

wilderness

23 BEST RECIPES FOR THE ROAD

Easy meal ideas to make in your motorhome

Recipes by Wilderness Motorhomes guests and staff

Wilderness.co.nz

Cooking on the road

A *home* cooked meal is all part of motorhome holiday fun. But there are constraints using a mini kitchen — like fewer utensils, less bench space and no drawer full of handy herbs and spices.

Whether you're a last minute dinner forager or someone who plans ahead, the creative, user-friendly space of your campervan kitchen will surprise.

Our advice on what recipes to cook?

- Choose dishes that only have a few ingredients or feature ones you'll use often.
- Select recipes that keep waste to a minimum and don't require large containers like some sauces and oils.

To save time, buy a premade store meal and add a few fresh ingredients to spice it up. For instance:

- Get a roast chicken from the supermarket and complement it with a simple salad.
- Grab some hot chips then fry a steak to accompany them.

Simple solutions like these work well when you don't feel like cooking after a big day.

Our team has tried and tested all 23 road recipes in this ebook. Full of local ingredients, and including some of our Kiwi favourites, we hope you enjoy them as much as we do.





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BREAKFAST



Banana Pancakes

Serves: 2-4 (makes about 10-12 pancakes)

Time: 20mins prep

Ingredients

Dry Ingredients

- 1½ cups flour
- 2 tablespoons sugar
- 2 teaspoons baking powder (optional)
- ½ teaspoon salt
- 2 tablespoons chocolate chips (optional)

Wet Ingredients

- 2 small, overripe bananas
- 2 eggs
- 1 cup (plus two tablespoons) milk
- ½ teaspoon vanilla essence
- 1-2 tablespoon(s) butter (optional)

For Cooking

1 tablespoon olive oil

For Serving

Topping of your choice

This recipe is great if you need to use up any leftover bananas from your trip.

You can substitute bananas with any fresh seasonal fruit you find on the roadside, like blueberries.

Steps

- **1.** Whisk all the dry ingredients together in a medium bowl (then set aside).
- 2. Mash the banana with a fork in a small bowl.
- 3. Add two eggs and whisk them in.
- **4.** Then add the milk and vanilla essence and whisk them in well (then set aside).
- 5. Melt the butter in a small saucepan or frying pan.
- **6.** Pour the wet mixture and the melted butter into the dry mixture bowl.
- **7.** Fold the mixtures together with a rubber spatula (if you have one).
- 8. Heat the frying pan and add the olive oil.
- **9.** Add pancakes to the pan and cook until a few holes show and the underside is golden brown.
- 10. Flip the pancakes and cook the other side.
- 11. Serve with your preferred topping



Cook's Tip If you don't want to buy baking ingredients, Edmonds Pancake Mix Shaker is a ready-to-go pancake mix. It's a local favourite which you can get from most supermarkets. Convenience stores may also stock it.



Roadside Eggs

Serves: 2

Ingredients

2 tablespoons oil

1 medium red onion, (chopped)

2 teaspoons ground cumin

½ teaspoon chilli flakes (or to taste)

1 x 400g can chopped tomatoes

½ can cannellini beans

Salt and pepper

4 eggs

Foraged herbs (chopped)

Roadside stalls that only use an honesty box for payment are a part of Kiwi culture. You can often find fresh eggs, avocados, citrus fruit and vegetables.

If you're lucky, you'll also find jams or berries. And you can't beat fresh eggs straight from the farm gate for breakfast!

Steps

- 1. In a non-stick pan, heat the oil and sauté the onion with the spices for a few minutes.
- 2. Add the tomatoes, chilli and beans, then cook until the onions are tender. Season with salt and pepper.
- 3. Make four indentations in the mix with the back of a spoon and crack an egg into each one.
- 4. Cover with a lid and continue cooking until the eggs are done to your likeness.
- 5. Sprinkle with chopped herbs, salt and pepper and serve immediately.

Cook's Tip To check if your eggs are fresh, try this simple trick:

Gently place one of your eggs in a bowl of cold water. If it sinks to the bottom and lays on its side, it's a fresh egg. If it stays at the bottom but stands on its small end, it's still fine to eat — just not quite as fresh. If your egg floats to the top, don't eat it.





