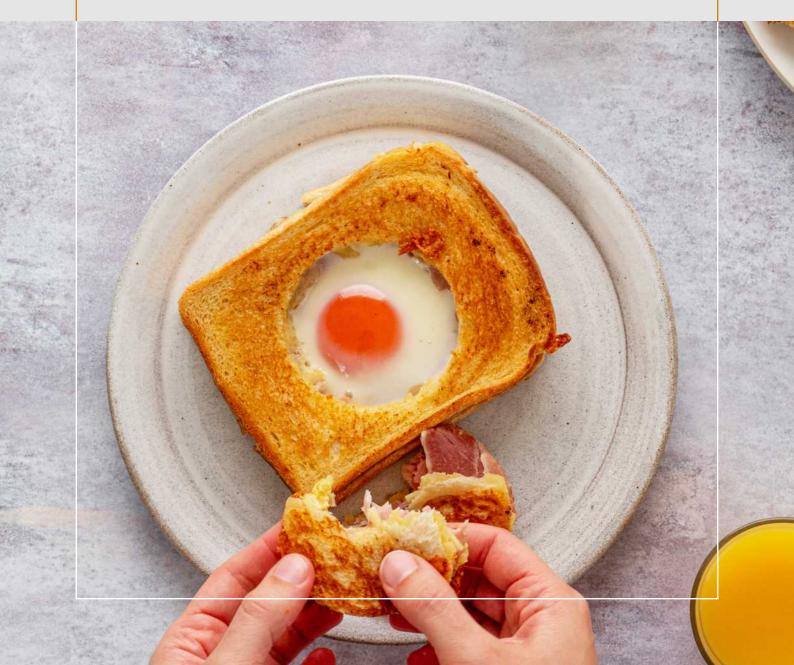


THE

CARAVAN COOKBOOK

SIMPLE AND EASY RECIPES TO ENJOY ON YOUR NEXT HOLIDAY







it difficult to create delicious, varied food.

So, we enlisted the help of Food Stylist and Recipe Writer, Pippa Leon, to create a free recipe book for everyone to use and create wholesome, hearty and simple

Over three quarters of respondents said spending quality time together was the reason they enjoyed caravan holidays — and a good meal can be the best way to do so. But the lack of space and less equipment available on a caravan can make

- Adam Summersby, Towergate Insurance

recipes to enjoy with friends and loved ones on their next trip.



INTRODUCTION

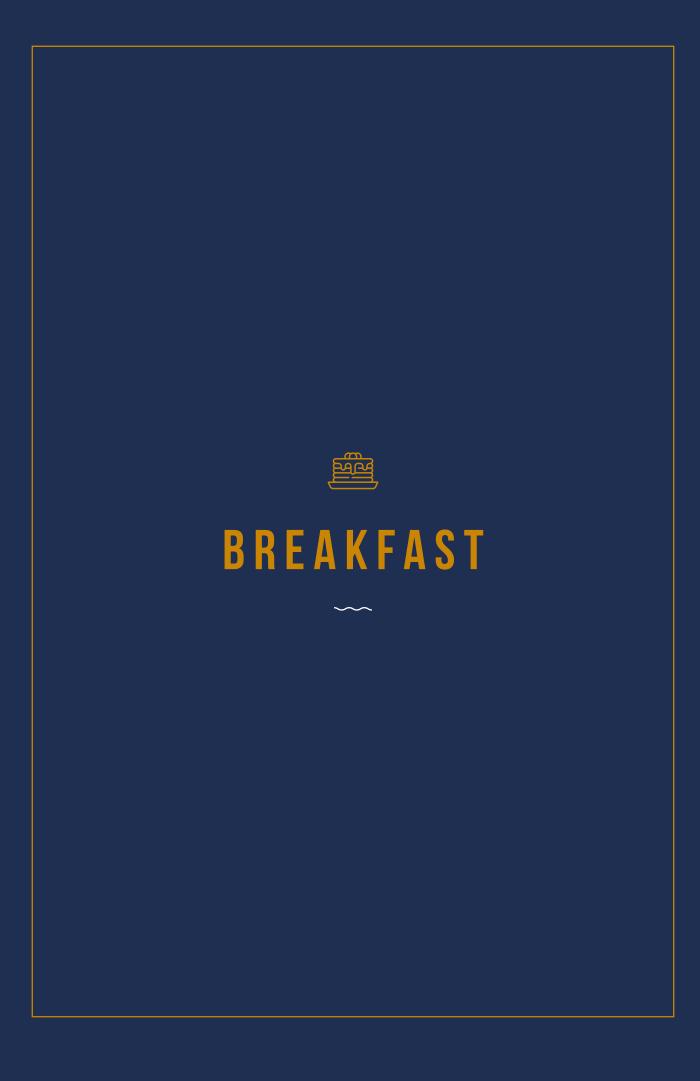
You may love caravan cooking or maybe cooking on the move is a new experience for you - either way, there's something in this cookbook for you. Everything has been kept simple and the recipes use as little equipment as possible. Some only use the hob, a few only use the oven and a couple use both. Each recipe is also made to serve two people, so be sure to increase or decrease the quantities if you're catering to more people or making dinner for one.

