

PRIMULA®

Tasty Picnic &
Alfresco Eating Ideas



Delicious feasts for family and friends!

Serves

4

Primula Pitta Pockets

Ingredients

- 4 large pitta breads
- 350g cooked pork chipolatas, merguez sausage or tofu sausages
- 8 tablespoons tomato chutney or ketchup
- 1 x 200g tub Primula Original Cheese Spread or 1 x 150g tube Primula Cheese & Chive Spread
- 8 little gem or cos lettuce leaves or 4 large curly lettuce leaves

Method

1. Cut a 1cm slice from one long side of a pitta bread, then push it down inside to create a hollow and repeat this to all of the Pitta breads.
2. Slice the sausages diagonally into 1cm chunks and push them into the pitta breads.
3. Dot in some tomato chutney as seasoning and generously squeeze Primula cheese over the top and add the lettuce.
4. Wrap each pitta bread in cling film or foil if taking on a picnic.



Tasty
Tip

Why not try Quorn Sausages instead of chipolatas for a tasty vegetarian option



Serves
2-4

Primula Cheese & Prawn Wraps

Ingredients

- 4 large flour or corn tortillas (or other flatbreads)
- 1 x 150g tube Primula Cheese and Prawn Spread
- 300g pack cooked, peeled prawn tails
- 4 handfuls of baby leaf salad
- 2 spring onions, chopped
- 1 x 170g tub Primula Thai Sweet Chilli Dip

Method

1. Set the tortillas in a row.
2. Squeeze a quarter of the Primula over half of each tortilla.
3. Dot on a share of prawns onto the “uncheesed” area.
4. Scatter some salad on top of these. Scatter some spring onion onto the “cheesed” area.
5. Roll up the quesadilla starting from the prawn-covered side. End with the cheese-covered side.
6. Wrap each quesadilla neatly in a square of greaseproof paper on the diagonal, then in aluminium foil at the same angle. Twist the ends to seal firmly.
7. To eat, cut in half, crosswise, without unwrapping then unwrap, dip and eat.
8. Take a sealed tub of Primula Thai Sweet Chilli Dip to the picnic. Let diners spoon a little onto each quesadilla or dip into it.

A great alternative to sandwiches



Serves

4

Primula Quick & Easy Piffa Pizzas

Ingredients

- 4 wholemeal pitta breads
- 100g tomato puree
- 50g tomato ketchup
- 1 tube of Primula Chive Cheese Spread
- Any pizza toppings of your choice such as:
 - Sliced red onion, peppers, pepperoni, chillies,
 - diced ham, prawns, tomatoes, cooked chicken
- Pinch of dried mixed herbs

Method

1. Pre-heat oven to 200°C/Gas mark 6.
2. Prepare all the desired toppings.
3. In a bowl mix together the tomato puree and ketchup and carefully spread the tomato mixture evenly over each pitta.
4. Sprinkle on $\frac{3}{4}$ of the toppings.
5. Swirl the Primula cheese evenly over each pitta.
6. Sprinkle on the remaining toppings followed by a pinch of dried herbs.
7. Put into the oven either directly onto the shelf or onto a baking tray for 8-10 minutes or until the cheese has melted & the toppings are starting to brown.
8. Serve straight away with a crispy green salad.



Tasty
Tip

Why not try Primula Spicy or BBQ Salsa Dip as a tomato base? Try swapping Primula cheese flavours for a great variety of pizza flavours.

Serves
4

Mediterranean Vegetable and Primula Cheese Tart

Ingredients

- 1 x 375g pack pre-rolled puff pastry
- 1 x 150g tube Primula Cheese & Chive Spread (or your favourite flavour!)
- 12 cherry tomatoes, halved crosswise
- 1 small courgette, sliced lengthwise then crosswise
- 2 Peppers, 1 red, 1 yellow, de-seeded, diced
- Sea salt flakes & pepper, to taste
- 2 garlic cloves, crushed then chopped
- 2 tablespoons extra virgin olive oil
- 2 tablespoons chopped parsley or basil



To Serve

- Green or mixed salad and slices of cucumber (optional)

Method

1. Preheat the oven to 230°C/450°/Gas Mark 8 or if you have a fan assisted oven 220°C/425°F/Gas Mark 7.
2. Unroll the pastry onto a large baking sheet.
3. Fold in a 1cm pastry strip along both long sides and press it firmly down. Do the same at the short sides. Using a knife blade mark the pastry edges into little scallops, pressing down with your fingers between each cut.
4. Squeeze the full tube of Primula into 6 long lines over the centre of the pastry.
5. Dot over the halved tomatoes, cut sides up, the courgette slices, peppers and the meat (optional).
6. Season well and scatter on the garlic. Drizzle over the oil.
7. Bake towards the top of the oven for 25 minutes or until the tart is puffed, cheese oozing, vegetable topping fragrant and tender. Scatter over the chopped herbs.
8. Serve hot or warm with salad and cucumber slices.

Tasty
Tip

For a meat feast version add pepperami, pepperoni or Frankfurters.