Overnight Oats with Summer Berries

Some of the Wilderness crew are huge fans of porridge and they love this smart approach. Overnight oats are both a filling breakfast and a great option if tomorrow has a day full of adventures scheduled.

You'll need to make them the night before. But you'll wake up to a tasty treat — a quick and easy, no mess breakfast before hitting the road or heading out the door.

See this excellent version of <u>Overnight Oats by a</u> <u>favourite Kiwi recipe guru.</u>

What are overnight oats? Overnight oats are almost a cross between porridge or oatmeal and muesli. They're made from mostly oats but are mixed with milk, yoghurt and a few other goodies and left in the fridge overnight. The oats soak up the milk and you're left with a creamy, delicious breakfast.

LUNCH





Sandwiches made with cold meats and salad greens are a staple in many Kiwi homes. But bread isn't always practical for a road trip. It takes up a lot of space, can easily be squashed, and goes stale quickly.

Try using alternatives like wraps, pita bread, and bagels for your road trip lunches — and fill them with anything fresh and readily available.

Wraps/Pita Pockets

Season thinly-sliced chicken breast and fry in a pan.

Place your chicken on a wrap or tuck it into a pita bread pocket with lettuce, tomato, capsicum and grated carrot. Top it off with sour cream and grated cheese.

Bagels

Try some of these classic bagel combinations:

- Cream cheese and smoked salmon
- Grilled cheese and ham
- Sliced banana and peanut butter
- Avocado and fried egg

Cook's Tip You won't find a toaster onboard, but you can try these simple tricks to make toast or a toasted bagel.

Place bread directly on oven grates and grill on low for about a minute each side. Alternatively, heat a pan with no oil or butter over medium high heat. Drop bread in, allow to crisp for 1-2 minutes, then flip and repeat.



Camping Quesadillas

Serves: 2

Quesadilla Filling Ideas

Roast chicken

Taco-seasoned mince

Tasty cheese, feta or mozzarella

Black beans

Avocado

Diced tomatoes

Sliced capsicum

Mushroom

Red onion

Sweet corn

Chopped spinach

Olives

Cook's Tip

You can freeze quesadillas by wrapping them individually and freezing them. Or keep them in the fridge to heat up for a quick snack. A firm favourite for all ages are Quesadillas. They're cheesy, delicious, and simple to make! They're also handy when you need to use up any leftover bolognese or nacho mince for a filling.

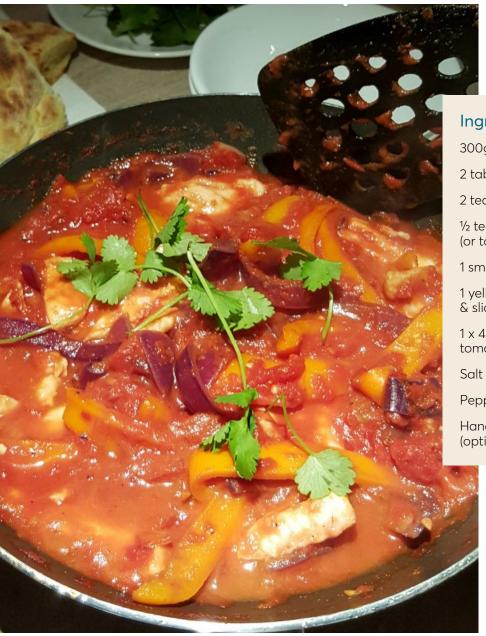
Steps

1. Heat one teaspoon of olive oil in a pan on medium-high and add your tortilla. Warm for 30 seconds, then add your ingredients to one half of the tortilla. Fold over the other half and press down with a spatula.

Tip: You can cook two quesadillas in one pan if you use one tortilla per quesadilla. By filling one side of each tortilla then folding them both in half, you'll cook two in the pan at once.

- 2. Cook for four to five minutes, flipping halfway through until the tortilla becomes lightly browned. Use a spatula to press down on the tortilla as it cooks to help the ingredients stick. The cheese will hold it all together!
- **3.** Remove from the pan and let it cool for a few minutes before slicing. Serve with your favourite salsa, guacamole, or sour cream.

