook: 1 hour

## METHOD

1. Add the baby spinach to a bowl with 1tbsp water, cover and microwave for 1 minute and then drain well.
2. Add the chopped garlic, cream cheese, sour cream, mayonnaise, parmesan, and mozzarella to the spinach and stir well to make the dip. Cover and place in refrigerator.
3. Cut the ready-made dough into 16 pieces and shape into rectangles.
4. Grease a skillet and place a bowl upside down in the middle (it's a good idea to grease the outside of the bowl too so the dough balls don't stick).
5. Place the dough balls in the skillet around the bowl until they form a circle. When done, heat a little butter in the microwave and brush on the dough balls.
6. Cover the skillet and let the dough rise for 30 minutes.
7. Once the dough has risen, remove the bowl and add the dip to the centre of the skillet. Add a little extra cheese on top and cook for 30 min at 190°C.
8. Once cooked, let the bread and cheese cool for 5-10 minutes before serving. Place on a heat-proof mat and let everyone dig in!



# LAST NIGHT'S LEFTOVER HASH

We hope you are enjoying the recipes in this book, so much so that you may have some leftovers hanging around after all your cooking! Leftovers tend to get a bad name as they never really look that tempting, but add some onion, potatoes and eggs and you've got a whole other story.

Poached eggs make the perfect topping for hash as they add even more flavour and have a lovely gooey texture. However, if you haven't yet mastered our Perfect Poached Eggs recipe you can always use fried eggs.

## Ingredients (Serves 4)

- Any leftover Meat or Veg
- 1 Chopped Onion
- 4 Large Potatoes
- 4 Eggs
- 1tbsp Olive Oil
- Salt
- Pepper
- Hot Sauce /Worcester Sauce (optional)

## Time

Prep: 10 minutes

Cook: 30 minutes

## METHOD

1. Peel and chop the potatoes into 1/8ths, place in a pan and cover with water. Cook for 15-20 minutes on the hob until soft, then drain.
2. Heat the olive oil in a large pan. Add the chopped onion and cook until soft, then add the potatoes and leftover meat and/or vegetables.
3. Whilst the mixture is cooking, mash the potatoes with the spoon a couple of times so they blend with all the other ingredients.
4. Add salt, pepper, and a splash of hot sauce and/or Worcester sauce to the mixture (the latter two are optional depending on your preference).
5. Let the mixture warm through, stirring occasionally. In the mean time, poach the four eggs using our Perfect Poached Eggs recipe.
6. Add a good helping of the hash mixture to a plate, top with a poached egg and a dash of salt and pepper.



# MACARONI CHEESE

Kids love macaroni and cheese as, let's face it, it's a delicious treat filled with cheesy goodness. However, just because you're not a kid doesn't mean you can't enjoy a bowl full of macaroni and cheese, especially as it's so easy to make.

The below recipe is extremely simple and only uses ingredients that you probably already have in your cupboards. If you want a healthier option try adding some boiled vegetables to the dish such as carrots, peppers or sweet potato.

## Ingredients (Serves 4)

- 350g Dried Macaroni Pasta
- 500ml Whole Milk
- 250g Mature Cheddar
- 50g Parmesan Cheese
- 50g Breadcrumbs
- 3tbsp Plain Flour
- 2tbsp Butter
- 1tsp Mustard Powder
- 1 Garlic Clove

## Time

Prep: 10 minutes  
Cook: 35 minutes

## METHOD

1. Add the pasta to a pot of boiling water and cook as instructed on the packet until it's al dente (slightly hard) and then drain.
2. Melt the butter in a saucepan, then add garlic and mustard to the saucepan and cook for 1 minute.
3. Add the flour and cook for 1 minute more making sure all the ingredients are blended together.
4. Slowly start adding the whole milk. The trick here is to add a small amount at a time and stir continuously so you don't end up with any lumps.
5. Once all the milk has been added let the mixture simmer for about 5 minutes until it thickens (don't forget to keep stirring).
6. Take the milk mixture off the heat and add all the mature cheddar and half the parmesan. Stir well.
7. Add the macaroni to the cheese mixture, then add a pinch of salt and pepper.
8. Place the mixture into a large ovenproof dish and top with the breadcrumbs and remaining parmesan.
9. Cook at 200°C for 20 minutes until crisp and brown.

# WELSH CAWL

If you are having a lazy day in your campervan then Welsh cawl is the perfect dish for you as it takes a good few hours to make. This blend of vegetables, lamb and potatoes is sure to warm you up even on the coldest of days, which is why it's so popular across Wales.

When it comes to the lamb, most people like to use neck fillet, however this is up to your personal preference. The only rule is that it should be good quality and full of flavour as it needs to boil down for at least 3 hours.

## Ingredients (serves 4)

- 900g Lamb
- 4 Large Potatoes
- 50g Pearl Barley
- 2 Onions
- 4 Carrots
- 1 Swede
- 3 Leeks
- 4 Sprigs of Thyme
- 1 Bay Leaf
- Black Pepper

## Time

Prep: 20 minutes  
Cook: 3 hours

# METHOD

1. Wash, peel and then cut the onions, carrots and swede into large chunks.
2. Trim the fat from the lamb, add to a large pan and fill to the top with plenty of water. Bring to the boil then skim the scum off the top of the water.
3. Add the pearl barley, carrot, onions and swede and bring to the boil.
4. Add the salt, thyme, bay leaf and a generous helping of black pepper. Simmer for 2 hours.
5. Peel and chop the potatoes into large chunks and add to the pan. Cook for a further 20 minutes.
6. Chop the leeks and add to the pan, add any additional seasoning required and cook for a further 10 minutes.

★ **Bonus Step:** Serve with warm crusty bread and traditional Welsh Caerphilly cheese.



# NOT YOUR AVERAGE JACKET POTATO

Here in the UK we aren't always blessed with great weather which means a brisk morning walk can sometimes leave you feeling cold and tired by lunchtime. Jacket potatoes are the perfect remedy for these days and are much-loved amongst campers for their diversity and down-right tastiness.

However, you don't just have to stick to your traditional plain potato with salt, butter and perhaps some cheese or beans. If you want something to truly warm you up and satisfy your need for a hearty meal than we have the perfect recipe. Below is just one of our favourites, but the truth is you can try nearly any flavour combination and get great results!

## Ingredients (Serves 2)

- 2 Large Baking Potatoes
- 1 Large Red or White Onion
- 250g Button Mushrooms
- 3 Tablespoons Olive Oil
- 50ml Balsamic Vinegar
- Pinch of Salt
- Sugar to Taste
- Your preference of cheese

## Time

Prep: 10 minutes

Cook: 1-1½ hours using oven or 30 minutes using microwave

## METHOD

### Oven

Preheat oven to 200°C. Wash and dry your potatoes, then use a fork to prick them several times all over. Coat both potatoes using 1 tbsp of the olive oil then place directly in the oven to bake for 1-1½ hours until crisp on the outside and soft on the inside. Whilst cooking start creating the filling.

### Microwave

Wash and dry your potatoes, then prick them several times all over with a fork. Place on a microwave safe dish and heat on high for about 5 minutes. Remove potatoes from the microwave, dry once more, then place back in the microwave for a further 5 minutes. Let stand for 1 minute, then check if cooked through, if not cook for further 30 seconds.

## Filling

1. Cut the onion into small slices from root to tip.
2. Wash the mushrooms, remove the stems, then cut the remainder into small slices.
3. Heat 2tbsp of olive oil in a frying pan, then add the onions.
4. Spread the onions across the pan and stir occasionally for 15-20 minutes until they go soft and brown. Make sure the onions are stirred frequently enough so that they don't burn on the bottom of the pan.
5. Add the mushrooms and cook for a further 5-10 minutes or until soft.
6. Add the balsamic vinegar, salt, and sugar to the pan, let boil and then simmer until the mixture has thickened.
7. Cut open your cooked jacket potatoes, add butter, then top with the mixture and cheese . Add seasoning to taste.

★ **Bonus Step:** Heat for additional 30 seconds - 1 minute to melt the cheese!



# Patient Story

**HARRY AND SUE: "I CAN'T THANK YOU ENOUGH CHRIS"**

SCAN FOR DONATION LINK



Teenage Cancer Trust is a registered charity: 1062559 (England & Wales); SC039757 (Scotland)



**HARRY AND SUE:  
"I CAN'T THANK YOU ENOUGH CHRIS"**



Harry was diagnosed with Hodgkin's lymphoma in October 2019. Harry and his mum Sue were both supported by Chris Lowe, Teenage Cancer Trust's Clinical Liaison Nurse Specialist.

**Make a donation to Teenage Cancer Trust**

Teenage Cancer Trust is a registered charity: 1062559 (England & Wales); SC039757 (Scotland)





# Dinner

# BEEF OR TURKEY CHILLI

Chilli is an extremely popular dish in America, so much so that towns across the country regularly host chilli cooking competitions to determine the best recipes. One of the reasons chilli is so popular is because it's a versatile dish that can be easily adapted to suit your needs.

Our homemade beef or turkey recipe allows you to choose your desired meat, however you can also add some extra vegetables, spices, or anything else for that matter! If you love spicy food why not crank up the heat a bit with some extra chilli powder or even fresh chillies?