Serves

4

Primula & Aubergine Tart

Ingredients

For the Filling

- 1 large Aubergine
- 90ml Olive Oil
- 3 Cloves Garlic, crushed
- 6 Cherry Tomatoes, halved
- 50g Black Pitted Olives
- 1 tbsp Fresh Basil, torn into pieces
- 4 tbsp milk
- 4 Medium Sizes Eggs
- 150g Tube Primula Cheese

For the Pastry

- 175g plain flour
- Pinch of salt
- 80g butter, diced
- Approx. 3 tbsp water to mix



Method

1. Preheat oven to 180°C / gas mark 4.
2. To make the pastry. Sift the flour into a bowl and stir in the salt. Add the butter and with your fingertips rub it into the flour until the mixture resembles fine breadcrumbs. Put in a tablespoon of water at a time and mix thoroughly until the mixture forms a soft dough.
3. Knead the dough gently onto a lightly floured surface and roll out to a circle large enough to line a 23cm flan tin. Press the pastry into the sides of the tin and trim the edges. Cover and chill the pastry for 20 minutes.
4. Gently prick the base of the pastry with a fork and line with a circle of greaseproof paper. Fill with dried baking beans or dried rice and place in a preheated oven for 10 minutes.
5. Preheat the grill to a moderate heat.
6. To make the filling, baste the aubergine in the olive oil and garlic. Place under the grill and cook for 10 minutes, turning over at least once to ensure the cut side is a dark golden colour.
7. Remove the grease proof paper and baking beans or rice from the pastry case. Return the pastry case to the oven and cook for another 5 – 10 minutes.
8. Arrange the aubergines, cherry tomatoes, olives and basil in the pastry case.
9. Combine the eggs with the cream and tube of Primula cheese and season with salt and pepper. Pour this mixture carefully into the pastry case leaving as much of the vegetables exposed as possible. Bake in the oven for 20-25 minutes until golden brown and set, but still moist.
- 10.

Tasty Tip

For a lower fat version use Primula Light Cheese



Ham, Tomato & Lettuce Cheesy Wheels

Ingredients

- 1 tube Primula Light Cheese Spread
- 4 wholemeal or seeded tortilla wraps
- Selection of crisp lettuce leaves
- 4 red vine tomatoes thinly sliced
- 4 large slices or 1 pack of wafer thin cooked ham

Method

1. Lay out a wrap & squirt a swirl of Primula cheese on top. Using a knife spread a thin layer over the whole wrap leaving room at the edges.
2. Randomly scatter torn lettuce leaves over the cheesy layer followed by slices of tomato.
3. Swirl some cheese over the mixed salad then lay the ham over the top.
4. Taking the wrap by the edge tightly roll it up into a sausage.
5. Using a serrated knife gently cut the sausage into 1½ inch rounds.
6. For picnics wrap in cling film or foil.



Why not try one of our other delicious Cheese Flavours?



Serves
4



Primula Cheese & Chive with tomato & lettuce

✓ Suitable for vegetarians

Ingredients

- 1 tube Primula with Chive Cheese Spread
- 4 wholemeal or seeded tortilla wraps
- Selection of crisp lettuce leaves
- 4 red vine tomatoes thinly sliced
- 1 bunch of cleaned & finely chopped spring onions

Method

1. Lay out a wrap & squirt a swirl of Primula cheese on top. Using a knife spread a thin layer of cheese over the whole wrap leaving room at the edges.
2. Randomly scatter torn lettuce leaves over the cheesy layer followed by slices of tomato.
3. Swirl some more cheese over the top followed by a handful of finely chopped spring onions.
4. Taking the wrap by the edge tightly roll it up into a sausage.
5. Using a serrated knife gently saw the sausage into 1½ inch rounds.
6. For picnics wrap in cling film or foil.



Why not try one of our other delicious Flavours?



Serves
4



Serves

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Seafood Pasta with Primula Thai Sweet chilli

Ingredients

- 1 tablespoon of butter
- 25g chunk fresh ginger, shredded
- 8 spring onions, quartered
- 20cm chunk cucumber, halved lengthwise, deseeded, in 1 cm chunks
- 1 lemon, halved and squeezed
- 2 x 170g tubs Primula Thai Sweet Chilli Dip
- 1 x 170g tub Primula Roasted Garlic dip
- 520g cooked seafood selection (mussels, squid rings and king prawns)

To serve

- Cooked linguine, tagliatelle, penne or farfalle pasta (precooked weight 300g)

Method

1. Melt the butter in a pan and sauté the ginger, spring onions and cucumber for 2 minutes.
2. Add the lemon juice, Primula Thai Sweet Chilli Dip, Primula Roasted Garlic Dip and the seafood selection.
3. Stir gently and cook for 4-5 minutes or until pan contents are hot throughout.
4. Serve over freshly cooked pasta of your choice with some additional spring onion tops to garnish, if preferred.

A truly mouth watering dish that will have everyone asking for seconds!



Serves

4

Mini Fishcakes with Primula Thai Sweet chilli Dip

Ingredients

- 500g peeled & cooked potatoes
- Grated zest & juice of ½ lemon
- 1 egg yolk
- 200g cooked fish of your choice
- 1 tablespoon freshly chopped parsley
- 2 tablespoons plain flour mixed with 1 teaspoon coarsely ground pepper
- A little oil for frying
- 1 tub Primula Thai Sweet Chilli Dip

Method

1. Mash the cooked potatoes & mix in the lemon zest & juice, egg yolk & parsley.
2. Flake the cooked fish into the mixture & gently fold in.
3. Shape into small rounds of about 3cm wide & 1cm deep.
4. Chill for at least 15 minutes.
5. Heat up a frying pan with a little oil.
6. Dust each cake in the peppered flour and fry over a low heat for 2-3 minutes on each side.
7. Drain on kitchen paper & serve with Primula Thai Sweet Chilli Dip.



For a quick cheat why not use instant mash (made with slightly less water than instructed) & a drained can of pink salmon or tuna?



PRIMULA®



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www.primula.co.uk

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