

AUSSIE CAMP EATS

BY AUSSIE CAMP CO.



FAMILY WEEKENDER

2 ADULTS + 2 CHILDREN

WHAT'S THE PLAN?

DAY 1

DINNER

Burgers
you choose...
Beef
Chicken
Veggie
Fish

DAY 2

BREKKY

Pancakes with berries

LUNCH

Fresh wraps

DINNER

BBQ with potato salad
and classic green salad

DAY 3

BREKKY

Bacon and egg
wraps

SHOPPING LIST

Fridge

- 6 burger patties/fillets
- steak and/or sausages
- butter
- 7 eggs**
- 7 rashers of bacon
- pack of cheddar cheese slices
- 400g cold meats or tuna
- mayonnaise
- 1 3/4 cup milk (+extra for tea/coffee)

Fresh Produce

- 4 tomatoes
- 1 pnt cherry tomatoes
- 2 cucumbers
- 2 cos lettuce
- 1 carrot
- 2 pnts berries
- 6 potatoes
- 1 red onion
- 1 spring onion
- 1/2 lemon
- 6 burger buns*

Pantry

- 10-12 wraps*
- small tin beetroot slices
- jar of dill pickles
- SR flour (2 cups)
- olive oil
- salt and pepper
- favourite sauces eg tomato/BBQ/burger
- mustard
- tea/coffee/hot chocolate
- honey/maple syrup
- salt and pepper

**GF - swap for GF buns, wraps and breadcrumbs*

*** if your family want more eggs for brekky on Sunday add extra*

Add the following to your shopping list if using our burger pattie recipe

- 500g beef mince
- 1 egg
- 1/2 cup breadcrumbs*
- 2 tbsp tomato sauce
- 1 tbsp Italian herbs
- salt and pepper

FIND OUR TIME SAVER TIPS ALONG THE WAY

SNACK IDEAS

- Charcuterie Board
- Seasonal whole fruit
- Vege sticks and dip
- Homemade slices or muffins
- Fruit and nut mix
- Corn Chips and Guacamole
- Yoghurt pot and Berries
- Cheese sticks
- Muesli bars
- Yoghurt pouches
- Beef jerky
- Chips and popcorn
- Homemade cookies or brownies



EQUIPMENT

- Esky or camping fridge
- pantry box
- large pan
- medium size pot
- camping stove or BBQ with a flat plate
- tongs
- spatula
- plates and bowls
- cutlery set
- cups/mugs
- 1 sharp knife
- paper towel
- mixing bowl
- whisk (optional; a fork can be used)
- containers for left overs
- dishes tub
- dish brush
- dish liquid
- tea towel
- rubbish bags

The camp ground or caravan park may have BBQs and a camp kitchen if so you don't need a camp stove.

If you want to make hot drinks use the pot to boil water or bring a stove top kettle.

BURGERS



INGREDIENTS

- 6 burger patties or fillets
- 6 burger buns*
- 1/2 cos lettuce
- 2 tomatoes
- cheese slices
- 1/2 cucumber
- 1/2 red onion
- small tin beetroot slices
- oil for cooking
- mayonnaise
- dill pickles
- mustard
- favourite burger sauces

TIME SAVER

If making our burger patties
- prep them at home and
store in an air tight
container in the fridge or
esky ready to cook at camp

GF - substitute with GF burger buns and GF breadcrumbs. *DF - omit cheese or substitute with vegan cheese or goat cheese if tolerated.

Burger patties - mix mince, egg, breadcrumbs, sauce and herbs with a generous pinch of salt and pepper until combined then divide into 6 portions and shape into patties.

MAKE IT

- Cook the burger patties or fillets in the pan or on the BBQ.
- Slice pickles, tomatoes, cucumber, red onion, lettuce leaves and open the tin of beetroot and arrange on chopping board.
- Serve burgers on buns with board of salad, mustard, mayo and your favourite sauces for the family to build their own.

PANCAKES

INGREDIENTS

- 1 egg
- approx. 1 3/4 cup milk
- 2 cups SR flour
- 2 tbsp butter
- berries
- maple syrup or honey

METHOD

- In a bowl whisk egg and milk.
- Add flour and whisk until combined.
- Heat pan over medium heat and add 1 Tbsp butter or oil.
- Pour about 1/4 cup batter into the pan for each pancake. Cook for 2-3 minutes until bubbles start to appear on the surface then flip and cook for another 1-2 minutes. Add more butter to the pan if required between batches.
- Serve stacked with honey or maple syrup and berries.

FRESH WRAPS

INGREDIENTS

- 6-8 wraps
- sliced cold meats or tuna
- sliced cheese
- mayonnaise
- 2 tomatoes
- 1/2 cucumber
- 1/2 cos lettuce
- 1/2 red onion

MAKE IT

- Slice tomatoes, cucumber, red onion.
- Build your wraps with cold meats, cheese, salad and spreads.

BBQ & SALADS

INGREDIENTS

- steak and/or sausages
- 1 cucumber
- 1 cos lettuce
- 1 pint cherry tomatoes
- 6 potatoes
- 1/2 lemon
- 1 spring onion
- mayonnaise
- mustard
- salt and pepper
- oil for cooking
- favourite BBQ sauces

MAKE IT

- Chop washed potatoes into bite-sized pieces and place into pot of cold water. Bring to a boil and simmer for 10-15 minutes until tender. Drain water using lid and set aside to cool.
- In a cup or mug mix the juice of 1/2 lemon with 2 Tbsp of mayonnaise and 1 teaspoon of mustard with salt and pepper to make the classic salad dressing.
- Slice spring onion and set aside.
- Chop cucumber and cherry tomatoes into bite sized pieces.
- Slice carrots into thin sticks and tear washed lettuce into pieces.
- Fire up the BBQ or bring the pan to medium heat and cook the steak and sausages to your liking then set aside to rest. We like to season our steak with olive oil salt and pepper before cooking.
- Once potato is cool add mayonnaise, salt and pepper, sliced spring onion and a pinch of salt and pepper.
- Serve steak and sausages with potato salad and classic green salad with mustard dressing along your families favourite BBQ sauces.

TIME SAVER

Chop and cook the potatoes at home or in the morning when you make pancakes then store in an airtight container in the fridge or esky ready to prepare the salad at camp

TASTY TIP

Slice up some ham or cook a diced rasher of bacon to add to the potato salad

BACON & EGG WRAPS

INGREDIENTS

- 6 rashers of bacon
- 6 eggs
- 4 wraps
- favourite sauces

MAKE IT

- Heat BBQ flat plate or pan to medium heat.
- Fry the bacon and eggs to your liking.
- Assemble on wrap and top with your favourite sauce.



An aerial photograph of a rugged coastline. The top half of the image shows dark green, forested hills leading down to steep, eroded red cliffs. Below the cliffs is a sandy beach area. The bottom half of the image shows turquoise ocean water with white foam from waves crashing against the shore. The text "Aussie Camp Co." is overlaid in the center in a white, cursive font.

Aussie
Camp Co.