

The Family Travel Company | Healthy Menu Series

## **Caravan and Camper Cooking**

### **VEGETARIAN**

#### **BREAKFAST**

##### **Big Breakfast**

Pan grilled eggs, mushrooms, tomato and baked beans with avocado salsa, feta cheese. Serve with toast if desired.

##### **Banana yoghurt smoothie**

Rice milk or cows milk, spring water, full cream Greek yoghurt with blueberries. Top with cinnamon and/or nutmeg.

##### **Turkish coffee**

Ground coffee stove top simmered with whipping cream. Add sugar if desired.

##### **Field snacks**

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

#### **LUNCH**

##### **Vegetarian continental salad**

Cos lettuce, tomato, olives, eggplant, pickles, Jarlsberg, chillies with a garlic aioli dressing. Serve with toast if desired.

##### **Field mushroom burger**

Field mushrooms as buns with avocado, tomato, mayonnaise, lettuce, cheese, onions, sprouts and mustard.

##### **Cos lettuce wraps**

Cos lettuce leaves filled with olives, tomato, avocado, mayonnaise and fetta. Add eggs if desired.

#### **DINNER**

##### **Eggplant parmigiana**

Sliced eggplant baked with tomato basil sauce, oregano, mozzarella and parmesan. Topped with Almond flour bread crumbs.

##### **Tossed mixed vegetables**

In-season vegetables steamed or stovetop cooked then tossed or dressed with olive oil, lemon juice, garlic and sea salt.  
Add herbs, cashews and avocado.

### **Baby spinach and mushroom risotto**

Either rice or quinoa stewed in garlic and vegetable stock with baby spinach, diced tomato, dressed with parsley, parmesan and olive oil.  
Serve with garlic bread.

## **DESSERT**

### **Raspberries and cream**

Raspberry punnet with fresh whipping cream poured over.

### **Fruit salad and yoghurt**

Diced in-season fruit medley with a dollop of Greek yoghurt.

## **Shopping List**

Almond break crumbs  
Avocados  
Baby spinach  
Baked beans  
Bananas  
Bread  
Cashews  
Chilies  
Cinnamon  
Coffee  
Cos lettuce  
Cows milk  
Cream  
Eggs  
Egg Plant  
Feta cheese  
Field mushrooms  
Garlic  
Garlic Aioli  
Greek yoghurt  
Jarlsberg cheese  
Mayonnaise  
Mixed fruit  
Mixed herbs  
Mozzarella  
Mushrooms  
Mustard  
Nutmeg  
Olives  
Olive Oil

Onions  
Parsley  
Parmesan cheese  
Pecans  
Pepitas  
Pickles  
Quinoa (or rice)  
Raspberries  
Rice milk  
Springwater  
Sprouts  
Tomatoes  
Tomato basil sauce  
Vegetable Stock