DINNER



Fish Tagine

Serves: 2

Ingredients

300g white fish fillets

2 tablespoons olive oil

2 teaspoons ground cumin

½ teaspoon chilli flakes (or to taste)

1 small red onion (sliced)

1 yellow capsicum (seeded & sliced)

1 x 400g can chopped tomatoes

Pepper

Handful coriander leaves (optional)

Steps

- 1. Cut your fish into bite sized pieces.
- 2. In a pan with a lid, heat the olive oil and sauté the red onion and spices. Add capsicums and tomatoes and cover. Simmer gently for three to four minutes until the capsicum is tender.
- 3. Bury your fish pieces into the vegetable mix, season with salt and pepper, cover and gently cook until the fish is cooked through.
- 4. Sprinkle coriander over your meal and serve.

Cook's Tip Any white fish can be used in this recipe. We recommend choosing a sustainable and locally caught white fish to support healthy oceans. You'll find fish for sale at most supermarkets if you're not lucky enough to have caught your own!



Spiced Prawn & Tomato Curry

Serves: 2

Ingredients

1 tablespoon olive oil

1 teaspoon ground cumin

2 large red chillies (seeded and finely chopped)

250g cherry tomatoes

16 large raw prawn cutlets

125ml coconut cream

Handful chopped parsley

Steps

- **1.** Heat oil in a pan and add the cumin and chilli. Reduce the heat, add tomatoes and cook for one minute.
- **2.** Add prawns and cook for two to three minutes until they're pink.
- **3.** Pour in coconut cream, season with salt and pepper, and serve over rice with fresh parsley.

Cook's Tip You'll find frozen and sometimes fresh prawns for sale at most supermarkets.



Chicken Chilli

Serves: 2

Ingredients

1 tablespoon oil

1 medium onion (diced)

1 carrot (peeled and sliced)

1 celery stalk (sliced)

1 cup chicken stock

1 skinless chicken breast (diced)

½ can cannellini beans (drained and rinsed)

1 teaspoon ground cumin

¼ teaspoon chilli flakes

½ teaspoon salt

¼ teaspoon freshly ground black pepper

This is a superb recipe to warm you up again after a cold day skiing on the mountain. A large bowl of our chicken chilli served with crusty bread will be a winner at dinner time.

Steps

- **1.** In a medium saucepan, heat oil and sauté all the vegetables for two or three minutes.
- **2.** Add cumin, chilli and chicken stock and cook for a further few minutes until your vegetables are nearly tender.
- **3.** Add the diced chicken and cannellini beans and continue cooking until your chicken is cooked through.
- 4. Season with salt and pepper.



Cook's Tip If you want to save time, swap out the fresh chicken breast for pre-roasted chicken breast from the supermarket. Just stir it through the stew before serving.





Mince and Tomato Base

To save yourself time and energy in the evenings try doubling up our basic mince and tomato base recipe to create two dinners in one! It's a perfect base sauce for making spaghetti bolognese one night and beef nachos the next.

Steps

- 1. Chop an onion and fry it in olive oil until softened.
- 2. Add garlic and mince, and fry until brown.
- **3.** Either add a tin of store-bought pasta sauce or a can of chopped tomatoes, tomato paste, and dried Italian herbs.
- **4.** Stir through and leave it to simmer for 20-30 minutes.
- **5.** Double this recipe, then cover and refrigerate one half for the next night.
- **6.** To make spaghetti or nachos with your base sauce, follow the instructions below.

Spaghetti Bolognese

- **1.** Mix one large grated carrot into your mince and tomato base and fry in a pan until soft.
- 2. Add pasta to a pot of salted boiling water and cook for 7-9 minutes.
- 3. Drain the pasta and spoon your mince and tomato base over it.
- **4.** Season to taste and add grated cheese on top to serve.