## Ingredients (Serves 4)

- 500g Minced Beef or Turkey
- 1 Onion
- 2 Garlic Cloves
- 2 Stock Cubes (Beef or Chicken)
- 400g Red Kidney Beans
- 200g Sweet Corn
- 400g Chopped Tomatoes
- 2tbsp Tomato Puree
- ½tsp Chilli Powder
- 1tbsp Olive Oil
- Salt
- Pepper
- 200g Grated Cheese (Optional)

## Time

Prep: 10 minutes  
Cook: 25 minutes

## METHOD

1. Chop the garlic and onion into small pieces. Drain the kidney beans and sweetcorn and set aside.
2. In a pan, heat the olive oil, then add the chopped garlic and onions. Cook until soft and slightly browning.
3. Add the minced beef or turkey and crumble in 2 stock cubes. Stir continuously until the meat has browned.
4. Stir in the chopped tomatoes and tomato puree.
5. Add the red kidney beans and sweet corn and continue to stir.
6. Season with chilli powder and salt and pepper to taste.
7. Cover the pan for 20 minutes and let the mixture simmer until all the ingredients are blended together.
8. Serve in bowls and sprinkle with cheese (optional).



# ONE POT PASTA & SAUCE

Running low on pots and pans but still want to whip up a tasty dinner? Then we have the perfect recipe for you! This one pot pasta recipe is quick, easy and only requires one pan, meaning you don't need to worry about piles of washing up afterwards!

As with a number of our dishes, if you want to add some extra ingredients to this recipe then feel free. For example, you could fry some bacon in the pan before adding the rest of the ingredients, or you could add any seasonal vegetables you find on your travels. The choice is yours.

## Ingredients (Serves 4)

- 500g Tagliatelle
- 400g Chopped Tomatoes
- 200g Cherry Tomatoes
- 1 Red Pepper
- 1 Vegetable Stock Cube
- 10 Basil Leaves
- 1tsp Oregano
- 2tbsp Crème Fraiche

## Time

Prep: 10 minutes  
Cook: 25 minutes

## METHOD

1. Chop the cherry tomatoes and red pepper into small pieces.
2. Add the tagliatelle, cherry tomatoes, red pepper, chopped tomatoes, basil leaves, oregano and stock cube to a large saucepan. Cover with 500ml of boiling water.
3. Stir all the ingredients together and let simmer for 12-15 minutes until the water has been absorbed and the pasta is soft.
4. Remove the mixture from the heat and stir in the crème fraiche.
5. Sprinkle with your favourite cheese and a touch of black pepper, then serve.

# CHICKEN & CHICKPEA CURRY

Everyone loves a classic curry, especially if you are craving something spicy for dinner. Some people believe that curry is bad for you, however if you make a traditional curry from scratch it's actually much healthier than you think.

Chicken and chickpea curry goes great with fluffy white basmati rice, however you can also serve it with naan bread or poppadoms. If you are not a fan of hot food you can also serve some fresh natural yogurt or mango chutney on the side to cool things down.

## Ingredients (Serves 4)

- 500g Chicken
- 400g Canned Chickpeas
- 1 Onion
- 3 Garlic Cloves
- 1 Chicken Stock Cube
- 1tsp Ginger
- 2tsp Paprika
- 1tsp Coriander

## Time

Prep: 10 minutes

Cook: 25 minutes

## METHOD

1. Cut the garlic and onion into small pieces and the chicken into chunks.
2. In a measuring jug, add the stock cube (crumbled), ginger, paprika, coriander, medium curry powder and chilli powder to 400ml of boiling water. Stir until the spices are all mixed together.
3. Warm a little oil in a pan until hot, then stir in the onions and garlic until slightly soft and brown.
4. Add the spice mixture to the pan and bring to a boil.
5. Carefully add the chicken to the boiling mixture, stir well and then reduce the heat to a simmer.
6. Simmer the chicken for 20 minutes stirring occasionally until it's cooked through.
7. Whilst the curry is cooking, add some rice to a pan, cover with water and cook for 20 minutes or until soft. Drain as soon as the curry is complete (after step 8).
8. Drain and add the chickpeas to the curry and cook through. Once everything is warm and mixed together you are ready to serve with the basmati rice.

# CHICKEN CHOW MEIN

If you have spent numerous days or even weeks on the road then part of you may start to crave a good old takeaway. However, not only are takeaways traditionally unhealthy but it's not always easy to find one if you are off the beaten track!

Our chicken chow mein with homemade sauce is guaranteed to satisfy your craving for a Chinese takeaway and is much healthier. If you are feeling particularly lazy you could always buy the chow mein sauce pre-packaged and save yourself a bit of time.

## Ingredients (Serves 4)

### **Noodles:**

- 500g Chicken Breast
- 400g Beansprouts
- 300g Egg Noodles
- 2 Red/ Green Peppers
- 5 Spring Onions
- 1tbsp Sunflower Oil

### **Sauce:**

- 3 Garlic Cloves
- 4tbsp Tomato Ketchup
- 4tbsp Oyster Sauce
- 4tbsp Soy Sauce
- 1tsp Ginger

## Time

Prep: 15 minutes

Cook: 15 minutes

## METHOD

1. Cut the garlic into small pieces. Add to a bowl with the ginger, ketchup, oyster sauce, soy sauce and 3tbsp water. Stir well.
2. Chop the red pepper and spring onions (don't forget to remove the stems) into small strips. Cut the chicken breast into small chunks.
3. Add the noodles to a pan of boiling water and cook for 4 minutes (or less depending on the instructions on the package). Once done, remove from the heat and drain.
4. In a wok, heat the sunflower oil until hot. Add the chicken and cook through, then add the red pepper and cook until soft.
5. Add the sauce you made earlier and stir well.
6. Add the noodles, beansprouts and spring onions into the wok a handful at a time, making sure they are covered in the sauce. Stir until the beansprouts start to go soft. Serve immediately.

# A BASIC ROAST

If you want to cook a roast from scratch in your campervan you may find yourself a bit short on room, especially if you have a lot of people to cook for! This is why most people choose to cook a “basic” roast instead – but trust us, it’s just as delicious.

The trick with our basic roast is that the chicken, potatoes and vegetables are all cooked in one pan, freeing up tonnes of space. The only other equipment you need is a tray for the Yorkshire puddings and a pan to cook the gravy in!

## Ingredients (serves 4)

### **Roast Chicken, Veg and Potatoes**

- 1 Chicken
- 4 Potatoes
- 7 Carrots
- 200g Green Beans
- 300ml Chicken Stock
- 50g Butter
- 1 Lemon
- 2tsp Mixed Herbs
- 2tbsp Olive Oil

### **Yorkshire Puddings**

- 140g Plain Flour
- 200ml Milk
- 4 Eggs
- 1tbsp Sunflower Oil

### **Gravy**

- 1tbsp Plain Flour
- 250ml Chicken Stock
- Drippings from Chicken

## Time

Prep: 20 minutes

Cook: 1½ hours

# METHOD

## **Chicken, Potatoes and Vegetables**

1. Heat the oven to 220°C. Place the chicken in a large roasting tin and rub all over with the butter and dried herbs. Cut the lemon in half and place into the chicken’s cavity.
2. Chop the carrot into large chunks and add to the pan along with the green beans.
3. Drizzle the chicken, carrots and green beans with olive oil, season well and place in the oven for 20 minutes.
4. Turn the oven down to 200°C and roast for another hour.
5. Remove the chicken from the oven, add the chicken stock to the tin and cook for another 10 minutes or until the chicken and vegetables are cooked through.

## Gravy

1. Remove about 90% of the drippings from the cooked chicken and vegetable tray (careful, this will be extremely hot!) and add to a pan on a medium heat.
2. Add the chicken stock to the pan and stir well.
3. Add the flour and whisk continuously until the mixture thickens. If required, add more flour until the desired consistency.

## Yorkshire Puddings

1. Grease a Yorkshire pudding or muffin tray with the olive oil and place in the oven at 230°C to warm.
2. Mix the plain flour and eggs together in a bowl.
3. Gradually add the milk whilst continuously stirring to ensure there are no lumps.
4. Take the tray out the oven, then pour the mixture evenly into each hole.
5. Place the tray back in the oven and cook for 20-25 minutes.

# EASY STEAK AND ALE PIE

If you have an afternoon to spare why not use this time to make a delicious steak and ale pie? Even though the filling takes a couple of hours to cook it's well worth the wait as it ensures the meat and vegetables are tender and full of taste.

Some people like to add extra vegetables to their steak and ale pies such as mushrooms, potatoes, or peas. As long as you serve your pie hot and in large portions we're sure everyone will love it!

## Ingredients (Serves 4)

- 1kg Braising Steak
- 500ml Strong Ale
- 300g Ready Roll Puff Pastry
- 2 Garlic Cloves
- 1 Onion
- 2 Carrots
- 3 Beef Stock Cubes
- 1 Vegetable Stock Cube
- 1 Egg
- 3tsp Thyme
- Salt
- Pepper

## Time

Prep: 20 minutes  
Cook: 2 hours

## METHOD

1. Heat a little oil in a pan, chop the onion and garlic into small pieces and add to the pan.
2. Chop the braising steak into large chunks, then add to the pan and cook until the outsides are browned.
3. Add the ale, thyme, beef, and vegetable stock cubes (crumbled) and some salt and pepper and let the mixture simmer slowly.
4. Chop the carrots into discs and add to the pan. Simmer for another 10 minutes, making sure there is always enough water to cover the mixture.
5. Place the dish in the oven at 180°C and cook for 1½ hours.
6. Whilst the filling is cooking, roll out a pastry cover large enough to fit the lid of your chosen casserole dish.
7. Remove the pan from the oven and transfer the mixture into a casserole dish. Place the pastry on top and glaze with 1 beaten egg.
8. Cook for a further 20 minutes until the pastry is browned and the mixture is bubbling.





# SOUP FROM SCRATCH

This is one of our favourite recipes as it takes less than an hour to make and is so much more satisfying than a pre-made can of soup. Cooking homemade soup in a motorhome is extremely easy, especially if you have a hand mixer, however if you don't you can always serve your soup chunky!

Potato and leek soup is a classic recipe that goes great with lashings of warm bread and butter. The key to this soup is to make sure its seasoned properly, so make sure you taste as you go along.

