



The Ultimate
**CARAVANNER'S
COOK BOOK**





A Summer to Relish for a Lifetime

What's better, the thrill of a packed up family raring to go and the trusty old caravan securely on tow, or that peaceful Sunday afternoon when all the family crowd around a table for that beloved family feast? Yeah, it's a toss-up for us too. And really, who needs to choose when a family caravan holiday gives you the best of both worlds?

With the winter months finally behind us and the weatherman predicting a blistering hot summer it's time to look outdoors and plan a summer of tasty caravan adventures. To help you on your way it is our pleasure to introduce the Ultimate Caravanner's Cook Book. Put together with the help of 20 of the finest family caravan enthusiast bloggers, each of the recipes found within this ebook come straight from the tested dining table and is one of the longstanding favourites of each blogger and their families involved.

So, without any further hesitation, welcome to the caravan holiday that you will savour for a lifetime. Oh, and if you're a future caravan enthusiast, don't forget your Witter-Towbar!



Enjoy x



CONTENTS

Some of the quickest and easiest one pan recipes...

1. [The One Pan Balsamic Chicken and Veggies](#) / [The Blogging Mummy](#)
2. [The One Pan Mexican Texas Chicken](#) / [ParenthoodHighsandLows](#)
3. [The Oh-So Adaptable Chicken Pie](#) / [EdinburghLifewithKids](#)
4. [Quick and Easy Sausage Noodles](#) / [MrsCraftyB](#)
5. [Super Sweet Cranberry Baked Chicken](#) / [MotherhoodtheRealDeal](#)
6. [Super Simple Currienaush Soup](#) / [NobleNourishment](#) ✓
7. [The One Pan Peanut Chicken Stir Fry](#) / [BakesBooksandBoys](#)
8. [The Speedy Chicken and Spinach Curry](#) / [CherishedByme](#)
9. [The One Pan Super Beef Stew](#) / [MummyTries](#)
10. [The Speedy Aubergine and Halloumi Wraps](#) / [AdventureMummy](#) ✓
11. [The One Pan Pork and Apple Chops](#) / [FarmersWife](#)
12. [Super Simple Oregano Prawn Spaghetti](#) / [HijackedTwins](#)
13. [The Speedy Mushroom and Hazelnut Starter](#) / [HedgeCombers](#) ✓
14. [Super Sweet Coconut Corn Curry](#) / [BinnysKitchen](#) ✓
15. [The One Pan 15 Minutes Lasagna](#) / [MyLittleItalianKitchen](#) ✓
16. [Super Simple Bacon and Egg Potato Salad](#) / [WishfulWunderings](#)
17. [The One Pan Mexican Style Chicken and Bacon Salad](#) / [AuuBlog](#)
18. [The One Pan Middle Eastern Chickpeas](#) / [ElizabethsKitchenDiary](#) ✓
19. [The One Pan Fiery Chicken](#) / [OurTour](#)
20. [The One Pan Sweet Potato and Beetroot Soup](#) / [RoughMeasures](#) ✓



The What:

1/4 Cup Italian Salad Dressing
3 tbsp. Balsamic Vinegar
1.5 tbsp. Honey
500g Chicken Breasts
Chantilly Carrots
Asparagus
Plum Tomatoes
New Potatoes
Red Pepper

The Who:



Rachel at
www.bloggingmummy.com

The How:

1. Put the potatoes on to boil.
2. Cut the peppers into thin strips.
3. Mix together the Italian dressing, honey and balsamic vinegar.
4. Trim any white fatty bits off the chicken.
5. Put the whole chicken breast in the pan with a bit of oil, cook for 5 minutes on each side turning regularly.
6. After 10 minutes add the sauce to the chicken and cook for a further 10 minutes or until the chicken is cooked through. Take out of the pan and set aside.
7. Add the peppers, chantilly carrots, asparagus and plum tomatoes to the pan and cook for 5 minutes. If you like them a bit softer cook for a bit longer.
8. Once the veg is how you like put on the plate, place the chicken on top of the vegetables and add the new potatoes to the side.
9. A quick and easy yummy dinner!

