CANNED FOOD UK

Canny Recipes for Camping & Caravanning



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Canned foods are the ideal culinary companion for camping and caravanning, especially when you have limited kitchen space and need to keep your food safely stored away from contamination or wildlife!

Here we've included eight new recipes suitable for cooking on a single gas ring or campfire, with minimal prep but maximum flavour. These are hearty and filling dishes for feeding hungry families after action packed days out or as simple, no-fuss suppers so you can enjoy your holiday.

Canned foods are pre-prepared to save you time; can be stored at room temperature; and have a long shelf life – which means you don't need access to a fridge. And if you do have one handy, your valuable fridge space can be used for your canned drinks.

As well as being convenient, canned foods also contribute to a balanced diet and your five-a-day fruit and veg requirements too.

And when you're finished, cans can be recycled again and again. Remember to give them a quick rinse and pop them in the recycling bin.

Thirst quenching cans

No feast would be the same without a chilled beverage! Did you know that metal beverage cans chill faster than drinks in other packaging types making them perfect for your cool box or a handy stream. Canned drinks are convenient, light, unbreakable and easy to transport. They are also easy to open which means you can leave your corkscrew at home.

There's also a huge range on offer from traditional fizzy soft drinks and beers to gourmet wines, pre-mixed cocktails, fruit juices and water. These single serve portions also cut down on waste. Be sure to stock up before you hit the road.

Beverage cans are easy to recycle and currently 82 per cent are recycled in the UK. So, when you've quenched your thirst, put your can in the recycling bin to help us achieve even higher recycling rates.

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Prawn Tacos



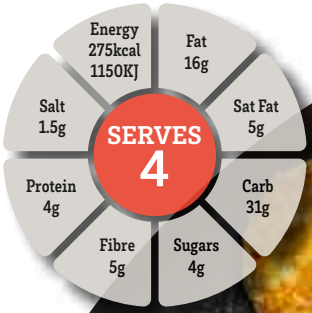
INGREDIENTS

200g prawns, frozen defrosted and drained well
2tsp cajun spice
1tbsp oil
1 medium red onion, finely diced
3 spring onions, sliced
2 large vine tomatoes, diced (no seeds)
1 can black beans (400g, well drained)
1 can sweetcorn (200g, well drained)
Juice of 1 lime
1 handful coriander, chopped
1 pack small tortillas
1 avocado, sliced
1 small carton Greek yogurt

METHOD

1. Mix all the above ingredients together and pan fry in the hot oil for 5 minutes.
2. The tortillas can also be pan-fried to warm through or filled cold.
3. Spoon the mix into the tortillas and fold over, serve with the sliced avocado and spoon the Greek yogurt over.

Herby Potato Cakes



INGREDIENTS

Canned potatoes x 2 (567g, well drained)
1tsp salt
½tsp cracked black pepper
25g butter, melted
25g or a handful of parsley chopped or 1tsp dried parsley
25g plain flour
1tsp cumin
3tbsp oil

Salsa

1 can cherry tomatoes (400g, drained and diced)
1 medium red onion, diced
Juice of 1 lime
Small handful of coriander, chopped or 1tsp dried coriander

METHOD

1. Mash the potatoes, add the seasonings, herbs, melted butter, mix in and add the flour. Mould into 14 cake shapes.
2. Fry in the heated oil for approx. 3 minutes each side.
3. Mix all salsa ingredients together and serve with the potato cakes.

Mixed Bean Chilli



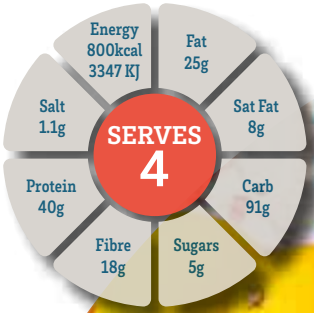
INGREDIENTS

1 onion, diced
2 garlic cloves, chopped
1tbs oil
1tsp cumin
1tsp coriander
1-2tsp chilli powder
1tbsp tomato puree
1 can cherry tomatoes (400g)
1 yellow pepper, diced
250ml water
100ml red wine
1 veg stock cube
1 can red kidney beans (400g, well drained)
1 can black beans (400g, well drained)
Handful chopped coriander or dried can be used
Soured cream

METHOD

1. Heat the oil, fry the garlic and onion until lightly golden, add the seasonings and cook for a further 2-3 minutes.
2. Add the tomato puree, canned tomatoes, pepper, stock, water, red wine, canned beans and simmer on a low heat for approx. 30 minutes.
3. Can be served with rice, add a dollop of sour cream, sprinkle with coriander, or serve with crusty bread.