## Ingredients (Serves 4)

- 4 Potatoes
- 2 Leeks
- 1 Onion
- 2 Pints Vegetable Stock
- 150ml Crème Fraiche
- Salt
- Pepper

## Time

Prep: 10 minutes

Cook: 30 minutes

## METHOD

1. Heat a little oil in a pan. Chop the onion, leeks, and potatoes into small chunks and add to the pan. Cook for 5 minutes until starting to go soft.
2. Add the vegetable stock to the pan and bring the mixture to a boil. Season with salt and pepper, then then simmer the vegetable mixture for 20 minutes until the vegetables are fully cooked.
3. Using a hand blender, whizz the mixture until smooth. Add to a new pan, stir in the crème fraiche and heat all the way through. Serve immediately.

# MEDITERRANEAN FISH AND VEGETABLES

We all know that fish is healthy, however whilst your away in your motorhome you may feel that cooking fish for dinner is too complicated. Luckily, our one pot Mediterranean fish and vegetable dish is quick, simple and requires practically no cooking skills.

White fish fillets are easy to find in your local supermarket and usually come deboned and descaled. However, if you are a fan of fish then why not head to your local fishmonger and see what they suggest for your evening meal?

## Ingredients (Serves 4)

- 4 Haddock or Cod Fillets
- 150ml White Wine
- 60ml Olive Oil
- ½ Onion
- 200g Cherry Tomatoes
- 200g Pitted Black Olives
- 200g Can of Artichoke Hearts
- 1 Lemon
- 2tbsp Capers
- Salt
- Pepper

## Time

Prep: 10 minutes  
Cook: 15 minutes

## METHOD

1. In a large pan add the olive oil, white wine and fish fillets (do not heat yet).
2. Chop the onion into small chunks, the lemon into slices and the cherry tomatoes in half.
3. Add the cherry tomatoes, olives, artichoke hearts (including the liquid) and the lemon to the pan.
4. Top with the 2tbsp of capers and season with salt and pepper.
5. Place the pan on the hob, cover and bring to the boil. Once boiled, reduce the heat so the mixture simmers for 12-15 minutes or until the fish has cooked through.

# HOMEMADE BURGERS

You can't beat a good old burger, especially if you make them from scratch! If you are travelling with young children this is a great recipe for them to help you with and we're sure they'll love the fact that they are eating something they helped make.

The best bit of any burger is the toppings, as this is what transforms a burger into your favourite dish. Whether it's cheese, bacon, chillies, mayonnaise, ketchup or raw onions, by offering a range of topping you'll ensure everyone is happy!

## Ingredients (Serves 4)

### **Burgers:**

- 1kg Beef Mince
- 2 Garlic Cloves
- 1 Onion
- 1 Egg
- 1tbsp Vegetable Oil
- 8 Burger Buns

### **Optional:**

- American Cheese Slices
- Chillies
- Pickles
- Your Sauce of Choice
- Lettuce
- Tomato
- Raw Onions

## Time

Prep: 10 minutes

Cook: 35 minutes

## METHOD

1. Heat a little oil in a pan, chop the onion and garlic into small pieces and add to the pan. Cook until soft and brown.
2. In a bowl, add the beef mince, onions, garlic, and egg. Mix well.
3. Form the mixture into evenly sized burger patties. Remember not to make them too thick as they may not cook through.
4. Chill the patties in the fridge for 20 minutes.
5. Once the patties are chilled, take each one and cook in a pan with a little oil for 5-10 minutes or until medium-well (if desired).
6. Cut the burger buns in half and place a patty in each one. Add your favourite toppings such as American cheese slices, ketchup, onions, lettuce, pickles, chillies or anything else you like!

# THREE CHEESE LASAGNE

Slow cookers can come in really handy on a motorhome holiday, especially if you are planning on having a relaxing day in or around your vehicle. Most people think that you can only cook stews and chilli in a slow cooker, but the truth is nearly any recipe can be adapted.

This three cheese lasagne takes about 4 hours to cook all the way through, but once it does we're sure you'll be pleased. Cottage cheese, mozzarella and parmesan are all blended to create a creamy, cheesy treat that goes great with garlic bread or on its own.

## Ingredients (Serves 4)

- 350g Lasagne Sheets
- 500g Beef Mince
- 800g Chopped Tomatoes
- 150g Tomato Puree
- 1 Onion
- 2 Garlic Cloves
- 50g Parmesan Cheese
- 350g Cottage Cheese
- 450g Mozzarella Cheese
- 1tsp Dried Italian Herbs
- Salt
- Pepper

## Time

Prep: 20 minutes  
Cook: 4 hours

## METHOD

1. Chop the garlic and onion, then add to a frying pan with the beef mince and cook until brown.
2. Add the chopped tomatoes, tomato puree, Italian herbs, salt, and pepper and cook until the mixture is hot.
3. In a separate bowl, mix together the parmesan, cottage and mozzarella cheese.
4. In your slow cooker, add a layer of the meat mixture, followed by a layer of lasagne sheets, then a layer of the cheese mixture. Repeat until all the ingredients are used.
5. Cook on low for around 4 hours until the pasta is soft and the cheese is gooey.



# Snacks & Treats



# GIANT SKILLET COOKIE

We guarantee this giant skillet cookie recipe won't disappoint, especially if you have young children travelling with you. In fact, even if you aren't travelling with young children we're sure you'll still love making this delicious dessert!

Making this giant cookie couldn't be easier and you can even serve it in the skillet which means less washing up. If you are a massive fan of cookies why not try adding your own favourite toppings such as caramel bites or mini brownies for a truly decadent dessert?

## Ingredients (Serves 4)

- 225g Plain Flour
- 100g Caster Sugar
- 80g Brown Sugar
- 130g Butter
- 1tsp Baking Powder
- ½tsp Bicarbonate of Soda
- 1 Egg
- 225g M&Ms or Chocolate Chips

## Time

Prep: 10 minutes  
Cook: 25 minutes

## METHOD

1. Preheat the oven to 175°C and well-grease a skillet pan.
2. In a mixing bowl, add the butter, sugar and egg and mix well.
3. Sieve in the flour, baking soda and bicarbonate of soda and stir the mixture until everything is combined and there are no lumps.
4. Add the M&Ms or chocolate chips. You may want to taste one or two to make sure they aren't poisonous!
5. Pour the mixture into the skillet. Place the skillet in the oven for 18-20 minutes or until the cookie is brown on top and squidgy in the middle.



## 5-MINUTE MUG CAKE

Admittedly, this isn't the healthiest recipe in our cookbook, however it is one of the quickest! Mug cake is a special treat that's perfect for when you are craving something sweet – perhaps after a long day of walking or cycling.

The recipe below creates one mug cake, so if you want more you'll need to raid your cupboards for extra crockery! If you have children travelling with you this is a recipe they can easily make themselves as no hot appliances are required.

### Ingredients (Serves 1)

- 4tbsp Plain Flour
- 2tbsp Sugar
- 2tbsp Cocoa Powder
- 3tbsp Milk
- 3tbsp Sunflower Oil
- 1tbsp Chocolate Chips
- ¼tsp Vanilla Extract
- 1 Egg

### Time

Prep: 10 minutes  
Cook: 5 minutes

## METHOD

1. Combine flour, sugar, and cocoa powder in a mug and stir well.
2. Then crack the egg into the mug and mix well avoiding lumps.
3. Add the milk, oil and chocolate chips and stir.
4. Add vanilla extract, stir again.
5. Place the mug in the microwave for 3-4 minutes until the cake has risen.
6. Remove from the microwave and let the cake set for 1-2 minutes.
7. Grab a spoon and eat!



## NO-BAKE CHEESECAKE

Even though some people automatically associate cheesecake with the 70s we think it's a great dish to serve after a summer lunch or dinner as it's light yet sweet and filled with flavour. We've suggested a tin of your favourite fruit filling to top the cheesecake off, however you can also add fresh fruit, melted caramel, chocolate chips or whatever else takes your fancy!

Even better, regardless of the toppings you choose you won't need to spend any time baking, meaning you can relax knowing your cheesecake will be ready to serve the next day.

### Ingredients (Serves 4)

- 125g Digestive Biscuits
- 5tbsp Dark Brown Sugar
- ½tsp Cinnamon
- 75g Melted Butter
- 450g Cream Cheese
- 450ml Whipping Cream
- 2tbsp Lemon Juice
- 5tbsp Caster Sugar
- 1 Tin Fruit Filling or Fresh Fruit

### Time

Prep: 30 minutes  
Chill: 8 hours

## METHOD

1. Put the digestive biscuits into a freezer bag and seal well, then bash using a rolling pin until the biscuits become crumbs.
2. In a bowl, stir the digestive crumbs, dark brown sugar and cinnamon. Add the melted butter (you can heat this on the hob or in the microwave) and stir well, making sure the mixture is consistent.
3. Place the mixture in a lined cake tin and press down well. Chill for 1-2 hours until firm.
4. In another bowl, combine cream cheese and lemon juice, whisk the mixture until soft. Add the whipping cream and keep whisking until the mixture is thick.
5. Finally, add the sugar to the bowl and whisk until the mixture is stiff.
6. Pour the cheesecake mixture over the chilled biscuit base in the tin. Top with your favourite fruit filling (if desired) then chill overnight. Enjoy the next day.





## QUICK JAM TARTS

Strawberry jam tarts are quintessentially British, especially as they go perfectly with a cup of tea! Besides from being super tasty, another great thing about jam tarts is that they are quick and easy to cook meaning you can enjoy them any time.

Our recipe includes strawberry jam as it's our personal favourite, however if you are more of a marmalade or blackcurrant fan you can easily replace the filling to suit you. You could even make a batch of half and half to keep everybody happy!

