



FAMILY. picnic

Easy, transportable recipes for whether you're eating in the park, on the beach or at home in the garden

recipes EMILY KERRIGAN @modernfamilyfood photographs WILL HEAP



Infinity sandwich

We call these baguettes 'infinity sandwiches' in our house because the layers of ingredients go on and on. Sometimes all you need is a natty name to get kids enjoying the good stuff, and I've found I can cram lots of fresh veg and flavours into variations of this sandwich and the kids will always love it. This version uses tomato, baby spinach and basil alongside pesto, mozzarella and salami.

SERVES 4 **PREP 10 mins** plus at least 1 hr resting **NO COOK**

- 1 white or brown baguette
- 3 tbsp fresh green pesto
- 1 beef tomato
- 1 ball mozzarella (about 200g)
- 2 handfuls baby spinach leaves
- handful basil leaves
- 6 slices salami

- 1** Slice the baguette in half lengthways and hollow out (save the breadcrumbs to coat some fishfingers). Spread the bottom half with the pesto. Slice the tomato and layer it over the pesto. Slice the mozzarella and add in a layer over the tomato.
- 2** Finish with layers of spinach and basil, plus the salami, folded in half if necessary to fit the width of the baguette.
- 3** Wrap in baking parchment, tie with string and pop in the fridge weighted under something heavy (we used a hefty griddle pan). Leave for at least 1 hr (or overnight if you like). The flavours will mingle and the sandwich will flatten down, making it a doddle to cut up without all the ingredients falling out all over your picnic rug.

GOOD TO KNOW calcium
PER SERVING 540 kcals • fat 24g • saturates 11g
 • carbs 55g • sugars 4g • fibre 4g • protein 24g
 • salt 2.4g





Picnic trail mix

A salty and sweet trail mix to pack in a paper bag. The kids can snack on this on the walk to the picnic site. Also doubles as a popcorn alternative on family movie night.

- MAKES** 1 big tin
PREP 20 mins
COOK 15 mins **EASY** V
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|-------------------------------------|
| apricot, raisins, dried cranberries |
| 150g caster sugar |
| 100g milk or dark chocolate chips |
| 25g bag mini salted pretzels |
| 25g bag mini Ritz crackers |
| rainbow sprinkles, for dipping |
- butter, for the tray
 150g mix of your choice of: pumpkin seeds, sunflower seeds, cashews, pecans, pistachios, chopped dried

- 1 Butter a baking tray. Mix together your chosen fruit, seeds and nuts in a medium saucepan. Add the sugar and stir together over a medium heat for 10 mins until the sugar has melted and caramelised. Quickly tip onto the baking tray, press down a little and leave to set (it won't fill the whole tray).
- 2 Melt the chocolate in a bowl set over a pan of simmering water, then half-dip the mini pretzels and crackers in the chocolate. Half-dip some in the sprinkles, leaving some plain. Place on a wire rack to set as you go along.
- 3 Once the fruit and nut praline is set, bash it up on the baking tray with a rolling pin to make little clusters. Mix with the chocolate pretzels and crackers and pack in little paper bags.

PER SERVING (45g) 202 kcal • fat 8g • saturates 2g • carbs 29g • sugars 15g • fibre 1g • protein 3g • salt 0.7g



Neapolitan cupcakes

These easy chocolate chip, vanilla and pale pink buttercream iced cakes mimic Neapolitan ice cream and are perfect for a portable little treat. The icing is quite stiff but that makes them much easier to transport.

- MAKES** 12
PREP 20 mins
COOK 25 mins **EASY**
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| 1½ tsp baking powder |
| 120ml milk |
| 1 tsp cocoa powder |
| 50g chocolate chips |
| 140g caster sugar |
| 40g unsalted butter, at room temperature |
| 1 egg |
| ¼ tsp vanilla extract |
| 120g plain flour |
- for the frosting**
 250g icing sugar
 100g unsalted butter, at room temperature
 red food colouring

- 1 Heat oven to 170C/150C fan/gas 3. Line a cupcake tin with cases. Cream the sugar with the butter using an electric whisk, until light and fluffy. Crack in the egg and add the vanilla extract, then whisk to combine. Add half the flour, the baking powder and a pinch of salt, whisk to combine, then add half the milk and whisk briefly again. Repeat to use the remaining flour and milk.
- 2 Spoon about half the mixture into a separate bowl, add the cocoa and chocolate chips and stir well to combine.
- 3 Using a teaspoon, divide the chocolate mixture between the 12 cupcake cases. Use a wooden skewer to spread the mixture evenly to the edges. Rinse and dry the teaspoon then repeat with the vanilla layer, taking care not to disturb the chocolate below and spreading to the edges again.
- 4 Bake for 25 mins. Leave to cool slightly in the tin before turning out onto a wire rack to cool completely.
- 5 To make the frosting, sift the icing sugar, then combine with the butter using an electric whisk. It will look crumbly initially – persevere and it will come together. Carefully add 1-2 drops of the food colouring and combine to make a pale pink frosting to ice the cakes. When you cut them in half, the coloured layers will be revealed.

PER CUPCAKE 295 kcal • fat 12g • saturates 7g • carbs 43g • sugars 34g • fibre 1g • protein 2g • salt 0.2g





Greek salad muffins

Kefalotiri is a hard Greek cheese similar to parmesan – use if you can find it at the deli. Leave the olives out if your kids don't like them.

