

The Family Travel Company | Healthy Menu Series

Campfire and Stovetop Cooking

CONVENTIONAL

BREAKFAST

Quinoa bacon and eggs

Fire or stove cooked quinoa with sea salt and butter topped with either billy poached, camp oven or pan-fried eggs.

Avocado salsa with bacon or salmon

Diced avocado, tomato and rocket with sea salt, lemon juice and drizzled olive oil. Add bacon croutons, or smoked salmon if enjoying this as a main course.

Billy pot tea or coffee

Fire boiled tea or coffee. Instant coffee or ground Turkish style coffee.

Field snacks

Pepitas, sliced zucchini with guacamole, pecan nuts, pickles, olives, cherry tomatoes, mushroom caps with feta cheese and olive oil.

LUNCH

Cabbage leaf wraps

Broad cabbage leaves filled with pitted olives, avocado, cherry tomato, rocket, with tuna and mayonnaise.

Add fire grilled beef, haloumi, hummus, pesto if desired.

Chilli bean nachos

Fire cooked Mexican chilli beans (beef mince) with a salad of jalapenos, tomato, cucumber, avocado, grated cheese, topped with sour cream.

Enjoy with corn chips.

Add grilled chicken or garlic prawns if desired.

Pizza omelette

Omelette with diced tomato, cheese, olives, anchovies, capsicum and napolitana sauce. Add mayonnaise if desired.

Snacks

Pepitas, beef jerky, sliced zucchini with guacamole, pecan nuts, olives, mushroom caps with feta cheese and olive oil.

DINNER

Chicken curry with quinoa

Fire or stove cooked chicken and vegetable curry with coconut milk.
Serve with diced chillies, sesame oil, almond flour damper with butter and coconut yoghurt.

Roasted vegetable and tuna salad

Tuna with diced vegetables roasted on the fire or in a camp oven, dressed in olive oil vinegar and sea salt then tossed through a Greek salad of leaves, olives, tomato and feta.

Camp oven roast

A one-pot roast with either beef, lamb or chicken. Together with in-season root vegetables. Chop mushrooms in the juices for a gravy.

DESSERT

Full cream Greek or coconut yoghurt with berries

Add a handful of berries to your favourite yoghurt.

Camp oven chocolate pudding and cream

Camp oven baked chocolate pudding with cream.

SHOPPING CHECK LIST

Almond Flour
Anchovies
Avocado
Bacon
Basil
Beef jerky
Beef mince
Beef roast
Berries
Butter
Cabbage
Capsicum
Cheese
Cherry tomatoes
Chicken
Chocolate Powder
Coconut cream
Coffee / Tea
Corn chips
Cream
Cucumber
Curry powder
Eggs
Garlic
Haloumi
Jalapenos
Kidney beans

Lemons
Low GI Sugar
Mayonnaise
Mushrooms
Napolitana sauce
Olives
Olive Oil
Onions
Pepitas
Pecans
Pickles
Prawns
Quinoa
Rocket
Salad leaves
Sae salt
Seasonal vegetables
Smoked Salmon
Sour cream
Tofu
Tuna
Vegemite
Vinegar
Yoghurt
Zucchini