### Ingredients (Serves 4)

- 170g self raising flour
- 85g unsalted butter
- 70g strawberry jam

### Time

Prep: 20 minutes  
Cook: 20 -30 minutes

## METHOD

1. Preheat your oven to 200°C.
2. Add the flour and butter to a mixing bowl. Using the tips of your fingers, rub the mixture together until it turns into breadcrumbs.
3. Stir in a few tablespoons of water to create a dough.
4. Lightly flour a surface and roll out your dough. Using a pastry cutter, cut out around 15-20 equally sized circular shapes.
5. Lightly grease a cupcake tray and place each circle into a hole.
6. Add 1tsp of the jam to each piece of pastry.
7. Place the tarts in the oven for 20-30 minutes or until golden brown.



# CHOCOLATE NUTBARK

What's better than chocolate? Homemade chocolate bark with your choice of fillings! Chocolate bark is simply melted chocolate chips combined with your favourite fillings (we've chosen nuts for this example), chilled, then broken up into pieces.

If you like white chocolate you can always use this instead, as well as fruit or seeds if you are looking for a more healthy option. Dark chocolate bark is a great treat for long walks as it can give you a quick sugar boost, helping you get back home for more!

## Ingredients (Serves 4)

- 350g chocolate chips
- 180g mixed nuts

## Time

Prep: 15 minutes  
Chill: 30 minutes

## METHOD

1. Chop your nuts into small pieces, but leave some bigger than the others to give your bark a different texture with each bite.
2. Melt the chocolate chips in a heatproof bowl placed on top of a pan of boiling water. Add nearly all of the mixed nuts and stir.
3. Place foil across a baking sheet making sure you don't leave any wrinkles.
4. Scoop the chocolate and nut mixture onto the baking sheet and smooth it out. Sprinkle with the remaining nuts
5. Chill for 20-30 minutes or until solid. Then, move the bark and the foil onto a chopping board and smash with a knife to create lots of different size and shaped pieces. Remove the foil and enjoy!



## PRETZEL BITES

Pretzels are usually considered an American snack, but why should Americans have all the fun when it comes to these tasty treats? Pretzels are great to have around, however we will warn you, you can't just have one!

Savoury pretzels are delicious on their own or with an accompanying dip, such as hummus, sour cream or salsa. Just make sure you cook enough for everyone as these babies will go fast!

### Ingredients (Serves 4)

- 470g Plain Flour
- 110g Baking Soda
- 7g Easy Bake Yeast
- 1tsp Salt
- 1tbsp Light Brown Sugar
- 1tbsp Unsalted Butter
- 1 Egg
- Coarse Sea Salt

### Time

Prep: 30 minutes  
Cook: 15 minutes

## METHOD

1. Melt the butter in a microwave or on the hob.
2. Add the yeast to 300ml of warm water and mix well. Add the salt (normal, not coarse), sugar and melted butter, stir well.
3. Slowly add the flour, a small amount at a time, and stir continuously until the mixture is thick and the dough is no longer sticky.
4. On a lightly floured surface, knead the dough for 3 minutes. Then place in a bowl, cover and leave in a warm place for 10 minutes.
5. Once the dough has been left for 10 minutes, remove from the bowl and cut into small bite size pieces.
6. Fill a large pot with water, then add baking soda, and bring to a boil. Drop each bite into the water for 20 seconds, remove each bite and place on a greased baking tray.
7. Repeat for all bites, then top with egg wash and coarse sea salt.
8. Place in the oven at 220°C for around 12-15 minutes or until golden brown.



# VEGETABLE CRISPS

We all know that crisps aren't healthy for you, but if you can't resist we have an alternative option – veggie crisps! Veggie crisps have become increasingly popular over the years, to the point where you can now buy them in packets, but we think homemade are best.

Sweet potato, parsnips and beetroots all have lovely earthy flavours that will come through even when cooked to a crisp (sorry!) If you like your crisps with a kick you could also season them with cayenne pepper or a handful of mixed herbs.

## Ingredients (Serves 4)

- 3 Sweet Potatoes
- 3 Parsnips
- 3 Beetroots
- 3tbsp Olive Oil
- Salt
- Pepper

## Time

Prep: 20 minutes

Cook: 20 minutes

## METHOD

1. Peel and chop all the vegetables into thin slices. Pat the vegetables with some kitchen roll to remove any excess moisture.
2. Place the vegetables in a bowl, add the olive oil, salt, and pepper and mix well to cover each crisp evenly.
3. Move the vegetables onto a baking tray and place in the oven for 15-20 minutes at 200°C, turning halfway through.

# MINI SAUSAGE ROLLS

Who doesn't love a sausage roll? Along with sandwiches they are the cornerstone of a British picnic and, believe it or not, they are also really simple to cook at home. We've cheated a little bit here by using ready made puff pastry, but we can assure you they still taste great.

Who doesn't love a sausage roll? Along with sandwiches they are the cornerstone of a British picnic and, believe it or not, they are also really simple to cook at home. We've cheated a little bit here by using ready made puff pastry, but we can assure you they still taste great.

## Ingredients (Serves 4)

- 500g Ready Made Puffed Pastry
- 8 Herb Sausages
- 1 Egg
- Salt
- Black Pepper

## Time

Prep: 40 minutes  
Cook: 25 - 30 minutes

## METHOD

1. Sprinkle some plain flour on a surface and roll your puff pastry out into a rectangle that measures about 45x30cm.
2. Cut the rectangle in half, then cut the two halves into eight rectangles each, giving you 16 rectangles.
3. Beat the egg in a bowl and brush one half of each rectangle with a small amount of the mixture (you won't need to use all of it at this stage).
4. Chop the 8 sausages in half, giving you 16 pieces. Place a piece of sausage on each pastry rectangle at the opposite end of the egg mixture.
5. Season with salt and black pepper, then roll the sausages in the pastry to make sausage rolls
6. Chill the sausage rolls for 20 minutes. Once the pastry is hard, place on a baking tray, prick with a fork and brush with the remaining egg mixture.
7. Bake for 25-30 minutes at 200°C until golden brown.



# SWEET, SPICY OR SALTY POPCORN

Why make popcorn in a microwave when it's tastier on the hob? Cooking authentic popcorn from scratch only requires two basic ingredients: popcorn kernels and olive oil – the rest is up to you!

One thing you must always remember when cooking popcorn is that both the oil and the corn become extremely hot, so you'll need to make sure you are careful when handling the pan. Make sure you also let your popcorn cool slightly before serving to ensure the flavours come through and no one gets hurt.

## Ingredients (Serves 4)

- 200g popcorn kernels
- 2tbsp olive oil
- Icing sugar, salt or paprika to taste

## Time

Prep: 2 minutes

Cook: 5 minutes

## METHOD

1. Heat the olive oil in a large pan until piping hot.
2. Carefully add the popping kernels and cover immediately with a tight lid.  
(Note: the kernels should never cover more than a quarter of the pan).
3. Shake the pan whilst holding the lid so the popcorn doesn't stick to the pan.
4. Once the popping stops, quickly pour the popcorn into a bowl and cover with icing sugar, paprika or salt to taste.

# ROASTED NUT MIX

Nuts are great to snack on throughout the day as they travel well and are filled with flavour. By spending 20 minutes cooking a batch of spiced and salted nuts at the start of your journey you will be able to tuck in whenever you like, which is very handy if you are planning lots of days out!

We've suggested using almonds, cashew nuts, or peanuts in our recipe, which you need to make sure are unsalted and unroasted, otherwise they will clash with the paprika and salt. You can also flavour your nuts with herbs and spices for a Mediterranean twist!

## Ingredients (Serves 4)

- 300g mixed nuts
- 1 large knob of butter
- 1tsp flaky sea salt
- 1tsp paprika

## Time

Prep: 5 minutes  
Cook: 18-20 minutes

# METHOD

1. Heat the oven to 180°C. Place the nuts (almonds, cashew nuts, and peanuts all work well, just make sure they are unsalted and unroasted) on a baking tray and roast for 15 minutes.
2. Once roasted, add the nuts, butter, salt and paprika to a bowl and mix well.
3. Make sure the nuts are covered evenly with the butter mixture.
4. Place the nuts back on the baking tray and roast for a further 2-3 minutes.
5. To store, place in an airtight container and eat within 3 days.

# CAKE POPS

This next recipe is fun, delicious, and easy to make, the perfect activity for kids and adults alike! Cake pops are a great chance to get creative with your treats. You can customise them with different flavours, colours, and decorations to match any theme or occasion.

The possibilities are endless, and the results are always scrumptious. So, put on your apron, gather up your ingredients, and get started on making these delightful little treats that are as fun to make as they are to eat!

## Ingredients (Serves 6)

- 1 Cake (Store-Bought or Homemade)
- 2 Cups of Buttercream Frosting or Chocolate
- Food Colouring (if using Buttercream Frosting)
- Lollipop Sticks
- Sprinkles, Chocolate Chips or Decorations

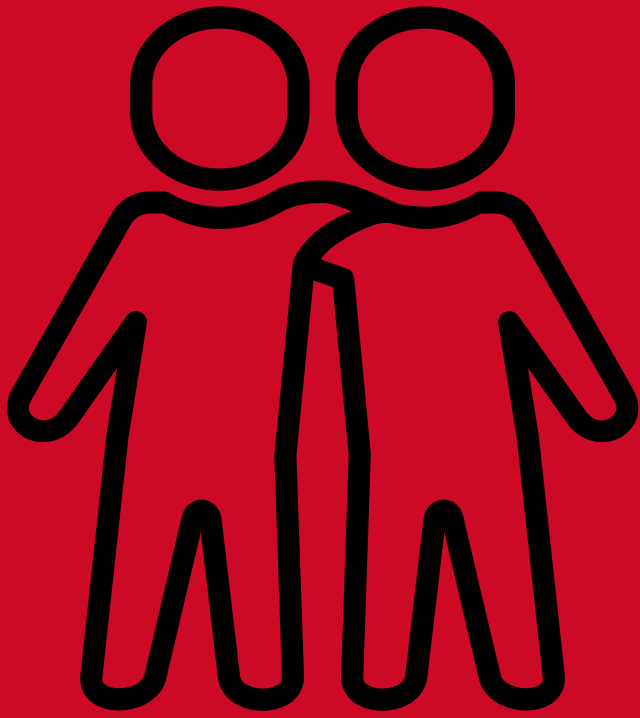
## Time

Prep: 1 hour  
Chill: 4 hours

## METHOD

1. In a large bowl using your hands or a fork crumble your cake.
2. Add buttercream frosting and mix until the mixture reaches a dough-like consistency and can form a ball shape.
3. Take small handfuls of the mixture and form them into balls.
4. Insert lolly pop sticks.
5. Place cake pops in the fridge for at least 4 hours.
6. Melt the chocolate or mix food colouring and frosting together and then coat the top of the cake pops.
7. Create a design with sprinkles, chocolate chips or decorations.





