

BIG Box Central Picnic Cook-a-long Ingredients



Sandwiches:

Option 1:

- 2 Slices Bread
- 25g Butter
- 3 Lettuce Leaves
- 1 Tomato
- ¼ Cucumber
- 150g Chicken (cooked)

Option 2:

- 2 Slices Bread
- 75g Cream Cheese
- 150g Smoked Salmon

Option 3:

- 2 Slices Bread
- 75g Goat's Cheese
- ½ Red Pepper
- 1Tbsp Oil
- Black Pepper

Sausage Rolls:

- 1 pack Ready Rolled Pastry (Shortcrust or Puff)
- 1 pack of Sausages
- 1 Onion
- 1 tsp Mixed Herbs
- 1 Tsp Black Pepper

Mini Quiche:

- 1 pack Ready Rolled Pastry (Shortcrust or Puff)

Option 1:

- 2-3 Eggs
- 75g Feta Cheese
- ½ Cherry Tomato (per Mini Quiche)

Option 2:

- 75g Bacon (diced)
- 75g Asparagus (diced)

Courgette Sushi:

- 1 Courgette
- ½ Red Pepper
- 3 Baby Corn
- 100g Houmous

Scones:

- 250g Self-Raising Flour
- 50g Caster Sugar
- 50g Butter
- 1 Egg
- 100ml Milk
- 50g Sultanas (optional)

NB: Cream and Jam can be added to make a cream tea scone.

Window Biscuits:

- 275g Plain Flour
- 100g Caster Sugar
- 100g Butter
- 1 Egg
- 1Tsp Vanilla Essence
- 1 Hardboil Clear Sweet

Lemonade:

- 5 Lemons (juiced)
- 100g Sugar
- 100ml Water

NB: this makes the syrup which can be diluted with either water or sparkling water to add fizz to the drink.