





# $\circ$ FAMILY $\circ$

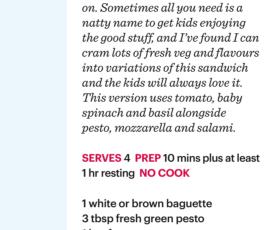
Easy, transportable recipes for whether you're eating in the park, on the beach or at home in the garden recipes EMILY KERRIGAN (6) @modernfamilyfood photographs WILL HEAP







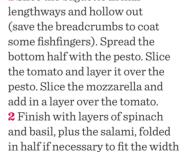




Infinity sandwich

We call these baguettes 'infinity sandwiches' in our house because

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



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

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

all the ingredients falling out all



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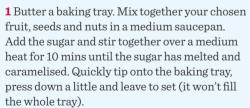


### Picnic trail mix

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

butter, for the tray 150g mix of your choice of: pumpkin seeds, sunflower seeds, cashews, pecans, pistachios, chopped dried 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



**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 kcals • 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

140g caster sugar 40g unsalted butter, at room temperature 1 egg 1/4 tsp vanilla extract

120g plain flour

1½ tsp baking powder
120ml milk
1 tbsp cocoa powder
50g chocolate chips
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 kcals  $\cdot$  fat 12g  $\cdot$  saturates 7g  $\cdot$  carbs 43g  $\cdot$  sugars 34g  $\cdot$  fibre 1g  $\cdot$  protein 2g  $\cdot$  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 85g polenta COOK 25 mins EASY

1 tbsp rapeseed oil 1 red onion, finely sliced 1 egg 1 beef tomato

2 tbsp pitted black olives (optional) 100g feta 115g plain flour 30g wholemeal flour 1/4 tsp bicarbonate of soda 1 tbsp baking powder

4 tbsp sunflower oil 225ml milk 1 tbsp dried oregano

20g parmesan (or kefalotiri), for grating over

- 1 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.
- 2 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.
- 3 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.
- 4 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 kcals • 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 vogurt 4 tbsp quick granola (see right) for the coulis

1/2 lemon 150g raspberries 1/2 tbsp honey

for the quick granola

1 tbsp coconut oil 1 tsp cinnamon 150g oats 50g sunflower seeds

50g pumpkin seeds 2 tbsp honey

1 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.

 ${\color{red}2}$  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. 3 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 kcals • fat 8g • saturates 4g • carbs 15g • sugars 10g • fibre 4g • protein 5g • salt 0.1g



# Chicken skewers with tzatziki

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

### **COOK 15 mins EASY**

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

SERVES 8 PREP 10 mins 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 vou will need eight bamboo skewers

- 1 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.
- 2 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.
- 3 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.
- 4 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 kcals • fat 5g • saturates 2g • carbs 3g • sugars 3g • fibre 1g • protein 20g • salt 0.1g



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