# Special Guests

# CHICKEN TIKKA MASALA - JUDITH ANDERSON, TEENAGE CANCER TRUST

Chicken Tikka Masala is the nation's favourite dish, serve with rice (basmati is my personal favourite) and enjoy!

## Ingredients (Serves 1)

- Basmati rice
- Chicken thigh, deboned
- 3 tsp tandoori curry powder
- ¼ onion, sliced
- ½ a tin of tomatoes
- 50ml single cream
- Oil
- Salt & pepper

## Time

Prep: 10 minutes  
Cook: 20 minutes

## METHOD

1. In a saucepan on low heat simmer half a mug of rice with 1 mug of water. Make sure to place a lid over the saucepan and when all of the water has been absorbed set aside.
2. Coat your chicken thigh in a dash of oil and season with 1 teaspoon of curry powder.
3. Heat one tablespoon of oil in a frying pan on medium heat, then cook each side of the chicken until it's fully cooked through. (Chicken should be fried on each side for approximately 4 minutes.)
4. Whilst the chicken is cooking, add chopped onion to another pan and gently fry the onion over medium heat in a splash of oil.
5. Cook the onions until they have softened.
6. Then add the tinned tomatoes and 2 teaspoons of curry powder, stir the mixture until the ingredients are fully combined. Allow it to simmer for around 5 minutes until the mixture has slightly reduced.
7. Add the single cream to the frying pan, and let it simmer until the desired sauce consistency is achieved.
8. Finally, chop your chicken into cubes and stir into the sauce and there you have it your very own homemade chicken tikka masala!

## PRETTY GOOD PAELLA – RACHEL STOTHERT, WHAT MOTORHOME

I love a one pot wonder, especially when it comes to cooking in a motorhome. Paella is a pretty versatile dish in terms of what meat, fish or veggies you use, so if you get tempted by the catch of the day or a lured into a farmer's market, this recipe can be adapted to suit.

The key thing is to make sure you have paella rice, known as “bomba” in Spain. It claims to be impossible to overcook as it simply keeps absorbing water (and burning the base of the pan is almost a necessity in Spanish cooking). Unlike an Italian risotto, this recipe requires virtually no attention after adding the liquid, meaning you can enjoy a pre-tea tippie while the pan bubbles away!

### Ingredients (Serves 4)

- 200g Diced Chicken
- 200g Paella Rice
- 650ml Chicken or Fish Stock
- 2 Cloves of Garlic
- 1 Onion

- 1 Tin Peas
- 4 Tomatoes
- 1tsp Paprika
- ½tsp Saffron or Turmeric

### Time

Prep: 10 minutes  
Cook: 25 minutes

## METHOD

1. Chop the onion and garlic into small pieces, drain the tin of peas and cut the tomatoes into chunks.
2. Toss the chicken with the paprika to taste. Heat a tablespoon of oil in a pan and add the chicken to brown.
3. Add the onion, garlic, saffron and rice and cook for a few minutes until the rice is translucent.
4. Add the stock and stir gently. Simmer slowly for 10 minutes - do not stir.
5. Add the peas and tomatoes and cook for another 10 minutes. Season with salt and pepper and serve.

## BEEF STROGANOFF A LA ROCK TRACK – BAREFOOT CHEF, VW CAMPER & COMMERCIAL MAGAZINE

Here's a great way to cook steak, achieve consistently excellent results and at the same time look as if you're not really trying! I've chosen some of my favourite rock tracks to listen to whilst cooking, and the best bit is they can also help you with timing.

Naturally, you can pick your own favourite tracks as long as they match up with the time each step takes. Who knows, you could even end up with your very own Beef Stroganoff playlist that will let everyone know a tasty dinner is on its way!

### Ingredients (Serves 2)

- 450g Rump Steak
- Knob of Butter
- 1 Onion
- 225g Mushrooms
- 2tsp Paprika
- 1 Carton Sour Cream or Crème Fraiche

### Time

Prep: 5 minutes  
Cook: 15 minutes

## METHOD

1. Slice the onions and heat the butter in a large frying pan.
2. Cook the sliced onion for "Gold" – Spandau Ballet (5 minutes) until softened. Meanwhile cut the steak into thin strips.
3. Add the beef to the pan and cook for "All the Young Dudes" – Mott the Hoople (3-4 minutes) until just starting to brown.
4. Halve the mushrooms, add to the pan and stir fry for "Let it Snow, Let it Snow, Let it Snow" – Dean Martin (2 minutes). Lower the heat, stir in the paprika and simmer gently for "In God's Country" – U2 (3 minutes).
5. Stir the soured cream into the pan and cook gently for "La La" – the Residents\* (1 minute), without boiling (if the mixture boils it will curdle), then season to taste.

6. Serve the stroganoff on a bed of rice – I appreciate that this can be much easier said than done, so either re-heat a portion of Indian take-away rice in a pan over a low gas flame for about “Bat out of Hell” - Meatloaf (10 minutes) stirring frequently, or buy a packet of ready cooked rice and follow the instructions on the packet.

# CHORIZO & COD (OR HADDOCK) WITH NEW POTATOES - JAMES WALLACE, VW CAMPER AND BUS MAGAZINE

Fish, chorizo and new potatoes are a match made in heaven, and this recipe couldn't be easier to make. If you are travelling in a VW camper then you should have plenty of room to make this dish and enjoy it with a cool glass of your favourite wine at the end!

Sherry is the key ingredient to this dish as it adds warmth and goes great with chorizo. We're sure you'll be keeping a bottle to hand in your motorhome once you have tried our famous dish!

## Ingredients (Serves 4)

- 4 Haddock or Cod Fillets
- 450g New Potatoes
- 200g Chorizo
- 1 Onion
- Bunch of Parsley
- 200g Cherry Tomatoes
- 1 Red Pepper
- 1 Green Pepper
- 4tbsp Sherry
- Salt
- Pepper

## Time

Prep: 10 minutes  
Cook: 30 minutes

## METHOD

1. Cut new potatoes in half and par boil for five minutes.
2. Cut the chorizo into 1cm slices and add to a clean pot with a glug of olive oil. Allow some of the oil from the sausage to cook out.
3. Add a chopped white onion and fry for a couple of minutes.
4. Add the par boiled potatoes and three tablespoons of sherry. Place the lid on the pot and cook for 10-20 minutes until the potatoes are tender. Stir as you go along to prevent the chorizo from sticking.
5. Season your fish fillets well. Add 15g of chopped parsley, all of the cherry tomatoes and some sliced red and green peppers.
6. Place your fish fillets on top of the vegetables and splash over the remaining tablespoon of sherry. Allow to cook for 5-10 minutes or until the fish is white and flaky in the middle.

7. Sprinkle with parsley as a garnish, serve with crusty bread and a glass of your favourite vino.



# A GARLIC FESTIVAL OF CHICKEN AND MUSHROOM SPAGHETTI – CARAVAN LARRY, ELDDIS MOTORHOMES

This is super easy tea, loaded with flavour and full of garlicky goodness. There's even a spare glass of wine for you in the ingredients list meaning you can relax while cooking this delicious dinner!

Don't forget to check out some of my other great motorhome and campervan dishes on the Caravan Larry blog. You can find dishes for all times of the day as well as a range of meats including poultry, pork, venison and more!

## Ingredients (Serves 4)

- 2 Garlic Bulbs
- 2 Chicken Breasts
- 2 Glasses of White Wine
- ½ Onion, Diced
- Mushrooms (About Half a Tub Cup chopped into Quarters)
- Small Pot of Double Cream
- Sugar Snap Peas, Frozen or Tinned
- Spaghetti
- Fresh Parsley

## Time

Prep: 10 minutes  
Cook: 30 minutes

## METHOD

1. Chop the chicken into small chunks and place in an oven at 200°C for 20-25 minutes until cooked through.
2. Chop about 1cm off the top of 1 whole bulb of garlic. Put the bulb in a foil parcel, drizzle with oil, wrap up tightly and roast in the oven at 200°C for about 40 minutes.
3. Have a glass of wine then about 30 minutes later bring a pan of salted water to boil and put in the spaghetti.
4. In another pan sweat off the onion in a bit of oil.
5. Add the chopped mushrooms to the onion.
6. After a few minutes, chop or crush 2 cloves of garlic and add to the mushrooms and onion. Fry for about a minute.





7. Pour in a glass of wine and finely chopped parsley stalks and reduce down by about half.
8. Add the chicken and pour in half a pot of cream.
9. Meanwhile, chuck a handful of peas or beans into the pot of spaghetti.
10. Remove roast garlic from oven and allow to cool a bit.
11. Carefully remove the delicious gems of roast garlic cloves, any that get mashed up just plop them in the sauce.
12. If the sauce is too thick, add a bit of the spaghetti cooking water. Season to taste.
13. Serve up by piling the creamy garlicky chicken and mushroom sauce on top of a plate of spaghetti and peas, grate some cheese on top and scatter the delicious garlic cloves. Finish with black pepper, chopped parsley leaves and a drizzle of nice oil.