Beef Nachos

Steps

- 1. Chop half a green capsicum and fry it until softened. Add your mince and tomato base and one can of red kidney beans to the pan. Cook until heated through. Season to taste.
- **2.** Spread two cups of corn chips onto a lined baking tray. Sprinkle with grated cheese and bake for ten minutes or until lightly golden and crisp.
- 3. In a bowl make a salsa using:

½ red onion

1 large tomato

1/4 cup fresh coriander (finely chopped)

Juice of 1 lime

Season to taste and set aside until time to serve.

4. To assemble the nachos, spread your bean mixture over the corn chips. Top with your salsa and garnish with:

1/4 cup pickled jalapenos

1/4 cup sour cream



Stir Fry

Stir fry is great for using up small amounts of leftover ingredients in your fridge like carrots, capsicum and mushrooms. A fast, healthy and stress-free dinner awaits.

Steps

- **1.** Season thinly-sliced meat or tofu and cook quickly in a pan with some vegetable oil over a high heat.
- **2.** Add chopped fresh vegetables and a dash of soy sauce or kecap manis.
- 3. Cook for a further few minutes.
- 4. Add dried noodles to boiling water.
- **5.** Once cooked, drain and stir through the meat and veggies.



Steps

- **1.** Pan fry or barbecue seasoned steaks and use the oven to cook frozen chips or roast partially boiled potatoes until crispy.
- 2. Serve with a crisp green salad.

To save time, swing by a local fish and chip shop to buy a scoop or two of chips instead of cooking them.

Cook's Tip Regardless of your steak's size, you'll need to preheat your BBQ to a high temperature before cooking. Allow it to heat up for about 20 to 30 minutes.



Tortellini

Steps

- **1.** Buy any good quality, well-prepared tortellini like Rana for instance.
- **2.** Add a store bought sauce or make your own with quality extra virgin olive oil and lightly-steamed seasonal vegetables.

Voila! A simple, easy-to-make tortellini that only requires one pot.





Chicken Burritos

Serves: 2

Chicken coating ingredients

1 tablespoon plain flour

1 teaspoon salt

½ teaspoon ground black pepper

½ teaspoon ground coriander

½ teaspoon paprika

½ teaspoon garlic powder

For the burritos

250g chicken breast (boneless and skinless)

4 flour tortillas

For serving

Your favourite mayonnaise or sriracha mayonnaise

Prepare your favourite salad ingredients like lettuce, tomatoes, bell peppers, grated carrot, red onion and avocado This recipe is a simplified version of a family favourite that's quick to whip up on the road.

- **1.** Add all the chicken coating ingredients into a small bowl and whisk together.
- **2.** Cut the chicken into strips and dip each strip in the coating mixture. Make sure each piece of chicken is covered in coating.
- **3.** Lay them out on a baking tray lined with baking paper. Bake at 180°C/350°F for 30-40 minutes or until the chicken is cooked through. Alternatively, shallow fry them in a little oil.
- **4.** Prepare the salad for the burritos while your chicken is cooking. Cut your lettuce, tomatoes, peppers, carrots, onions and avocado into strips.
- 5. Warm the wraps as per the package directions.
- **6.** When the chicken is cooked, assemble vour burritos.





Sweetcorn Fritters

Makes 10-12 medium fritters

Ingredients

2 cups corn kernels (fresh, canned or frozen)

3 spring onions (finely chopped)

1 small red capsicum (finely chopped - optional)

4 eggs

3/4 cup self-raising flour

½ teaspoon baking soda

Salt and freshly ground black pepper

4 tablespoons olive oil or other cooking oil

Cook's Tip

If you can't find fresh corn, substitute with canned or frozen corn. Fresh sweetcorn is abundant in the North Island throughout summer and can often be found on roadside stalls. It's best eaten off the cob — after slowly roasting on the BBQ or being boiled until just cooked. If you want to change it up, why not make a meal of it?

- **1.** Mix together the corn, spring onion and red capsicum in a bowl.
- **2.** Stir in the eggs. Then add the flour and baking soda, and mix through. Season generously with salt and pepper.
- **3.** Heat two tablespoons of oil in a large frying pan over a moderate to high heat.
- **4.** Add large spoonfuls of the mixture into the pan to form fritters. Cook them in batches until golden on both sides. Reduce the heat on the second side as needed, to cook them through. Add more oil to the pan for each batch.
- **5.** Serve with your favourite sauce.



