

— OUR GUIDE TO THE —

Perfect Picnic

RECIPES, PLATTER IDEAS AND MORE!

NO MONEY
NO TIME



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Australian
Eating Survey

nib foundation

DID SOMEONE SAY... PICNIC?

The weather is warming up and we are starting to get out and about with our friends and family again. Our local beaches, lakes and parks are calling. Did someone say picnic?!

We have put together a collection of our favourite spring time, picnic perfect recipes. They are all easy, affordable, and can be served chilled.

All that's left to do is call your friends, choose which dish you'll bring along, and organise that long awaited gathering. Remember to to be COVID safe and to slip, slop, slap while you're soaking up that vitamin D!

OUR PICNIC TIPS

- Save your money and the planet, and invest in some reusable picnic ware - it may seem like an extra cost to begin with however in the long run it will pay for itself, after all picnicking is the new going out!
- You can buy everything you need from variety stores such as Kmart - from individual plates and cutlery to a complete wicker basket with a tartan picnic rug. Or have a rummage around to see what you can find at home! Maybe you could hint to Santa about what an excellent gift a picnic set would be...
- It's super important to keep your food chilled, no one wants to end the perfect catch up with a bout of salmonella! If you don't have an esky don't worry, supermarket cooler bags will do the job. If you don't have ice bricks, fill some zip lock bags with water and freeze (just make sure they are sealed properly).
- Keep those summer pests at bay with a food cover. Find them in the food storage section of most supermarkets. Aldi often have them in their special buys, otherwise a cotton tea towel will do the trick - just make sure it is clean!
- No one likes cleaning out spills and leftover food scraps after a long day of lazing in the sun. Always carry a plastic bag for your rubbish and another to put all of your dirty plates and cutlery in - trust us on this!

CONTENTS

05. TIPS FOR SAFE CATERING

06. MAKE YOUR OWN GRAZING BOX - THE HEALTHY WAY!

DIPS

09. GREEK TZATZIKI

11. DOUBLE BATCH HUMMUS

12. BASIL PESTO

13. QUICK & EASY GUACAMOLE

14. 3 INGREDIENT FLATBREAD

LIGHT MEALS

16. CARROT & APPLE SLAW WITH MUSTARD VINAIGRETTE

18. SWEET POTATO & ZUCCHINI FRITTERS

19. QUICK SALMON & PASTA SALAD

SEASONED CHICKEN

21. AL'S HERB SEASONING

AL'S CLASSIC BBQ SPICE RUB

MAKE YOUR OWN WRAPS

23. ROASTED VEGETABLE WRAP

DESSERT

- 25.** MANGO & LIME RICE PUDDING
- 27.** AVOCADO BROWNIES
- 28.** BANANA, CARROT & ZUCCHINI MUFFINS

DRINKS

- 30.** BERRY & MINT SPRITZ
- GINGER & PINEAPPLE FIZZ MOCKTAIL
- 31.** ELDERFLOWER & CUCUMBER MOCKTAIL

KEY

VE = Vegan

VE* = Can be made vegan

V = Vegetarian

GF = Gluten Free

GF* = Can be made gluten free

DF = Dairy Free

DF* = Can be made dairy free

Use the following GF alternatives*

GF bread/wraps, flour

Use the following DF / VE alternatives*

Oat/Soy/Macadamia/Almond milks, remove or substitute dairy products i.e. yoghurt, chocolate, and substitute honey for maple syrup (VE only)



OVEN



FRYING PAN



SANDWICH
PRESS



BLENDER /
PROCESSOR



POT



MICROWAVE



SLOW
COOKER



BASIC
UTENSILS

Tips for

SAFE CATERING



We recommend taking an esky or cooler bag with ice or ice bricks to keep your food cold. Do not leave your food sitting out in the hot sun - **find out more here.**



Be sure to wash your hands before, after and during food preparation to stop the spread of germs. Bring hand sanitiser with you to use throughout the picnic!



Rather than serving items in large bowls i.e. chips, popcorn, and other snacks, divide them into individual bowls / cups to avoid contamination.



When serving food such as cake, slice or fruit, provide utensils i.e. tongs, to avoid contamination.

MAKE YOUR OWN

grazing
box

the healthy way!