## A TRADITIONAL STEW - OR IF YOU WISH TO IMPRESS - A DAUBE – IAIN BROUGH, VW CALIFORNIA CLUB FORUM

So a stew... or if you wish to impress a “Daube”. When it comes to the chopped garlic, Herbs de Provence and the chilli flakes it’s up to you to add as much or as little as you like. I also suggest Maris Piper or “mashing potatoes” for this dish, and am planning to cook mine in a skillet, but a large-ish lidded pan will do.

Once you have assembled the ingredients, and they can vary as much or as little as you wish, sit down and have a beer. You can’t rush a good meal. Then you can begin...!

### Ingredients (Serves 4)

- 2 Garlic Bulbs
- 2 Chicken Breasts
- 2 Glasses of White Wine
- ½ Onion, Diced
- Mushrooms (About Half a Tub Cup chopped into Quarters)
- Small Pot of Double Cream
- Sugar Snap Peas, Frozen or Tinned
- Spaghetti
- Fresh Parsley

### Time

Prep: 10 minutes  
Cook: 1 hour

## METHOD

1. Chop the onion, garlic, carrots and potatoes into chunks.
2. Heat the oil in the pan, I actually like loads but it’s up to you!
3. Add the meat to the pan and cook until it’s browned/sealed.
4. Remove the meat and place onto a plate, keeping the juices.
5. Add the onions to the pan and brown so they are just starting to caramelize (you can have a bit more beer at this stage).
6. Add the garlic, chilli flakes, and a good pinch of the Herbs de Provence and cook for about five minutes, constantly stirring to stop the garlic burning.
7. Put the meat and its juices back in the pan, then add the carrots, tomatoes and potatoes and stir.
8. Sprinkle in the stock cube and season with salt and pepper to taste.

9. Top up with some water/red wine/a bit of that beer until everything is just covered. Bring to the boil then place the lid on and simmer very gently for about 45 minutes or as long as it takes to tenderise.
10. Keep an eye on your Daube whilst you are reading your book/paper/having another beer/or just admiring your Cali, stirring and topping up the liquid if needed.
11. Serve in a bowled plate with crusty bread and wash it down with a full bodied red.



# ONE POT MOROCCAN LAMB – JESS TODDS, TODDS MOTORHOMES

Here in the Todds family we tend to cook a range of recipes on our travels, however one thing we tend to never bring with us is a set of scales! This is why our recipes are always easy to cook and are easily adaptable to suit what you fancy that day.

Along with Moroccan Lamb another favourite recipe of ours for when we are away in our motorhome is creamy pasta with bacon. We tend to also chuck in any leftover veg which you can also do with this recipe if you fancy it!

## Ingredients (Serves 4)

- Diced Lamb
- Tin of Chick Peas
- Tin of Cherry Tomatoes
- Red Onion
- Red Chilli
- 2tsp Cumin
- Dried Apricots
- Dash of Balsamic Vinegar

## Time

Prep: 10 minutes  
Cook: 20- 25 minutes

## METHOD

1. Cut the red onion into thick chunks and finely chop the red chilli.
2. Put the lamb pieces on skewers and set aside.
3. In a large pan or casserole dish heat a little oil then add the onion and cook until soft.
4. Add the chickpeas, tomatoes, chilli, cumin, apricots & balsamic vinegar to the pan.
5. Cook the mixture for 10 minutes, stirring occasionally.
6. Meanwhile, cook the lamb under the grill to your liking, turning frequently.
7. Serve the chickpeas and lamb together on a plate and enjoy.

## ROAST BEEF WITH CREAMY HONEY MUSTARD DRESSING –STEVE ROGERS, COMFORT INSURANCE

This is a simple yet great recipe that I hope you enjoy as we have on our motorhome holidays. Roast beef is always a popular dinner, and we like to serve ours with a honey mustard dressing, crispy bacon and little gem lettuce.

If you are a bit short of space in your motorhome you could always skip step one by getting your butcher to trim and tie the beef for you. This means all you have to do is add the rosemary, garlic and seasoning then sit back and relax!

### Ingredients (Serves 4)

#### **Roast Beef**

- 1.25kg Beef Eye Fillet or 2 x 600g Beef Fillets
- ½ Small Bunch of Fresh Rosemary
- 60ml Light Olive Oil
- 2 Garlic Cloves
- Salt
- Black Pepper
- 2tsp Light Olive Oil (extra

#### **Creamed Honey Mustard**

- 125g Wholegrain Mustard
- 1½ tbsp Honey
- 1tbsp Whole-Egg Mayonnaise

### Time

Prep: 20 minutes  
Cook: 40 minutes

## METHOD

1. Trim the beef if required and crush the garlic cloves.
2. Preheat oven to 240°C.
3. Secure the beef by tying it at regular intervals using unwaxed white kitchen string.
4. Coarsely chop 1 tablespoon of rosemary, but keep 3 whole sprigs to one side
5. In a bowl, combine the chopped rosemary, oil, and garlic.
6. Rub the combined mixture over the beef. Season the meat with salt and pepper, and thread rosemary sprigs under the string.

7. Heat the extra olive oil in a roasting pan over high heat. Place the beef in the pan and cook it for approximately 6 minutes, turning it occasionally, until it's browned on both sides.
8. Place the beef in the oven for 15-20 minutes, basting regularly with the pan juices. This will cook your beef medium-rare, so you can continue cooking until the beef is to your liking if you want.
9. Remove the beef from the baking pan and transfer to a plate. Cover the beef with foil and set aside for 10-15 minutes to rest.
10. Meanwhile, make the mustard dressing by whisking together mustard, honey and mayonnaise until creamy.
11. Remove both the string and rosemary sprigs from the beef. Cut the roast beef across the grain into thick slices. Place on a platter and serve immediately with the creamed honey mustard.



# STICKY SAUSAGE WHEELS, MASH AND GRAVY –LUCY MARSHALL, SWIFT MOTORHOMES

Sausage and mash is one of my favourite dinners, however, for this recipe we've added our own unique twist by using sausage rings flavoured with cider, honey, and mustard. You can choose which type of sausages to use, however if you can't find ready-made rings you can always buy linked sausages, push the meat into one long strip and then form into rings.

As there's not always tonnes of space in a motorhome we've chosen to serve our sausages and mash with a quick and easy gravy. Gravy granules can come in really handy on a motorhome holiday, however you are always welcome to make your own gravy from scratch!

## Ingredients (Serves 4)

- 4 Chipolata or Cumberland Sausage Rings
- 1tbsp Olive Oil
- 250ml Cider
- 2tbsp Wholegrain Mustard
- 2tbsp Clear Honey
- 4 Large Potatoes
- Milk
- Butter
- Gravy Granules
- Salt
- Pepper

## Time

Prep: 10 minutes  
Cook: 35 minutes

## METHOD

1. Heat a little oil in a pan and cook the sausage wheels for 20 minutes, turning half way through.
2. Cut the potatoes into small chunks and place in a large pan with water. Boil for 20-25 minutes until soft.
3. In a bowl, mix the cider, mustard and honey, then drizzle over the sausages and cook for another 10-15 minutes.
4. Drain the potatoes, add milk, butter, salt, and pepper to taste before mashing to your desired consistency.
5. Add hot water to the gravy granules and stir as instructed on the packet.



6. Place the potatoes and sausages on a plate and cover in gravy. Season with more salt and pepper to taste and serve with additional mustard on the side.





# LEMON DRIZZLE CAKE – JOE LAWRENCE, AUTOSLEEPERS

This classic cake recipe is full of citrus flavour and is perfect for all baking abilities!

With its crisp, lemony glaze and delectable sponge, this one's an all-time favourite up and down the country. It pairs perfectly with a lovely cup of tea or you can serve it with a dollop of ice cream as a delicious dessert!

## Ingredients (Serves 4)

### **Mixture**

- 225g Unsalted Butter, Softened
- 225g Caster Sugar
- 225g Self-Raising Flour
- 4 Eggs, Beaten
- Finely Grated Zest of 1 Lemon

### **Drizzle**

- 85g Caster Sugar
- Juice of 1½ Lemons

## Time

Prep: 10 minutes

Cook: 1 hour

## METHOD

1. Preheat the oven to 180°C. Grease and line a 900g loaf tin (or one that measures 21cm x 8cm).
2. Mix the butter and sugar together until it is pale and fluffy. Slowly add the eggs. Sift in the flour and add the lemon zest, then fold gently until mixed.
3. Spoon the mixture into the tin and level the top. Bake for 45-50 minutes or until a thin skewer comes out clean after being inserted into the cake's centre.
4. Leave the cake to cool a little in its tin. Mix the lemon juice and sugar together. Take a fork and pierce the warm cake all over then pour over the drizzle. Leave in the tin until completely cool.

★ **Top Tip:** For a different taste sensation, replace the zest and juice of a lemon with that of an orange.



# SUPER EASY JAM SPONGE PUDDING – RUSSELL HENSMAN, AUTO TRAIL

Just because you're travelling the continent and hooking up at a different aires each evening doesn't mean you should forgo the luxury of a warm, filling desert in your motorhome. Many vehicles come with a microwave as standard these days, so why not utilise this piece of kit to create a family favourite, especially if the weather isn't playing ball and it's wet and dreary outside!

This isn't the traditional jam sponge pudding recipe that involves hours of wrapping and steaming, but a modern and simple twist on a classic. Perfect for an indulgent way to end a day of trekking or cycling in the great outdoors!