THE ONE PAN MEXICAN STYLE TEXAS CHICKEN

The What:

4 x Chicken Breasts, chopped
2 x Red Peppers, chopped
3 x Garlic Cloves, chopped
400g Kidney Beans, drained
400g Chopped Tomatoes
1/2 tbs. of Chilli Powder, Cumin and Paprika
300g Tortilla Crisps
200g Grated Cheese of your choice
Jalapenos and Olives to taste

The Who:



Rachel at
www.parenthoodhighsandlows.com

The How:

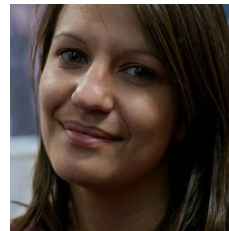
1. Heat a large saucepan or wok on the hob to a medium heat.
2. Add the chunks of chicken, and sauté for 5 minutes or until they are browned all over.
3. Add the peppers, garlic and onion. Give it a good stir, and then add the chilli powder, oregano, paprika and cumin. Cook for two or three minutes.
4. Add the sweetcorn, tomatoes and kidney beans. Leave it to simmer for another couple of minutes.
5. While pre-heating your grill cover the mixture with the tortilla crisps, grated cheese and optional jalapenos and olives.
6. Put it under the grill until the cheese has melted and has coloured slightly.
7. A mexican style evening in 6 easy steps!



The What:

4 x Chicken Breasts, diced
1 Onion, chopped
400g Broccoli
1 Pack of Pre-Rolled Puff Pastry
1 tbsp. Olive Oil
50g Butter
2 tbsp. Flour
800g Coconut Milk
Salt and Pepper to taste

The Who:



Laura at
www.edinburghwithkids.com

The How:

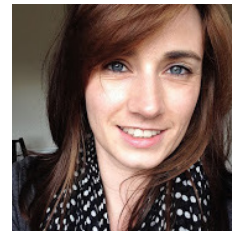
1. Preheat the oven to 220°C. Heat the oil in a pan before adding the chicken cubes to brown. Season with salt and then add the onion to the pan.
2. When the onion is soft, add the broccoli (or any veg you have that the kids like!)
3. For the white sauce - melt the butter in a pan, add the flour and cook for a few minutes. Gradually add the coconut milk, stirring with a whisk until it has thickened.
4. Pour the coconut over the chicken and stir through, before pouring the mixture into a pie dish.
5. Brush the rim of the dish with milk before unrolling the pastry and putting it on top of the pie. I like to trim away the excess pastry and use it to make a shape for the top of the pie - such as the kids initials. Finally, seal the pastry by pushing your thumb round the edges.
6. Poke a small hole in the top to let to steam and bake in the over for about 25 minutes.
7. Adapt this recipe with your kids favourite veggies!



The What:

4 x British Sausages
75g Broccoli
200g Medium Egg Noodles
1 tbsp. Olive Oil
1 tbsp. Barbecue Sauce

The Who:



MrsCraftyB at
www.mrscraftyb.co.uk

The How:

1. Grill the sausages on a medium heat for 15 minutes
2. While waiting for the sausages to cook, boil 200g of broccoli for 4 - 5 minutes and boil the egg noodles till tender.
3. When both the sausages and broccoli are cooked, chop them up into bite size pieces.
4. Heat a little oil in a frying pan, put the cooked noodles, broccoli and sausage into the pan and cook for a couple of minutes.
5. To make the dish extra tasty, add a spoon of a barbecue sauce
6. Super quick and super yummy!



The What:

3 x Medium Sweet Potatoes, thinly sliced
6 x Chicken Thighs
1 x Cranberry Sauce, 275g
1/4 Cup of Olive Oil
1 tsp. Ground Ginger
1 tsp. Salt
1 tsp. Ground Black Pepper

The Who:



Talya at
www.motherhoodtherealdeal.com

The How:

1. Preheat oven to 200°C.
2. Wash and slice the sweet potatoes placing them in a layer on a baking tray.
3. Place the chicken on top.
4. Mix together the remainder of the ingredients and pour over chicken and potatoes.
5. Bake uncovered for 50 minutes or so or until chicken is cooked throughout and potatoes are tender.
6. Delicious and easy. Does it get any better?