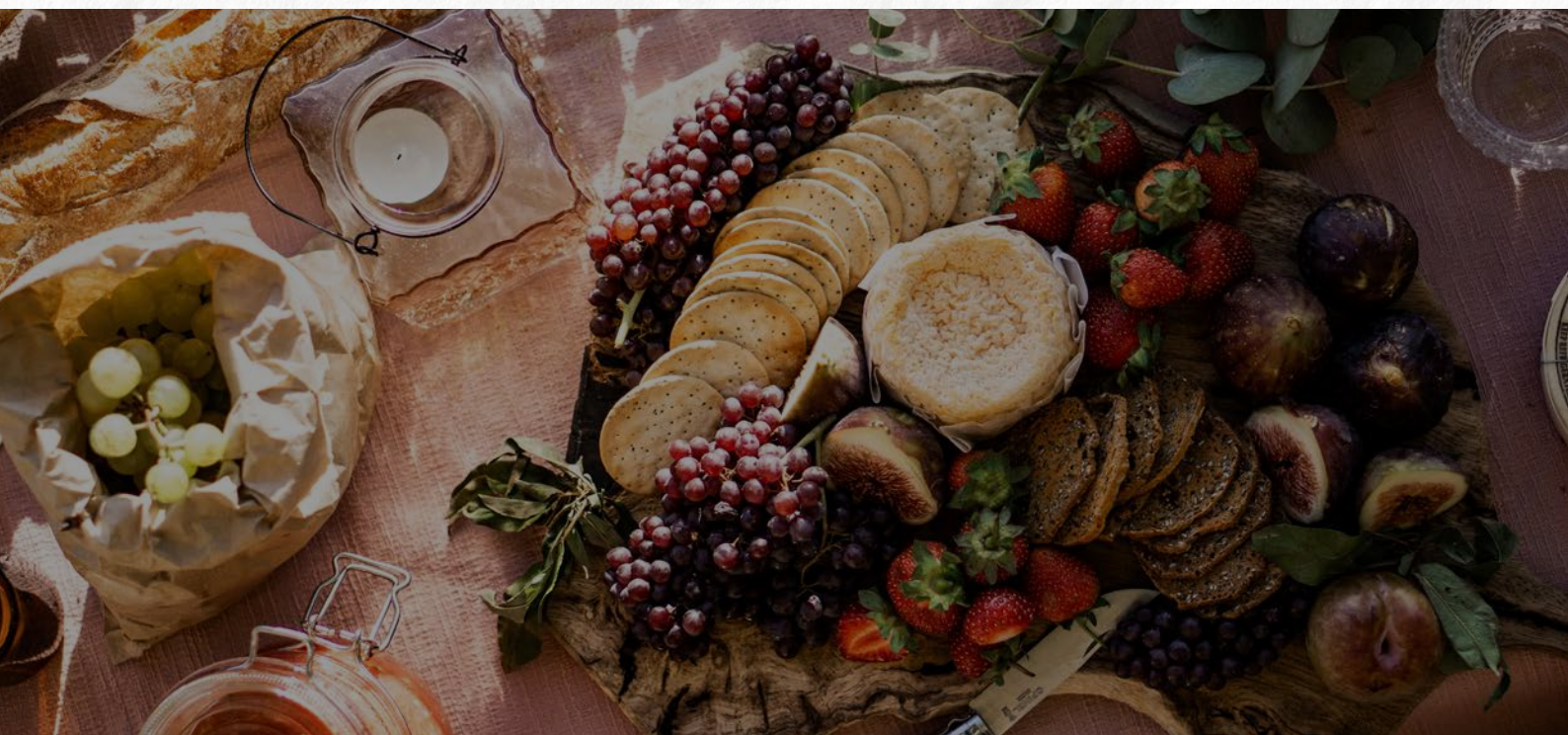


Have you heard the saying **“if you love me, don’t feed me bacon”**? Maybe not, but Laureate Professor Clare Collins has written an article with that exact title. Processed meats including bacon, salami, chorizo, and ham are preserved with either salt, smoke or preservatives, and regular consumption of these small goods increases your chances of bowel cancer significantly.

Sorry to put a downer on your Instagram worthy grazing boxes! But on the up side we have plenty of alternatives that will look just as picture perfect for your gram. The more colours, the more enticing your grazing platter will look. Here is your chance to eat the rainbow and increase your healthy eating score by adding a variety of fruit and veg to munch on.

Our go to items are:

- Sliced baby quakes
- Carrot / celery sticks
- Cherry tomatoes
- Raspberries / strawberries / blueberries
- Grapes
- Dried fruit and nuts
- Sun dried tomatoes / capsicum / olives - antipasto options
- Cheese - we recommend a mature, sharp and crumbly. Soft cheeses, if not kept chilled, can be a common source of food poisoning. Pregnant women should avoid soft cheese as it may contain listeria.
- Dark chocolate
- Wafer biscuits, rice crackers
- Dips





Dips

Pair any of these delicious dips with veggie sticks, wholegrain crackers, tortilla chips, or homemade flatbread!