## Ingredients (Serves 8)

- 50g Strawberry or Raspberry Jam
- 175g Butter, Softened
- 50g Golden Syrup
- 65g Caster Sugar

- 3 Eggs
- 175g Self-Raising Flour

## Time

- Prep: 15 minutes  
Cook: 10 minutes

## METHOD

1. Generously grease the inside of a 2-pint pudding basin.
2. Spoon the jam into the base of the pudding basin and set aside.
3. Beat the butter, golden syrup and sugar together until light and fluffy.
4. Beat in half the eggs followed by half the flour and when well combined, add the remaining eggs and flour. The mixture should be at a dropping consistency. Add a splash of milk if the mixture is too thick.
5. Spoon the mixture into the pudding basin, only filling it three quarters full, then smooth the surface with the back of a spoon.
6. Loosely cover with cling film, allowing room for the cling film to inflate as the mixture rises, and cook in the microwave for five minutes. The pudding is done when a skewer inserted into the centre comes out clean.
7. Leave to stand for five minutes then run a blunt knife around the edge of the pudding to loosen the sides, carefully invert onto a plate.
8. Cut into generous wedges and serve with tinned custard and additional jam!



# Barbecue Recipes

# BBQ RIBS

A staple to any barbecue, our first recipe to kick off our BBQ recipe section is our flavoursome, sweet BBQ ribs!

Our BBQ ribs are the perfect excuse to fire up your grill, they're perfectly seasoned, and slow-cooked to tender perfection. For a mouthwatering combination of smoky flavours give this recipe a try.

## Ingredients (Serves 4)

- 2 Racks of Pork Back Ribs
- 1 Cup of BBQ Sauce
- ¼ Cup of Brown Sugar
- 1tbsp of Paprika
- 1tbsp of Garlic Powder
- 1tbsp of Onion Powder
- Salt and Pepper

## Time

Prep: 25 minutes  
Cook: 1 hour 15 minutes

# METHOD

1. Preheat your barbecue on medium heat.
2. Mix brown sugar, paprika, garlic powder, onion powder, salt, and pepper in a bowl.
3. Rub the ribs in this mixture until they are well coated.
4. Cover the ribs in foil and cook over the grill on medium heat for roughly an hour.
5. Unwrap the foil and take out the ribs, then brush the ribs with BBQ sauce, cook for 10-15 minutes making sure to turn the ribs regularly.

# GRILLED BBQ CHICKEN

Juicy, tender and packed with smoky flavour, satisfy your barbecue cravings with our delicious BBQ chicken!

This next recipe is a barbecue classic with a spicy jerk kick. Our tender, tasty chicken wings are a barbecue favourite that will be popular with your guests!

## Ingredients (Serves 4)

- 12 Chicken Drumsticks
- 2 Cups of BBQ Sauce
- 2tbsp of Olive Oil
- 2 Minced Cloves of Garlic
- 2tsp of Smoked Paprika
- 4tbsp All-Purpose Seasoning
- 4tbsp Jerk Seasoning
- Salt and Pepper

## Time

Prep: 25 minutes  
Cook: 35 minutes

## METHOD

1. Preheat your barbecue on medium heat.
2. Mix BBQ sauce, olive oil, minced garlic, 1 tsp smoked paprika, 2 tbsp all-purpose seasoning, 2 tbsp jerk seasoning, salt, and pepper in a bowl.
3. Season chicken with 1 tsp of smoked paprika, 2 tbsp all-purpose seasoning, 2 tbsp jerk chicken, salt, and pepper.
4. Cook chicken on barbecue turning regularly for around 30-35 minutes minutes. (Or until it's thoroughly cooked.)
5. During the last few minutes of cooking coat the chicken with the BBQ sauce mixture.



# GRILLED VEGGIE KEBABS

No meat? No problem! This next recipe is for our veggie lovers, it's flavour rich, it's the grilled veggie kebab!

Whether you prefer bell peppers, mushrooms, corn, or even something more exotic like a zucchini or courgette, this recipe is incredibly versatile so try with the veg of your choice!

## Ingredients (Serves 4)

- Bell Peppers
- Tomatoes
- Red Onion
- Courgette
- Mushrooms
- Corn
- Or Any Vegetables of Your Choice

## Time

Prep: 1 hour  
Cook: 10 minutes

## METHOD

1. Prepare your wooden skewers by soaking in cold water for 30 minutes before grilling to prevent burning.
2. Preheat your barbecue to medium heat.
3. Cut vegetables into small chunks.
4. Mix olive oil, minced garlic, thyme, oregano, basil, salt, and pepper in a bowl.
5. Thread your vegetables onto the skewers, alternating the vegetables in different sizes and shapes.
6. Brush vegetable skewers with the olive oil mixture
7. Place the skewers on the grill to cook for 10 minutes, making sure you rotate the skewers occasionally, until the vegetables are slightly charred and tender.

# HALLOUMI BURGERS

Cheese the day with our Comfort Halloumi Burger! These burgers are quick and super easy to make, perfect after a day of adventuring in your motorhome.

Halloumi cheese is a popular cheese in Mediterranean cuisine, known for its salty and tangy flavour and unique texture. Our halloumi burger is a delicious barbecue option that is sure to satisfy your taste buds.

## Ingredients (Serves 4)

- Halloumi Slices
- Burger Buns
- Red Onion
- Tomato
- Lettuce
- Cucumber
- Sliced Avocado
- Your Sauce of Choice
- Olive Oil
- Salt and Pepper

## Time

Prep: 15 minutes

Cook: 6 minutes

## METHOD

1. Preheat your barbecue to medium heat.
2. Mix olive oil, salt, and pepper in a small bowl.
3. Brush each of the halloumi slices with the mixture.
4. Cook the halloumi slices on the barbecue for around 2-3 minutes on each side.
5. Place the burger buns on the grill until they are golden and crispy.
6. Chop up lettuce, cucumber, red onion, avocado, and tomato.
7. Assemble burgers and add your sauce of choice.

# RED APPLE BURGERS

Apples in burgers? Adventure not just with your motorhome but with your tastebuds with our tasty and unique red apple burgers.

While it may sound strange to some, the sweetness of the red apples perfectly complements the savoury flavours of the burger patty and toppings. So why not try something new and add a little adventure to your next meal?

## Ingredients (Serves 4-6)

- 1 ½ Pounds of Ground Beef
- Egg
- Red Apple
- Dried Basil
- Dried Thyme
- Garlic Powder
- Onion
- BBQ Sauce
- Red Onion
- Lettuce
- Burger Buns
- Salt and pepper

## Time

Prep: 6 hours  
Cook: 10 minutes

## METHOD

1. Preheat your barbecue on medium heat.
2. Grate the red apple.
3. Finely chop the onion.
4. Mix basil, thyme, garlic powder, salt, pepper, chopped onions, grated apple, egg and ground beef into a bowl until it is combined well.
5. Divide your mixture into 4 to 6 portions (depending on your desired size of burgers)
6. Make sure your patties are slightly larger than the size of your burger buns as they will shrink during cooking.
7. Before cooking make sure burgers are chilled, this will firm up the burgers and keep it intact when cooking.
8. Place the burgers on the grill and cook for 5 minutes on each side.
9. Place burger buns on the grill until they are golden and crispy.
10. Chop up lettuce, red onion and tomato.
11. Assemble burgers and add BBQ sauce.





# HONEY GLAZED GRILLED PINEAPPLE

Don't forget dessert! Pineapple and honey pair to create the perfect punch of flavour in this next recipe.

If you haven't tried barbecued desserts before, then it's time to give it a go! These sweet golden rings are a perfect way to get started and add an awesome twist to your next barbecue.

## Ingredients (Serves 4)

- 1 Fresh Pineapple
- ¼ Cup of Honey
- ¼ Cup of Brown Sugar
- 3tbsp Unsalted Melted Butter
- Ground Cinnamon
- Ice Cream (optional)

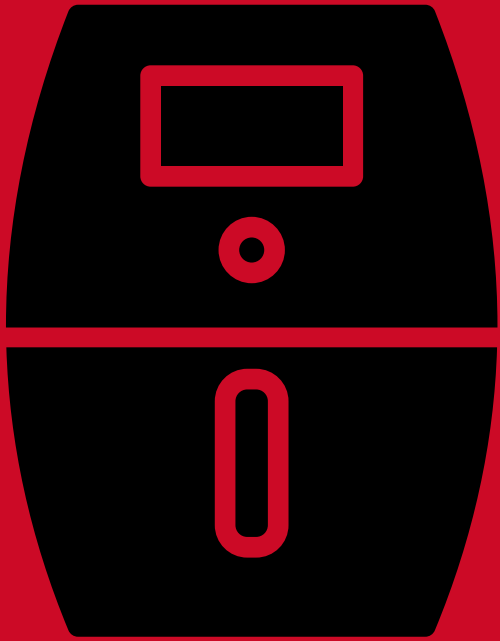
## Time

Prep: 30 minutes

Cook: 15 minutes

## METHOD

1. Preheat your barbecue on medium heat.
2. Cut the top and bottom off the pineapple, use a sharp knife to remove all the skin. Core the pineapple and cut it into rings.
3. Mix the honey, melted butter, brown sugar, and ground cinnamon into a bowl.
4. Coat the rings of pineapple in the honey glaze mixture.
5. Cook the pineapple rings on the barbecue for around 2-3 minutes each side (or until the pineapple starts to caramelise and you start to see grill marks.)
6. Let pineapple rings cool and serve with ice cream.



# Air Fryer Recipes



# HONEY-GLAZED BUTTERNUT SQUASH, PUMPKIN, AND PARSNIP CUBES

A fantastic healthy snack for your on-the-go adventures. Whip up our honey-glazed vegetable cubes, they're quick and easy to make, and incredibly tasty!

A handy tip when you're using an air fryer is to preheat it! Just like with an oven, preheating your air fryer can help ensure your food cooks evenly and crisps up nicely.