Mussel Fritters

Serves: 2

Ingredients

12 fresh mussels (not in brine as the flavour will change)

1 egg

1 tablespoon Edmonds Standard Grade Flour

¼ teaspoon Edmonds Baking Soda

Salt and pepper

2 tablespoons parsley or coriander (chopped)

Oil for shallow frying

Lemon wedges

Cook's Tip Discard any open (dead) or cracked mussels. You only want to have mussels in tightly closed shells as these are alive. Try lightly tapping on a shell. If it closes, it's alive.

New Zealand green-lipped (or green shell) mussels are a shellfish which have traditionally grown on our rocky coastlines. In more recent years, they've been sustainably farmed in harbours and waterways from The Coromandel in the north to Stewart Island in the deep south.

Mussels are both healthy and super tasty. Fresh mussels are available in seafood markets, supermarkets and specialty stores across the country.

- **1.** Open the mussels by pouring hot water over them in a bowl, or steaming them slightly in an open pan with a little water. Remove from their shells and clean them. Chop into chunks.
- **2.** Whisk the egg with a fork then whisk in the flour, baking soda, salt and pepper, and the herbs to taste. Add your chopped mussels.
- 3. Chill the mixture for one hour if you have time.
- **4.** Heat the oil gently in a heavy-based frying pan and fry large tablespoons of the mixture until golden brown on both sides.
- **5.** Drain on paper towels and serve with lemon wedges, crunchy bread and your favourite salad.



Sausages with Kumara Mash

Serves: 2

The humble snarler, snag or banger is a common staple on Kiwi dinner plates. But don't settle for the mass produced variety available from supermarkets. Many local butcher shops have built a reputation for their handcrafted sausages — some even competing in the coveted Great New Zealand Sausage Competition.

If a butcher shop catches your eye when driving through a small town, stop by and ask them for a few of their best sausages.

Sausages need to be pan fried or oven baked until cooked through then served with mash and a salad.

You can use any root vegetable for your mash. New Zealand's indigenous sweet potato (known as kumara) is a favourite.

200g kumara (peeled) 1 tablespoon butter







boil it until cooked through. Then drain well.

1. Chop your kumara into large chunks and

- 2. Add butter and let it melt in a warm pot.
- 3. Mash until creamy.

Steps

4. Spice it up with a little sweet chilli sauce. Adding a couple of tablespoons of natural yoghurt makes it even creamier.



Spiced Lamb with Couscous Salad

Serves 2

Ingredients

1 cup chicken vegetable stock or water

1 cup instant couscous

1/4 teaspoon salt

1 tablespoon olive oil

Juice of 1 lemon

½ cup mint (chopped)

300g lamb loins or steaks

1 tablespoon ground coriander

1 tablespoon smoked paprika

1 teaspoon chilli flakes (optional)

2 tablespoons oil

3 tablespoon greek yoghurt

1 small handful mint leaves and almonds (sliced) New Zealand is world famous for its lamb. Having once grazed on lush, nutrient-rich pastures, you can tell the difference in how succulent it tastes.

You'll be able to pick up a variety of high quality lamb cuts from most butchers and supermarkets.

- 1. Bring your stock or water to the boil. Add couscous while continually stirring. Add salt. Cover with a lid and remove from the heat. Leave it for ten minutes. Remove the lid and stir your olive oil through. Leave it to cool. When cool, stir in your lemon juice and mint.
- 2. Dry the lamb and cover it with the coriander, paprika, cinnamon and chilli. Heat a large frying pan and add oil. Cook your lamb for two minutes on each side for a medium rare result, or three minutes for a medium result. Leave it to rest for five minutes.
- **3.** Arrange the couscous on a large plate, add your sliced lamb and spoon the yoghurt over the top.

 Garnish with mint and sliced almonds.