GREEK TZATZIKI

Serves **4** | 5 mins



V, GF, DF / VE*

INGREDIENTS

- 1 cup Greek yoghurt*
- 1 tbsp lemon juice
- 1 tbsp fresh dill
- 1 clove garlic
- ½ medium cucumber

IT'S THIS EASY

- Finely dice the cucumber and garlic and chop the dill.
- Add all ingredients together in a bowl and mix well.





DOUBLE BATCH HUMMUS

Serves

12

10 mins



V, GF, DF, VE

INGREDIENTS

- 2 x 400g can of chickpeas
 - 1-2 small garlic cloves peeled or 1-2 tsp minced garlic
 - 2 tbsp unhulled tahini
 - 1-2 tbsp fresh or bottled lemon juice
 - 2 tbsp extra virgin olive oil
 - 4 tbsp water, extra if needed
 - 1 tsp ground cumin, extra for garnish
- If too thick, add 1 tbsp water before blitzing.
 - Spoon into a serving bowl, sprinkle ½ tsp cumin for a bit of extra flavour.

TWEAKS

IT'S THIS EASY

- Drain the chickpeas and rinse well, then place them in a blender with all other ingredients.
 - Place the lid on the blender and blitz for 15 seconds.
 - Scrape the hummus down the sides of the blender, then blitz again for 30 seconds. Repeat this step until the desired texture is achieved.
- Adjust the amount of these ingredients to create your signature hummus. Experiment with other spices (e.g. chilli powder, ground coriander, paprika) or roasted vegetables (e.g. pumpkin, sweet potato or beetroot).
 - If the mixture needs thickening, stir in 1 tsp of chia seeds.
 - Will keep for up to 3 days in fridge or 3 months in freezer. Defrost in the refrigerator overnight.



BASIL PESTO

Serves **6** | 10 mins |  | V, GF, DF / VE*

INGREDIENTS

- 2 cups basil leaves (loosely packed in)
- 2 cloves garlic, remove ends and papery skin
- 1/3 cup pine nuts
- 1/3 grated parmesan*
- 1/3 cup extra virgin olive oil

IT'S THIS EASY

- Place all ingredients except the olive oil into the food processor, and blend until chopped.
- While the food processor is still running, slowly add the olive oil until everything is well combined.



QUICK & EASY GUACAMOLE

Serves

8

10 mins



V, GF, DF, VE

INGREDIENTS

- 3 medium avocados
- 1 medium tomato
- ½ small green capsicum
- 1 small red onion
- ½ bunch coriander
- 1 lime (juiced)

IT'S THIS EASY

- Remove the skin and stone from the avocado and place the flesh into a bowl.
- Finely dice the tomato, red onion, capsicum and coriander and place to one side.
- Juice the lime and add this to the bowl with the avocado, then use a fork to mash.
- Add the tomato, red onion, capsicum and coriander and mix. Add pepper to taste.



3 INGREDIENT FLATBREAD

Serves **4** | 10 mins |  | V, GF*, VE / DF*

INGREDIENTS

- 1 cup wholemeal self-raising flour*
- 4 tbsp Greek yoghurt*
- 1 tsp extra virgin olive oil

IT'S THIS EASY

- Mix the flour and yoghurt in a bowl until smooth and doughy. Separate the mixture into 4 palm sized pieces, and roll out until flat.
- Heat the olive oil in a frying pan and cook until golden brown.
- Cut each piece into quarters and serve with your favourite dip.



Light Meals

Need something to fill you up
that's easy enough to share?
We've got you covered.

CARROT & APPLE SLAW WITH MUSTARD VINAIGRETTE

Serves **4** | 10 mins



| V, GF, DF, VE

INGREDIENTS

- ½ cabbage
- 1 carrot
- 1 red apple
- 4 tbsp extra virgin olive oil
- 2 tbsp sherry vinegar
- 1 tbsp Dijon mustard

IT'S THIS EASY

- Slice or shred the cabbage into thin strips, thinly 'shave' the carrot with a vegetable peeler, cut the apple into thin slices (leave the skin on), and combine these in a bowl.
- In a separate small bowl add the olive oil, sherry vinegar and mustard and stir well to combine (or place in a jar with a lid and shake to combine).
- Pour the vinaigrette over the salad and toss through.



