



## Guide to Vegetarian Picnic Food

What's new

If you're a bit like us, you'll welcome those warmer days of spring with open arms. The days are getting longer, and flowers, plants and animals start to show themselves again after winter. It's the perfect time to get out of your house and enjoy everything nature has to offer with a nice picnic.

We've got some amazing vegetarian and vegan recipes to turn your picnic into a party on a plate or (spoiler alert!) in a jar and a few tips to make sure your picnic preparations will be a walk in the park.

### Vegan Schnitzels on a pita

You can make these pitas as spicy as you like. Go all out with the harissa or play it safe with just a little bit of harissa in your vegan mayo. These pitas are perfect as a picnic mezze.



**Tip 1: Be prepared. Your next picnic could be sooner than you think!**

*Make life easier and get stocked up on the right items for a picnic. That way, when the moment presents itself, you won't have to hurry to the store to get that picnic basket, blanket, storage container, cutlery, or glasses you still need.*

### Zucchini spaghetti salad with Sensational Pieces and Lime Vinaigrette

Keep the carbs low and the vitamins high with this yummy zucchini spaghetti salad. Just add some nuts from the pantry such as pistachios and you're good to go!



### Grilled Pieces on a bagel with Mustard sauce

Our grilled pieces are a perfect substitute for chicken strips, and you'll love them on this [classic bagel with mustard and gherkins](#).



**Tip 2: Keep your food safe and tasty**

*Picnics are great for sharing, but you'd probably be a bit put off if all the ants and bees take over your portable banquet. To avoid that, here's some basic tips:*

- *Make sure to pack your sugar-y or easily squashed foods into solid containers.*
- *Keep your food covered with lids, tin foil, or linen to keep the bugs away.*
- *Don't bring too much food or food that spoils easily.*

## Vuna Spring rolls

Making fresh spring rolls might sound daunting, but they're easier than you think. Just chop those veggies and make sure to soak that rice paper in water. Rolling [those spring rolls](#) will be easy and when you're done, you'll have the perfect vegan picnic appetizers.



## Quesadilla Sensational Pieces

Just wrap [these quesadillas](#) in tin foil to keep them warm. This way, the cheese will still be nice and melty once you're outside and ready for that picnic.



### **Tip 3: Experiment with presentation**

*When you're having food on the go, the concept of a 'plate' is something open for interpretation. So, get creative with your dishes! Toss a salad in a jar (check out our falafel jar below!), pack your sandwiches in an eco-friendly lunch wrapper or use a bento-style lunch box so you have storage and presentation in one.*

## Salad jar with Falafel

This salad doesn't just look good: it's also really tasty and full of protein thanks to the edamame and our falafel.



## Sensational Pieces Mediterranean wraps with kale pesto

Wraps are the perfect food to-go. You can use any topping you like (such as our Sensational Marinated Filet Pieces) and just start rolling. Put your wraps in a lunch box, or a creative wrapper and you're good to go.



## Discover more recipes!

Previous Next


### **Cheesy Nuggets 'Apero'**

 20 MIN

 Easy



### **Cheesy Nugget tortillas**

 25 MIN

 Easy



### **BBQ-Portobello-Caprese-Burger**

27 MIN

Intermediate



### **Rapea Schnitzel Nuudelisalaatti**

20 MIN

Intermediate



### **Klassinen Vegaanihampurilainen**

23 MIN

Intermediate



### **Klassisk Vegoburgare**

23 MIN

Intermediate



### **Garden Gourmet Cordon Bleu with Mashed Potato & Fresh Spring Salad**

32 MIN

Easy



### **Spinach falafel and sundried tomato hummus**

29 MIN

Easy



### **Reinforced salad with tahini sauce**

20 MIN

Intermediate