Serves 2 Cook's Tip Medium or firm-textured fish is best, like Ingredients alfonsino, gurnard, tarakihi, 200g fish fillets ling and warehou. ½ cup breadcrumbs 1/4 cup plain flour 1 egg (whisked) 1 tablespoon dried chilli flakes For the salsa: ½ avocado (diced) 1 tomato (diced) ½ red chilli (finely sliced) ½ small red onion (finely diced) Juice of 1 lime Small handful of coriander For the tacos 6 small soft tortillas 1 cup finely shredded lettuce ½ cup sour cream 1 tablespoon chilli sauce Salt and pepper

Fish Tacos

- 1. Make the salsa by mixing avocado, tomato, chilli, coriander and onion in a large bowl. Season with salt and pepper and a squeeze of lime juice then set aside. Alternatively, substitute the salsa with your favourite guacamole.
- 2. Slice your fish fillets into 12 evenly sized pieces.
- 3. Place the flour, eggs and breadcrumbs in three separate bowls. Mix cayenne pepper through the flour and add the chilli flakes to the crumbs. Using one piece of fish at a time, roll it in the flour, then the egg, followed by the bread crumbs pressing on to coat. Repeat until all your fish is crumbed.
- **4.** Heat two inches of oil in a pan or skillet to 180°C.
- **5.** Shallow fry the fish pieces in batches for three to four minutes, turning once. Place your cooked fish on kitchen towels to soak up any excess oil. Then put them in your warm oven (or cover with a saucepan lid if you don't have a motorhome oven) while cooking the rest.
- **6.** Mix the sour cream and chilli sauce together before setting aside.
- **7.** Use your hand to build each taco. Add shredded lettuce first, then salsa and a piece of fish. Top with the chilli sour cream and garnish with fresh coriander and a squeeze of lime juice.



BBQ Parcels

The traditional New Zealand Māori method of cooking in underground pits is known as a hāngī.

By creating food parcels using tin foil (aluminium foil) and cooking them on a barbeque, your food will taste similar to a hāngī. This technique:

- Allows the natural juices to steam through the entire ensemble
- Is fuss-free as the food practically cooks itself
- Reduces the number of dishes to wash
- Delivers a big flavour punch from each ingredient.

Our three flavour combinations will satisfy your taste buds. All feature much-loved New Zealand ingredients that are easy to find at roadside fruit and vegetable stalls in summer.

Cook's Tip Communal barbeques are commonly available at NZ campsites — as well as many public parks and beaches. Or hire a Wilderness portable BBQ and cook up a feed almost anywhere.



BBQ PARCEL ONE

Summer Veggie Delight

Ingredients Sweet corn, sliced courgettes, grated cheese, smoked paprika, and salt and pepper to taste.

Choose quantities of veggies that will cater to your travelling group.

- 1. Cut sweet corn into manageable pieces about three fingers in width.
- **2.** Slice the top and bottom ends off your courgettes and cut mediumwidth pieces (around half a cm thick).
- **3.** Arrange corn and courgettes on a sheet of tin foil with about a quarter teaspoon of butter per mini corn cob. Add a pinch of salt and pepper.
- **4.** Lay out a double layer of tin foil large enough to fit ingredients with space on all sides.
- **5.** Fold the tin foil to create a parcel. Make sure there's reasonable space between the ingredients and where the foil joins together. Roll and pinch the long sides of the foil to seal any gaps where steam may escape.
- **6.** Place your parcel on a medium heat BBQ and cook with the grill covered for 15-20 minutes.
- **7.** Five minutes before it's ready, open your parcel and sprinkle smoked paprika and cheese on top. Close the parcel again and cook for a further five minutes to melt the cheese.