MAKES 12 **PREP 20 mins** **COOK 25 mins** **EASY**

85g polenta
1/4 tsp bicarbonate of soda
1 tsp rapeseed oil
1 tsp baking powder
1 red onion, finely sliced
1 egg
1 beef tomato
4 tbsp sunflower oil
2 tbsp pitted black olives (optional)
1 tsp dried oregano
100g feta
20g parmesan (or kefalotiri), for grating over
115g plain flour
30g wholemeal flour
1 tsp salt
225ml milk
1 tsp dried oregano
20g parmesan (or kefalotiri), for grating over

- Heat oven to 190C/170C fan/gas 5. Line a muffin tin with cases. Heat the oil in a pan and cook the onion until soft.
- Quarter the beef tomato, scoop out the seeds and core, then discard and very finely chop the tomato and olives, if using. Crumble the feta into really small crumbs. Set everything aside.
- Set a sieve over a large mixing bowl. Measure out the flours, polenta, bicarb and baking powder along with 1 tsp salt, decanting directly into the sieve as you go. Use the back of a spoon to press everything through the sieve - there will be some wholemeal flour left over in the sieve at the end - just tip this back into the mixing bowl.
- Beat the egg in a separate bowl. Measure out the sunflower oil and milk and stir into the egg. Make a well in the flour mixture, tip in the egg mix and stir it together. Fold in the onion, tomato, feta, oregano and olives, if using. Mix well. Spoon the mixture between the muffin cases. Grate over a little cheese and bake for 25 mins. Eat warm or leave to cool and pack in a picnic.

PER MUFFIN 145 kcal • fat 8g • saturates 3g • carbs 13g • sugars 2g • fibre 1g • protein 5g • salt 1.0g

Red berry granola yogurt pots

MAKES 4 **PREP 20 mins** **EASY** **V**

150g strawberries
4 tbsp Greek yogurt
4 tbsp quick granola (see right)
for the coulis
1/2 lemon
150g raspberries
1/2 tsp honey

for the quick granola
1 tbsp coconut oil
1 tsp cinnamon
150g oats
50g sunflower seeds
50g pumpkin seeds
2 tbsp honey

- To make the coulis, juice the half lemon, then put in a pan with the raspberries and honey. Cook over a gentle heat for a few moments, breaking down with the back of a wooden spoon. Blend to a purée, then push through a sieve and discard the raspberry seeds. Divide between the bottom of four little pots or jars.
- To make the quick granola, melt the coconut oil, cinnamon and pinch of salt in a medium pan over a gentle heat. Pour in the oats, seeds and honey and stir well to combine. Continue to move around the pan until evenly browned, about 5 mins. Spread out on a baking sheet to cool.
- While it's cooking, slice up the strawberries and divide between the pots, layering up over the coulis. Spoon 1 tbsp of yogurt on top of each pot. Finish each pot with 1 tbsp of granola sprinkled over (the remaining granola will keep in a jar for a week).

GOOD TO KNOW vit c • 1 of 5-a-day
PER POT 165 kcal • fat 8g • saturates 4g • carbs 15g • sugars 10g • fibre 4g • protein 5g • salt 0.1g



Chicken skewers with tzatziki

Kids love these skewers hot off the griddle for a quick midweek supper, or you can pack them in green salad wraps with tzatziki and take on a picnic.

SERVES 8 **PREP 10 mins** **COOK 15 mins** **EASY**

4 skinless chicken breasts
1 lemon
2 tsp oregano
1 garlic clove
1 small yellow pepper
1 small red pepper
wholemeal tortilla wraps, to serve

baby spinach leaves, to serve
few sprigs flat-leaf parsley, to serve
for the tzatziki
1/2 cucumber
1/4 garlic clove
4 tbsp Greek yogurt
1 tbsp extra virgin olive oil
you will need
eight bamboo skewers

- Soak eight bamboo skewers in water. Using sharp kitchen scissors, chop the chicken into small pieces. Pop into a plastic box with a lid. Pare strips of lemon zest from the lemon using a vegetable peeler, then juice the lemon as well. Add both the peel and the juice to the chicken in the box along with the oregano and the garlic, crushed in. Season generously, mix and put in the fridge for 15 mins with the lid on. Deseed and chop the peppers into similar-sized pieces to those of the chicken.
- Heat a griddle pan to high while you get the chicken out. Discard the lemon zest and thread the chicken onto the skewers, alternating every few bits of chicken with a piece of red pepper followed by a piece of yellow pepper. Griddle for 10 mins, turning halfway.
- While the skewers are cooking, make the tzatziki. Get a box grater and a bowl. Cut the cucumber into long lengths, discarding the watery seedy core. Grate into the bowl, then grate the 1/4 garlic clove. Season generously and stir in the Greek yogurt. Drizzle with a little extra virgin olive oil.
- Serve the skewers hot off the griddle with the dip, or take the chicken and peppers off the skewers, leave to cool and pack into wholemeal wraps spread with a little tzatziki and rolled up with baby spinach and a few picked leaves of parsley.

GOOD TO KNOW healthy • low fat • vit c • gluten free
PER SERVING 137 kcal • fat 5g • saturates 2g • carbs 3g • sugars 3g • fibre 1g • protein 20g • salt 0.1g



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