SUPER SIMPLE CURRIENASH SOUP

The What:

1 x Large Butternut Squash
2 x Medium Onions
2 Vegetable Stock Cubes
1 1/2 tsp. Curry Powder

The Who:



The Noble Twins at
www.noblenourishment.com

The How:

1. Peel and slice the butternut squash into 1 inch squares.
2. Peel and quarter the onions.
3. Put all chopped veg into a roasting dish for 45 mins.
4. Once roasted, remove the vegetables to the soup pot and add 2 pints of vegetable stock and bring to the boil. Then simmer for 15 mins.
5. Then blend either with a hand blender or food processor.
6. Add the curry powder to a small frying pan on low heat, toast for 2 minutes until fragrant. Then add to the blended soup and stir.
7. The perfect light Saturday lunchtime treat!



The What:

- 1 tsp. Peanut Oil
- 1 x Boneless, Skinless Chicken Breast, diced
- 1 x Garlic Clove, thinly sliced
- 1/2 Serrano Chilli, thinly sliced
- 4 oz. Sugar Snap Beans, trimmed
- 1 tbsp. Lime Juice
- 1 tbsp. Roasted Peanuts, Chopped
- 1/4 Cup Basil Leaves

The Who:



Lucinda at
www.bakesbooksandmyboys.com

The How:

1. In a medium non-stick skillet, heat oil over medium-high.
2. Add chicken; cook for 2-3 minutes until browned on one side.
3. Add garlic, chile, sugar snap peas, and 2 tablespoons water; cook until chicken is opaque throughout (about 3 minutes).
4. Season with salt and pepper; stir in lime juice, peanuts, and if using, basil.
5. Cook for a further 5 minutes or until chicken is cooked through.

THE SPEEDY CHICKEN AND SPINACH CURRY

The What:

3 x Chicken Breasts
1 x Onion
250 Butternut Squash, cubed
125ml Curry Paste
400g Chopped Tomatoes, tinned
250ml Coconut Milk
150g Spinach
Olive Oil

The Who:



Nova at
www.cherishedbyme.com

The How:

1. Preheat the oven to 200°C / gas mark 6
2. Put the butternut squash into an oven proof baking tin and drizzle with a little olive oil.
3. Put the butternut squash into the oven and roast for approximately 20 minutes (this helps it retain it's shape rather than going mushy in the pan, and tastes even better).
4. While the butternut squash is roasting get on with cooking the rest:
5. Heat 2 tsp of oil in a large saucepan and add the chicken and brown on all sides.
6. Add the onion and cook gently for a couple of minutes
7. Add the curry paste to the pan and coat all the chicken and onion and cook for another couple of minutes.
8. Add the tinned tomatoes, mix and allow the curry to simmer for 15 minutes.
9. Remove the butternut squash from the oven and add to the curry.
10. Add the alpro coconut cuisine and mix well.
11. Simmer for five minutes then stir in the spinach and remove from the heat.
12. Serve with basmati rice.



THE ONE PAN SUPER BEEF STEW

The What:

750g Beef Stewing Meat
1 Litre of Stock, flavour optional
50ml Apple Cider Vinegar
500g Frozen Vegetables
3 x Large Carrots
2 x Sweet Potatoes
3 x Cloves of Garlic
1 x Star Anise
1 x Bay Leaf

The Who:



Renee at
www.mummytries.com

The How:

1. Start by chopping up all your meat and vegetables (including carrots, onion, potatoes) into nice and chunky pieces and place into a large cooking pot.
2. Add the star and bay.
3. Add all the liquid stock to the pot.
4. Cook for 6 hours on 150°C with lid on.
5. Worth the wait!



The What:

1 x Jar of Roasted Peppers
1 x Jar of Roasted Aubergines
1 x 200g Pack of Halloumi
4 x Flatbreads
1/2 tbsp. Olive Oil

The Who:



Carly at
www.adventuremummy.com

The How:

1. Heat the olive oil on a low heat before lightly frying the halloumi for a few minutes on each side or till golden.
2. Before the halloumi is finished frying, add the vegetables to warm through.
3. Warm the flatbreads under the grill.
4. Generously fill the flatbreads.
5. Incredibly easy to make and little prep space needed!