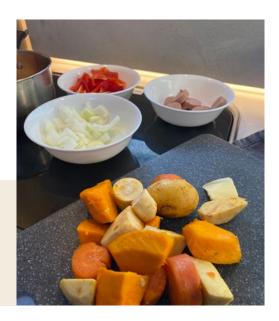


BBQ PARCEL TWO

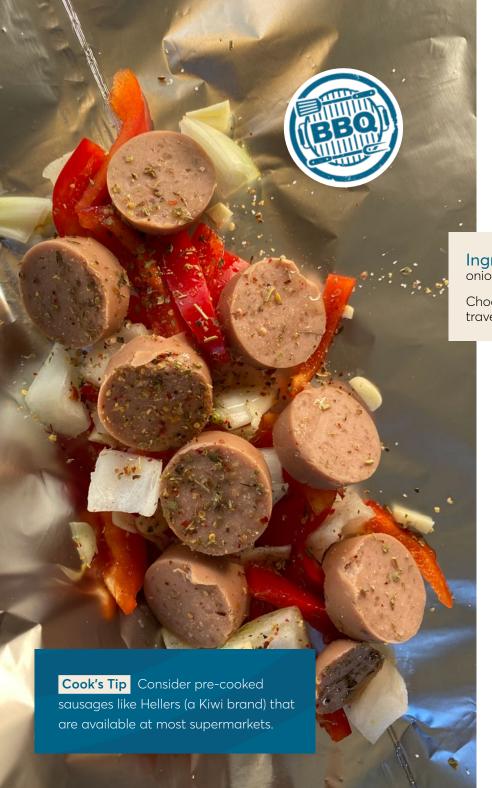
The Karma Kiwi

Ingredients Diced kumara, diced potato, chopped white onion, chopped garlic, olive oil, and salt and pepper to taste.

Choose quantities of veggies that will cater to your travelling group.



- 1. Cut kumara and potato into bite size cubes.
- 2. Chop onion and garlic roughly.
- **3.** Evenly distribute kumara, potato, onion and garlic over a double-layered tin foil sheet. Lightly drizzle olive oil on top. Mix so that every piece has a light coating of oil. Add a pinch of salt and pepper.
- **4.** Fold tin foil to create a parcel. Make sure there's a reasonable gap between the ingredients and where the foil joins together. Roll and pinch the long sides of the foil to seal any gaps.
- **5.** Place on your medium heat BBQ and cook with the grill covered for 20 minutes, turning the ingredients with tongs after ten minutes.



BBQ PARCEL THREE

Meat Lovers

Ingredients Sausages, red capsicum, chopped white onion, diced garlic, olive oil and dried mixed herbs.

Choose quantities of meat that will cater to your travelling group.



Steps

- 1. Slice your sausages into bite size pieces.
- 2. Roughly chop the capsicum and onion, and dice the garlic.
- **3.** Evenly distribute ingredients onto a double-layered tin foil sheet, lightly drizzle olive oil and sprinkle with dried mixed herbs. Add a pinch of salt and pepper.
- **4.** Fold the tin foil to create a parcel. Make sure there's a reasonable gap between the ingredients and where the foil joins together. Roll and pinch the long sides of the foil to seal any gaps.
- **5.** Place on a medium heat BBQ and cook with the grill covered for 15-20 minutes.

Open your three BBQ parcels on a table so your diners can help themselves with tongs. No mess — no rush — easy.

SNACKS



Cumin & Chilli Girdle Scones

Makes 6

Ingredients

2 cups self-raising flour

1 teaspoon ground cumin

1/8 teaspoon chilli flakes

¼ teaspoon salt

25g butter

3/4 cup milk

- **1.** In a mixing bowl, combine the dry ingredients and rub in the butter to resemble fine breadcrumbs.
- **2.** Add milk and mix to a soft dough.
- **3.** Tip out onto a floured board and pat out into a two cm thick round shape.
- **4.** Cut into six wedges and cook in a non-stick frying pan over a medium heat for about five minutes each side until brown and cooked through.







Kiwi Dip

Serves: 6-8

Ingredients

250ml Nestle Reduced Cream

1 packet Maggi Onion Soup

1 tablespoon lemon juice

Kiwi dip is a great recipe to make when camping as it only requires three ingredients. It's hugely popular in New Zealand and is often referred to as Kiwi dip, onion dip or original Kiwi dip.

You can serve it alongside potato chips, rice crackers, chopped fresh vegetables cut into bite sized pieces or pita bread. Perfect as a snack enjoyed with a glass of wine or beer.

- 1. Place all ingredients in a bowl and mix well to combine.
- 2. Cover and chill for about 30 minutes before serving.





Kia pai to koutou kai!

'Enjoy your meal!'

Do you have a favourite motorhome recipe you'd like to share with us?

We'd love to see what you're cooking! Send your photos and recipe to

marketing@wilderness.co.nz

