

# The Perfect Picnic

Come together and host a picnic with family, friends and colleagues, to help those that can't.

We're asking you to get involved and host your very own Perfect Picnic. Whether in person in your garden, at a safe distance in your local park or online with your work colleagues, help us to fund vital specialist research to save the lives of children and young people with cancer.

We've put together some recipe ideas with a twist, with some fun tips to help make your **picnic perfect!**

## Vegetarian Sausage Rolls

### Ingredients

320 g ready rolled puff pastry sheet  
200 g Double Gloucester/Mature Cheddar grated  
1 large onion grated  
200 g fresh breadcrumbs  
2 tbsps crème fraiche  
2 tpsps dried mixed herbs  
2 tpsps mustard powder  
2 tpsps paprika  
Salt and freshly ground black pepper  
One lightly beaten free range egg to glaze

*Seriously delicious  
and meat free!*

### Instructions

1. Preheat the oven to 220°C/425°F/Gas Mark 7
2. Lightly grease two baking trays
3. Place the grated cheddar, grated onion, breadcrumbs, crème fraiche, herbs, mustard powder, and paprika into a bowl. Mix together and season well with salt and black pepper
4. Cut the pastry sheet into three equal sized strips
5. Squeeze generous handfuls of combined mixture into shape and lie down the middle of your pastry strips
6. Brush one side of each pastry strip with the beaten egg and fold the other side over the top of the filling to join it, making sure you tuck it in well so you don't have space around your sausage
7. Turn your rolls over so they are seam side down
8. Cut to size for mini sausage rolls
9. Snip the pastry top of each roll with a pair of scissors two or three times, brush with beaten egg and place on greased baking sheets
10. Bake on the top shelf of your hot oven for 20 – 25 minutes until browned and crispy
11. Leave to cool on a wire rack first for 5 minutes
12. Store in an airtight container

## Making your picnic even better...

- Set up a Facebook event to help share details of your Perfect Picnic with your friends and family, you can also set up a Facebook fundraising page to encourage your friends and family to donate!
- Create individual picnic hampers and ask your friends and family to make a donation for their picnic meal
- Ask everyone to each bring a dish and charge guests to sample all the different delicacies
- Add an element of competition and run a 'Best Bake' or 'Guess the Weight of the Cake' competition
- Plan a **scavenger hunt** around your picnic. Leave clues or a 'treasure' map for your family to find delicious treats hidden round the house and in the garden.
- Bring along a **board game**, a softball or a frisbee for some outdoor fun.

### Sweet and Salty Crunchy Nut Bars

#### Ingredients

200g/7oz dark chocolate  
100g/3.5oz milk chocolate  
125g/4.4oz butter  
3 tbsp golden syrup  
250g/8.8oz salted peanuts  
6 x 40g Crunchie bars  
1 baking or foil tray, approximately  
30 x 20 x 5 cm. (if using a baking tray, line with parchment or greaseproof paper)

#### Instructions

1. In a saucepan, break up the chocolates into pieces and add the butter and golden syrup. Melt gently under low heat.
2. Tip the peanuts into a bowl and crush the Crunchie bars on top of them.
3. Take the melted chocolate mix off the heat and pour over the peanuts and crushed Crunchie bars, then mix together and pour into the prepared tin.
4. Smooth the top of the mixture and make sure it gets into all the corners.
5. Place in the fridge for at least 2 hours or until its set, then cut into as many pieces as you like.
6. And that's it! What could be simpler?

*This is a very easy recipe, particularly with kids. No cooking is required - just a whole lot of chocolate and sticky hands!*