The What:

- 1 x British Pork Chop, per person
- 1 x Onion
- 1 x Eating Apple
- 1 x Pint of Chicken Stock
- 1 x Carrot
- 1 x tbsp. Plain Flour
- 1 tsp. Olive Oil

The Who:



Emma at
www.farmerswifeandmummy.com

The How:

1. Cut the pork chops into cubes.
2. Heat the oil in the pan.
3. Cut the onion, apple (don't bother peeling!) and the carrot into bite sized pieces and put them in the pan.
4. Sprinkle the flour into the pan and pour over the stock.
5. Put a lid on the pan and leave it bubbling for 20-30 minutes until the carrots are tender.
6. Serve with creamy mash, leafy vegetables or a side of your choosing!



The What:

300g Wholegrain Spaghetti
150g King Prawns, peeled ready to eat
1 x Red Onion, quartered and finely sliced
1 x Red Pepper, chopped
50g Kale, chopped
1 tsp. Oregano
1/2 tsp. Salt
1 tbps. Olive Oil

The Who:



Kirsty at
www.hijackedbytwins.com

The How:

1. Place the spaghetti in a pan of boiling water and simmer for 6 minutes
2. While the spaghetti is cooking prepare the prawns by placing them in a mixing bowl with the onions, red pepper, oregano, salt and olive oil, mix all of the ingredients together and leave until the spaghetti is ready.
3. After the spaghetti has simmered for 6 minutes add the kale and simmer for 2 minutes.
4. Drain the spaghetti and kale.
5. Heat a large frying pan and add the prawns, onions, red pepper mixture and fry for 3 minutes stirring regularly.
6. Add the spaghetti and kale and continue to cook for a further 2 minutes, continually stirring to prevent any sticking and serve immediately.



THE SPEEDY MUSHROOM AND HAZELNUT STARTER

The What:

- 1 tbsp. Cooking Fat
- 10 x Button Mushrooms, wiped and sliced
- 1 x Garlic Clove, crushed
- 1 Handful Whole, Raw Hazelnuts
- 1/2 a Carton of Coconut Cream
- 1 x tbsp. Plain Flour
- 1 x Veetee Basmati and Wild Rice

The Who:



Janie at
www.hedgecombers.com

The How:

1. Heat the cooking fat, then fry the mushroom slices until they are golden.
2. Add in the garlic and fry for 30 seconds before adding the hazelnuts and coconut cream.
3. Let it simmer very gently for 2 minutes whilst the rice is cooking and serve.
4. Super speedy and delicious!



The What:

300g Sweetcorn
1 x Red Onion, chopped
1 Handful of Curry Leaves
1 tbsp. Ginger, Garlic
1 tsp. Cumin Seeds, Garam Masala
1/2 tsp. Turmeric, Cumin Powder
1 x Green Chilli, chopped
400g Coconut Milk
2 tbsp. Olive Oil

The Who:



Binny at
www.binnyskitchen.com

The How:

1. In a saucepan boil the sweetcorn for around 20 minutes and then drain.
2. Meanwhile in another pan, add the oil and cumin seeds and heat up on medium heat.
3. When the cumin seeds start to sizzle, add the green chillies and onions and cook for around 10 minutes.
4. Now add the curry leaves, garlic and ginger and cook for a further 6 minutes.
5. Now add the sweetcorn and ground spices except garam masala and give everything a good mix.
6. Cook this for around 5 minutes, stirring regularly, and then add the coconut milk.
7. Add the garam masala, salt and cover the pan for around 4-5 minutes.
8. Mix the curry well and garnish with coriander leaves.
9. Best eaten with chapattis although it goes really well with rice too.