## Ingredients (Serves 2)

- 1 Cup Pumpkin Cubes
- 1 Cup Butternut Squash Cubes
- 1 Cup Parsnip Cubes
- 2tbsp Olive Oil
- 2tbsp Honey
- 1/2tsp Ground Cinnamon
- 1/2 tsp Ground Thyme
- 1/4tsp Ground Nutmeg
- Salt and Pepper
- Fresh Parsley or Rosemary for Garnish (optional)

## Time

Prep: 10 minutes  
Cook: 15 minutes

## METHOD

1. Prepare your vegetables and cut them into cubes, then add them to a bowl.
2. Combine olive oil, honey, cinnamon, thyme, nutmeg, salt and pepper in a separate bowl.
3. Pour the honey glaze mixture over the vegetables and toss, make sure you coat the vegetables evenly.
4. Put the glazed vegetable cubes in the air fryer.
5. Air fry the vegetables for 12-15 minutes or until the vegetables have caramelised, halfway through the cooking time shake the basket to move the vegetables around to ensure for more even cooking.
6. Garnish with parsley or rosemary.



# ROAST FLAVOUR POTATO SLICES

The perfect recipe to cure your roastie cravings! When you're out travelling some times you won't have time to cook a full roast dinner, this is the perfect simple and delicious dish to get a taste of a roast on the road!

For the best results when cooking in your air fryer be sure not to overcrowd the basket. This allows for proper air circulation and ensures that your food cooks evenly.

## Ingredients (Serves 2)

- 2 large potatoes
- 2 tablespoons olive oil
- 1 OXO cube of your choice
- 2 tablespoons of dried rosemary
- 2 tablespoons of dried thyme
- Salt and pepper

## Time

Prep: 5 minutes  
Cook: 15-20 minutes

## METHOD

1. Cut up potatoes into slices.
2. Soak potato slices in water for 15 to 30 minutes.
3. Pat dry with a tea towel.
4. Coat the potato slices with olive oil.
5. In a bowl crush up your OXO of choice and add the rosemary and thyme. alongside salt and pepper.
6. Season the slices with the dried OXO mixture.
7. Place in the air fryer for 15-20 minutes, cook until crispy and golden.

# MAPLE GLAZED PORK CHOPS

Looking to experiment with flavour, well our maple glazed pork chops are the perfect taste tingling recipe for you! These succulent maple glazed pork chops are a delightful blend of sweet and savoury flavours that will tantalise your taste buds.

Serve these delectable pork chops with your favourite sides for a complete and satisfying meal that is sure to become a new favourite in your recipe collection.

## Ingredients (Serves 2)

- 4 Pork Chops
- 2tbsp Olive Oil
- 2tsp Dried Rosemary
- 2tsp Dried Thyme
- 1tsp of Cinnamon
- 1tsp Paprika
- ½tsp Garlic Powder
- ½tsp Onion Powder
- Salt and Pepper
- 4tbsp Maple Syrup
- Apple Sauce

## Time

Prep: 5 minutes  
Cook: 10-12 minutes

## METHOD

1. In a small bowl combine rosemary, thyme, cinnamon, paprika, garlic powder, onion powder, salt and pepper.
2. Brush both sides of the pork chops with olive oil and maple syrup then season with the dry mixture.
3. Place the seasoned chops in the air fryer for 10-12 minutes.
4. Half way through cooking brush both sides of the pork chops with maple syrup, then turn over the pork chops to cook on their other side .

# PITA BREAD PIZZAS

Looking to experiment with flavour, well our maple glazed pork chops are the perfect taste tingling recipe for you! These succulent maple glazed pork chops are a delightful blend of sweet and savoury flavours that will tantalise your taste buds.

Serve these delectable pork chops with your favourite sides for a complete and satisfying meal that is sure to become a new favourite in your recipe collection.

## Ingredients (Serves 2)

- 2 Pita Breads
- Cheese of Your Choice
- Sauce of Your Choice
- Toppings of Your Choice
- Salt and Pepper
- 1tsp of Garlic Powder
- 1tsp of Dried Thyme
- 1tsp of Dried Oregano

## Time

Prep: 5 minutes  
Cook: 5 minutes

## METHOD

1. Evenly coat your pita breads with your sauce of choice.
2. Season your pizzas with salt, pepper, garlic powder, thyme, oregano, and any other seasonings you enjoy!
3. Add a layer of cheese on to each pita bread.
4. Prepare your toppings of choice and arrange them on your pizza.
5. Add more cheese!
6. Place the pizzas in the air fryer and cook for 5 minutes, check that topping have cooked properly (if they have not put the pizzas back in the air fryer for an additional 2 minutes.)



# PUMPKIN SPICED CUPCAKES

An air fryer is not just limited to savoury dishes, you can also whip up delicious sweet treats like our pumpkin spiced cupcakes.

This recipe includes creative decoration, making it perfect for getting the kids involved in some cooking

## Ingredients (Serves 6)

### **Cupcake Ingredients**

- 2 Cups All-purpose Flour
- 1tsp Baking Powder
- ¼tsp Salt
- 1tbsp Ground Cinnamon
- ½tsp Ground Nutmeg
- ½tsp Ground Ginger
- ½tsp Ground Cloves
- ½ Cup Granulated Sugar
- ½ Cup Softened Unsalted Butter
- 2 Large Eggs
- 1/2 Cup of Milk
- 1tbsp Vanilla Extract

### **Frosting Ingredients**

- 2 Cups Buttercream
- Food Colouring

### **Decorations**

- Chocolate, Sprinkles, Sweets, or Toppings of Your Choice

## Time

Prep: 10 minutes

Cook: 12-15 minutes

## METHOD

1. In a bowl mix the dry ingredients (except the sugar) together – flour, baking powder, salt and all the spices.
2. In a separate bowl mix the milk, eggs, butter, sugar and vanilla extract.
3. Then gradually add the dry ingredients bowl to the wet ingredients and mix until just combined.
4. Line cupcake moulds or silicone cupcake liners with paper liners. Fill each liner around two-thirds full with the cupcake batter.
5. Place the cupcakes in the air fryer basket, leaving space between them so they can cook evenly.
6. Air fry for 12-15 minutes or until a toothpick inserted into the centre of a cupcake comes out clean.
7. Remove the cupcakes from the air fryer and allow them to cool down.



8. In separate bowls for colours mix buttercream and food colouring until fully mixed.
9. When the cupcakes are completely cooled down pipe or spread the buttercream icing onto the cupcakes.
10. Use chocolate, sprinkles, sweets, or toppings of your choice to decorate your cupcakes!





# CHOCOLATE PACKED BROWNIES

This next recipe is chocolate, on chocolate, on chocolate! So if you've got a sweet tooth this recipe will be your dream come true

Indulge in the ultimate chocolate lover's dream with this tempting treat that is sure to satisfy your sweet cravings. Perfect for sharing with loved ones or enjoying all to yourself!

## Ingredients (Serves 6)

- 2 Large Bars of Milk Chocolate
- 2 Large Bars of White Chocolate
- ½ Cup Softened Unsalted Butter
- ½ Cup Cocoa Powder
- 1 Cup Brown Sugar
- 2 Large Eggs
- ½ Cup Plain Flour
- 1tsp baking powder
- Chocolate chips

## Time

Prep: 2 hours  
Cook: 25 minutes

## METHOD

1. Chop up one of the bars of milk chocolate into small chunks.
2. In a bowl, add the milk chocolate chunks and butter.
3. Put the bowl in the microwave and heat until the chocolate and butter has melted.
4. Mix them together.
5. In a separate bowl mix the eggs and sugar.
6. In the additional bowl mix the flour and cocoa powder.
7. Slowly add this dry mixture to the chocolate bowl while mixing until it is all fully combined.
8. Chop up one of the white chocolate bars into chunks and mix this in the chocolate bowl.
9. Grease a small pan or dish that fits inside your air fryer basket. (Make sure the containers you're using are compatible with your air fryer.)
10. Add the mixture to the pan or dish and cook in the air fryer for 25 minutes or until a toothpick inserted into the centre of the brownies comes out clean.



11. Remove the brownies from the air fryer and let them cool.
12. Once the brownies have cooled, chop the second milk chocolate bar up into small chunks and melt in a bowl in the microwave.
13. Spread the melted chocolate mix over the brownies and leave to harden.



# Outro

## WE HOPE YOU ENJOYED OUR COOKBOOK!

We hope you found our cookbook useful and made some tasty dishes in your motorhome or campervan! Cooking while travelling can present challenges, but with the right recipes and tips, it can also be a delightful experience. Remember, cooking in a motorhome is all about creativity and making the most of the ingredients you have on hand.

So, don't be afraid to experiment and put your own twist on our recipes.

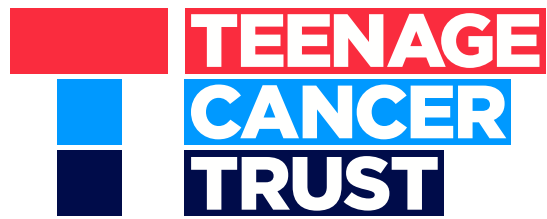


We love seeing how you bring our recipes to life in your kitchen! If you cook any of our recipes, then don't forget to share your culinary motorhome masterpieces with us so we can celebrate your cooking skills together! After all, good food is meant to be shared and enjoyed by all. So don't be shy, snap a picture and send it our way. Send in pictures via our social media or email us at [info@comfort-insurance.co.uk](mailto:info@comfort-insurance.co.uk)!

**Happy Cooking and Safe Travels!**



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Don't forget if you found value from our cookbook show your appreciation by making a donation to the **Teenage Cancer Trust!**

Supporting a cause like the Teenage Cancer Trust can make a real difference in the lives of young people battling cancer. Your donation, no matter the size, can help provide crucial support, resources, and care for those in need!

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