Salmon Tagliatelle



INGREDIENTS

1tbsp oil
1 medium onion, finely diced
2 garlic cloves, finely chopped
150g dried tagliatelle
100g crème fraiche
1 can wild red Alaskan salmon (212g)
1 can broad beans (300g)
1 lemon

METHOD

1. Heat the oil, add the garlic and fry for 2 minutes. Add the onion and sauté for approx. 5 minutes. Stir in the crème fraiche and juice of 1 lemon.
2. Cook the tagliatelle according to the pack instructions. Add to the pan along with the salmon broken into chunks and the drained broad beans. Stir well and heat for a further few minutes.
3. Can be served with grated Parmesan and salad.

Cowboy Stew



INGREDIENTS

1tbsp oil
1 onion, diced
2 sticks celery, sliced
1 green pepper, diced
1 red pepper, diced
1 can potatoes (567g, drained and diced)
1 can aduki beans (400g, drained)
2 cans chopped tomatoes (400g)
1 can sweetcorn (200g, drained)
1 beef stock cube
1 can beef in gravy (400g)
Cracked black pepper and salt to taste

METHOD

1. Heat the oil, fry the onion for 5 minutes, add the celery and peppers and sauté for a further few minutes. Add the chopped tomatoes, beef stock cube, aduki beans, diced potatoes and sweetcorn, and simmer on a low heat for around 15-20 minutes, add the beef and heat through for a further few minutes. Season to taste.
2. Can be served with crusty bread.

Corned Beef Hash



INGREDIENTS

20g butter
1 can of potatoes (567g, drained cut into quarters)
1 can of corned beef (340g, cut into chunks)
1 onion, sliced
2 tsp Worcester sauce
Handful of parsley, chopped or dried parsley can be used

METHOD

1. Melt the butter. Add the sliced onion and cook until light brown, add the potatoes and fry until golden, fold in the corned beef, stir in the Worcester sauce, warm through, season and sprinkle with parsley.
2. Can be served with green beans or crusty bread.

Tuna Bean Pasta



INGREDIENTS

1 tbsp oil
1 red onion, diced
1 red pepper, sliced
½ red chilli, diced or ½tsp dried chilli flakes
200g dried fusilli cooked (according to pack instructions)
1 can cannellini beans (400g, well drained)
1 tin tuna
1 lemon, zested and juiced
Handful of fresh basil, or 1tsp of dried

METHOD

1. Heat the oil, sauté the red onion, add the sliced pepper, chilli and cook for a further couple of minutes. Add the cooked pasta, cannellini beans, tuna chunks, zest and juice of the lemon.
2. Stir well and sprinkle with chopped fresh or dried basil.

Cinnamon Pineapple Fritters



INGREDIENTS

100g self raising flour
½tsp baking powder
1 heaped tsp cinnamon
1tbsp caster sugar
2 large eggs
3tbsp Greek yogurt
Veg oil to fry fritters in
1 can pineapple rings (435g, drained and patted with kitchen roll)
1 can mixed fruit (400g)
1 can extra thick cream (170g)

METHOD

1. Mix the baking powder, cinnamon and caster sugar with the flour, whisk in the eggs and Greek yogurt.
2. Heat 2-3 cm of oil in a frying pan. Test a teaspoon of the batter in it, when it sizzles it is up to temperature.
3. Dip the pineapple rings into the batter one at a time and fry in batches of four turn when golden brown and fry until both sides are evenly cooked colour wise. Sprinkle with caster sugar.
4. Serve with the canned cream and mixed fruit.

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