The What:

300g (8) Fresh Lasagna Sheets
500ml Tomato Sauce
300g Mozzarella Cheese
35g Parmesan Cheese, grated
1 x Handful Basil Leaves
1 tsp. Salt
1 tbsp. Olive Oil

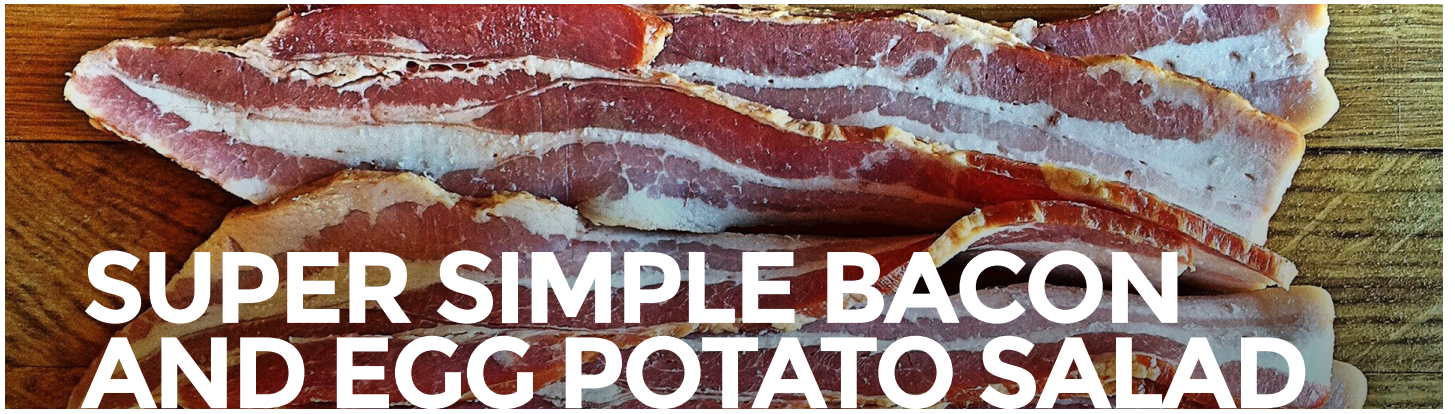
The Who:



Alida at
www.mylittleitaliankitchen.com

The How:

1. Roughly chop the basil leaves. Mix the tomato sauce with the 2 tbsp of olive oil, a pinch of salt and the basil leaves.
2. Pour a scoop of tomato sauce, spreading it well, on the bottom of the pan and put one or two lasagna sheets on top
3. Put some more pasta on top and continue making layers until the end of your ingredients.
4. Finish off with some mozzarella and tomato with parmesan on top and a drizzle of olive oil
5. Cook on the stove at a moderate to low heat. Cover with a lid and cook for about 15 minutes.
6. Prick the pasta with a knife to check if it is cooked.
7. In the last 5 minutes remove the lid and let the water evaporate a little.
8. A lasagna in 15 minutes!



The What:

4 x Eggs, hard boiled
8 x Rashers of Streaky Bacon
1kg New Potatoes
150g Green Beans
1 Cup of Mayonnaise
2 tsp. Dijon Mustard
Salt and Pepper
Flat Parsley to Garnish

The Who:



Cathy at
www.wishfulwonderings.co.uk

The How:

1. Boil the potatoes and green beans until cooked to your liking and cut in to bite size pieces.
2. Hard boil the eggs and peel.
3. Grill or fry the bacon until it is crispy and crumble it or roughly dice.
4. In a bowl mash two of the eggs with the mayonnaise, mustard and salt and pepper.
5. Add the chopped potatoes, green beans and the remaining diced egg along with half of the bacon to the mayonnaise mixture and stir well.
6. To finish add the remainder of the bacon to the top of the salad.
7. Garnish with Flat Parsley and serve.



The What:

1 x Large Onion, chopped
6 x Rashers of Cooked Chicken, chopped
8 x Cooked Chicken Portions, roughly 650g
1 tbsp. Smoked Paprika
2 x 400g Cans Chopped Tomatoes
200g Barbeque Sauce
1 tbsp. Mixed Dried Herbs
2 x 400g Mexican Bean, canned
Grated Cheddar and Tortilla Chips to Serve

The Who:



Rebecca at
www.aaublog.com

The How:

1. Heat the oil in a large dish that has a lid and add the onion and cook until the onion is really soft and starting to brown.
2. Push the onion to the side of the pan, then increase the heat and add the bacon, chicken pieces, paprika, tomatoes, along with half a can (200ml) water, the barbecue sauce and herbs.
3. Cover with a lid, lower the heat to a gentle simmer and cook for around 30 mins, stirring occasionally.
4. Add the beans and simmer, uncovered, for 10 mins until the sauce is thickened.
5. Serve in bowls topped with grated cheddar and tortilla chips.