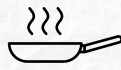


SWEET POTATO & ZUCCHINI FRITTERS

Serves

5

25 mins



V, GF*, DF*

INGREDIENTS

- 3 medium zucchini
- 1 medium sweet potato
- 1 small red onion
- 1 tsp ground cumin
- 2 eggs
- 2/3 cup wholemeal plain flour*
- 1/2 cup tasty cheese (reduced fat)*
- 1 tbsp extra virgin olive oil

IT'S THIS EASY

- Whisk the eggs in a large bowl
- Grate the zucchini, sweet potato and cheese, and finely dice the red onion, and add these to the bowl.
- Add the ground cumin and flour to the bowl and stir to combine
- Heat the olive oil in a frypan over medium heat.

- Spoon the mixture into the pan to make fritters the size of a small drinks coaster (best cooked in batches)
- Cook for 3 to 4 minutes on each side, the fritters should be golden and feel firm in the centre.

TWEAKS

- Delicious served with greek yoghurt*.
- Add some dried chilli flakes and fresh mint for some heat and extra flavour.
- If you don't have a frypan you could try cooking the fritters on a sandwich press. Wipe the base of the sandwich press with some paper towel dipped in oil, spoon the mixture onto the base of the press and lower the top down. Lock the top into place just above the fritters and cook until golden on both sides, turning once as they cook.



QUICK SALMON & PASTA SALAD

Serves

1

10 mins



GF*, DF

INGREDIENTS

- 1 cup wholemeal pasta, cooked*
- 95g can salmon in spring water, drained and flaked with a fork
- ½ cup broccoli, cut into small florets
- ½ cup frozen peas and corn
- 2 tsp lemon juice
- 1 tsp extra virgin olive oil

IT'S THIS EASY

- Place broccoli and frozen peas and corn into a microwave safe bowl with a small amount of water and cook for 5-7 minutes or until tender.
- Combine pasta, salmon and vegetables in a bowl.
- In a separate bowl or jug, whisk the lemon juice and olive oil together with a fork.
- Add dressing to the pasta salad and enjoy!



Seasoned Chicken

Roast or pan fry your chicken with a seasoning of your choice (serve chilled).

TIP: check out Alex's tutorial on how to cook a chicken five ways [here!](#)

AL'S HERB SEASONING

Serves

5

2 mins



V, GF, DF, VE

INGREDIENTS

- 2 tbsp oregano
- 1 tbsp rosemary
- 2 tbsp thyme
- 1 lemon zested
- Pinch of pepper

IT'S THIS EASY

- Place all of the ingredients into a bowl and mix together well

AL'S CLASSIC BBQ SPICE RUB

Serves

5

2 mins



V, GF, DF, VE

INGREDIENTS

- 2 tsp paprika
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp mustard powder
- 2 tsp cayenne
- 3 tsp cumin
- 2 tsp pepper

IT'S THIS EASY

- Place all of the ingredients into a bowl and mix together well.
- For a bit of sweetness, add in ¼ cup brown sugar.



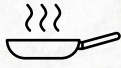

MAKE YOUR OWN

Wraps

Use this recipe as your base, and fill with whatever protein you'd like!

TIP: we recommend using canned options such as flavoured tunas, chicken in spring water or flavoured bean / corn mixes for ease of transportation and reduced waste.

ROASTED VEGETABLE WRAP

Serves **4** | 25 mins |   | V, GF*, DF, VE

INGREDIENTS

- 2 large field mushrooms
- 1 capsicum
- 1 red onion
- 1 zucchini
- 1 tbsp extra virgin olive oil
- 8 corn tortilla*
- 1 avocado
- 1 lime

IT'S THIS EASY

- Pre-heat oven to 200°C and line a tray with baking paper.
- Chop up the mushroom into thick slices, and the capsicum, red onion and zucchini into small pieces and put onto the baking tray.

- Drizzle the vegetables with olive oil and roast for 15 mins or until the vegetables are tender.
- Cook the tortilla according to packet instructions.
- Mash the avocado with the lime juice. Place tortillas on a plate and top with the mashed avocado and roast vegetables.

TWEAKS

- Add some crushed garlic and taco seasoning to vegetables before roasting for extra flavour.



Dessert

It's not a picnic without something sweet to cure those cravings!

MANGO & LIME RICE PUDDING

Serves **6** | 55 mins



V, GF, VE / DF*

INGREDIENTS

- 1 cup rice (arborio or white)
- 400ml lite milk
- ¼ cup sugar
- 3 mangoes
- 1 lime, zest and cut into 6 wedges
- 3 tbsps shredded coconut

IT'S THIS EASY

- Put the rice, sugar and milk into a saucepan and bring to the boil. Reduce the heat to low and cook uncovered for 40 minutes. Set aside to cool.
- Place the coconut in a frying pan and toast over a medium heat. Cook until golden in colour.
- Cut both cheeks off the mangoes, use a spoon to scoop the flesh out of the skin in one piece. Cut the remaining mango flesh from the stone. Cut the mango into slices.
- To serve place a dollop of rice pudding in a small bowl, top with mango, coconut, lemon zest and a lime wedge.



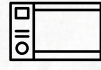


AVOCADO BROWNIES

Serves

8

30 mins



V, GF, DF*

INGREDIENTS

- 1 medium avocado
 - 2 eggs
 - 100g dark chocolate*
 - 15g cocoa powder
 - ¼ cup almond meal
 - 1.5 tbs honey
 - ½ cup raw walnuts
- Place the mixture into a bowl, and fold in the almond meal and chopped walnuts.
 - Place the mixture into a square baking tin (roughly 20cm x 20cm) lined with baking paper, and cook for 15-20 minutes or until cooked through (test by putting a knife or skewer into the centre).
 - Leave to cool, then cut into 8 pieces.

IT'S THIS EASY

- Preheat the oven to 180°C/160°C fan forced.
- In a microwave proof bowl, heat the chocolate for 30 seconds, stir, and repeat until melted.
- Roughly chop the walnuts.
- Add all of the ingredients, apart from the almond meal and walnuts, into a food processor and blend until smooth.

TWEAKS

- Make your own almond meal by blending a cup of almonds in the food processor.



BANANA, CARROT & ZUCCHINI MUFFINS

Serves **6** | 25 mins



V, GF*, DF*

INGREDIENTS

- 1 cup wholemeal self-raising flour*
- 1 small banana
- 1 small carrot
- ½ small zucchini
- 1 egg
- ⅓ cup lite milk*
- 2 tbsp honey or pure maple syrup
- 1 tsp cinnamon

IT'S THIS EASY


- Preheat the oven to 180°C and line a muffin tin with 6 paper cases.
- Add flour, egg, milk, honey, and cinnamon together in a bowl and stir until combined.
- Mash the banana and grate the carrot and zucchini, add these to the bowl and stir until combined.
- Spoon the mixture into patty cases and bake for 15 minutes or until golden.

The image features two glasses of a vibrant red drink, likely raspberry lemonade, served on a wooden tray. Each glass is filled with ice, fresh raspberries, and a sprig of mint. The background is softly blurred, showing more raspberries and a white flower. The overall aesthetic is fresh and summery.

Drinks

Don't forget to bring a delicious drink along to quench your thirst!

BERRY & MINT SPRITZ

Serves **2** | 5 mins |  | V, GF, DF, VE

INGREDIENTS

- 600ml soda water
- 100ml raspberry cordial
- 1 cup frozen berries
- 1 handful mint

IT'S THIS EASY

- Roughly chop mint.
- In a large jug, add all ingredients and mix well.

GINGER & PINEAPPLE FIZZ MOCKTAIL

Serves **1** | 5 mins |  | V, GF, DF, VE

INGREDIENTS

- 3-4 ice cubes
- 30ml reduced-sugar ginger cordial
- 1 tablespoon pineapple (fresh, or canned in natural juice and drained), chopped
- 1 lime wedge
- 250ml soda water

IT'S THIS EASY

- Put ice, cordial, and pineapple in a tall glass.
- Add the lime wedge to the glass squeezing the juice into the glass first.
- Top with soda water, swizzle and enjoy.

ELDERFLOWER & CUCUMBER MOCKTAIL

Serves **1** | 3 mins



| V, GF, VE, DF

INGREDIENTS

- 3 cucumber sticks
- 3-4 ice cubes
- 25ml elderflower cordial
- 1 lemon wedge
- 250ml soda water

IT'S THIS EASY

- To make the cucumber sticks cut a 4cm piece of cucumber, cut half lengthways and then cut the into three wedges. Put the rest of the cucumber away and use it for something else.
- In a tall glass pour cordial over ice cubes.
- Add the lemon wedge and top with soda water.
- Add cucumber, swizzle and enjoy.



Get in touch

We'd love to hear your suggestions
and family favourite recipes!



02 4921 7353



nmnt@newcastle.edu.au
eatingsurvey@newcastle.edu.au



www.nomoneynotime.com.au
www.australianeatingsurvey.com.au



Australian
Eating Survey

nib foundation