The What:

1 x Large Onion
1 tbsp. Sub-ah B'har 7 spice mix
400g tin Chickpeas in Water
100g Spinach
Salt to Taste

The Who:



Elizabeth at
www.elizabethskitchendiary.co.uk

The How:

1. To prepare the spiced chickpeas get a good heat going and heat the sunflower oil in your cooking pan.
2. Transfer the toasted seeds to a large mortar and pestle along with the remaining ingredients and grind to a fine powder.
3. Gently sauté the onions until they begin to soften.
4. Add the sub-ah b'har 7 spice mix and sauté for a further minute or two.
5. Stir in the drained chickpeas and combine well. Make sure the chickpeas are heated thoroughly.
6. Add your spinach and sauté until they have just wilted but they still retain some texture.
7. Season to taste and serve immediately.
8. Delicious and would be the perfect meal to cook over a campfire!



THE ONE PAN FIERY CHICKEN

The What:

2 tbsp. Olive Oil
2 x Chicken thighs, per person
3 x Large Potatoes
20cm Piece of Chorizo
1 x Medium Onion, chopped
2 x Garlic Cloves, crushed
1 x Handful of Black Olives
2 tbsp. Chilli Flakes
1 tbsp. Olive Oil

The Who:



Julie and Jason at
www.ourtour.co.uk

The How:

1. Heat up a few tbsp of oil (we use olive oil, but up to you) in a high-sided frying pan which can take a lid.
2. Pop the chicken in the pan and brown the chicken on both sides.
3. While that's happening, take 2 or 3 large potatoes, peel 'em and chop into cubes a bit more than a centimetre aside.
4. Drop the cubed potatoes into the pan, stir it all up a bit and replace the lid.
5. Chop the chorizo and the onion into large pieces. Fling all of these into the pan. Cook for 5 minutes.
6. Crush a few garlic cloves, chop and pop in the pan along with generous handful of de-stoned black olives, the chilli flakes fresh and the salt and black pepper.
7. With the lid on, on a medium heat, let the lot stew up, stirring occasionally. Takes maybe 30 to 40 minutes cooking time end to end.
8. Serve up with your choice of poison - we've just had it here in Italy with a Spumante Dolce, but if you're feeling flush, crack the cork on your favourite Rioja?

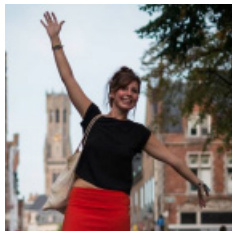


THE ONE PAN SWEET POTATO AND BEETROOT SOUP

The What:

- 4 x Beetroots, peeled and chopped
- 1 x Onion
- 1 x Large Sweet Potato, peeled and chopped
- 500ml Vegetable Stock
- 2 tsp. of cumin seeds

The Who:



Sus at
www.roughmeasures.com

The How:

1. In a saucepan, fry the cumin seeds for 3-4 mins until fragrant.
2. Add oil, salt, pepper and chopped onion and cook until translucent.
3. Gently sauté the onions until they begin to soften.
4. Add in chopped sweet potato, beetroot and stock. Stir well.
5. Leave with lid on and simmer for 45 mins to 1 hour until beetroot is cooked through.
6. Serve with a hot mug of tea!

The Ultimate **CARAVANNER'S COOK BOOK**

Since it was founded over half a century ago, Witter Towbars has consistently set the standard for quality, reliability, and value for money. With the Witter name being synonymous with the highest standards of design, quality, safety and security for motorists and road users it is our mission as a business to provide the practical, safe and easy-fit solution to getting you and your family from A to B and back again. With our complete range of towing products designed for today's modern lifestyles - each of our towbars or award-winning cycle carriers have been designed by a plethora of dedicated Mothers, Fathers, Daughters or Sons, and we believe it is this dedicated family approach that leads our innovative approach, which is shaping the direction of towbar design and development throughout Europe.



01244 284500
www.witter-towbars.co.uk

Printed in June 2016