There are a few tips that will make both using this book and eating well a bit easier. First up, your kit. Get yourself a large non-stick, oven-safe frying pan (preferably one with a lid) and a medium-sized saucepan. Nearly every recipe in this book calls for one or the other. Add in a roasting tin, a small baking dish and a few mixing bowls and there's nothing in here you're not ready for! If you've got the space, there are a few extra things that will be good to have to hand. An electric scale takes up barely any room but will make things much easier for you. Pop a grater in the cupboard, too, as most dishes can be lifted to new heights of deliciousness with a sprinkling of lemon zest or some grated chocolate!

Smoked paprika, dried oregano, chilli flakes and cinnamon will certainly come in handy. Chilli flakes, in particular, are brilliant if you're cooking with someone who likes things a little hotter than you as they can be sprinkled over their finished dish to add extra heat. Salt and pepper are a given but why not take a small pot of sea salt flakes, too, for added crunch to your final seasoning. Living herbs add extra freshness to your dish and they also last longer than cut herbs as long as you remember to give them a drink of water every so often. Pick up a pot of parsley, coriander and basil on your shop and you won't regret it!

Lastly, don't panic if you don't have the exact ingredients or the right sized pans. Feel free to swap things in or take things out, just be sure to adapt the cooking times if you have to use a different sized pan. Make the recipes yours and have fun doing it!

Pippa Leon, Food Stylist & Recipe Writer





BEANS AND GREENS ON TOAST

servings

11195

This is a lovely change from the usual beans on toast and a great way to get some green veg in at the beginning of your day.

INGREDIENTS

- 4 tbsp olive oil
- 4 thick cut slices of crusty bread
- **1** small onion, grated or finely chopped
- 1 clove of garlic, crushed

- **200g** baby spinach leaves
- 400g tin of cannellini beans, drained
- 1/2 vegetable stock cube
- 1 lemon

- Drizzle 2 tbsp of the olive oil over both sides of the slices of bread, then toast in a large dry frying pan over a high heat for 3-4 minutes on each side until nicely golden. Set aside and keep warm.
- Lower the heat to medium-low, add another tablespoon of oil to the pan and gently fry the onions for 4-5 minutes until they start to soften before adding the garlic. Fry both for a further 5 minutes until they start to turn golden on the edges.
- 3 Add the cannellini beans and crumble over the stock cube before giving everything a stir together.

- 4 Add in the spinach along with a few tablespoons of water. (Don't worry if it looks like there is far too much spinach for two people, it will wilt down a lot!)
- Give everything a stir, making sure the spinach has all wilted down and the stock cube has completely dissolved.
- 6 Season with a little pepper (taste before adding any salt as the stock cube will add seasoning) and pile on top of your toast.
- Zest a little of the lemon over the top and finish with a squeeze of lemon juice.

BLUEBERRY BANANA PANCAKES

servings

2

These delicious, fluffy pancakes are best served hot and stacked up as high as you dare! Drizzled with honey, packed with banana and piled with blueberries, they are a delightfully sweet way to start your day!

INGREDIENTS

- 100g plain flour
- **2 tsp** baking powder
- 1 egg
- 1 banana, mashed

- 150ml milk
- 100g blueberries
- · oil for cooking
- honey or maple syrup to serve

- 1 Mix the plain flour and baking powder together with a pinch of salt in a bowl and set to one side.
- 2 Beat the egg, banana and milk together in a jug. Pour into the flour and baking powder and whisk until smooth.
- Heat a splash of oil in a large frying pan over a medium-low heat and drop a few tablespoons of the batter in per pancake.
- Drop a few blueberries onto each pancake and cook for 3-4 minutes until bubbles appear on the surface, then flip each pancake and cook for another 2-3 minutes.
- Keep the cooked pancakes warm by covering with foil on a separate plate until you have used all of the batter. Serve with the remaining blueberries and a drizzle of honey or maple syrup.



ONE PAN ENGLISH BREAKFAST

servings

2

INGREDIENTS

- 1 tsp oil
- **6** chipolata sausages
- 4 rashers thick cut bacon, cut into chunks
- 1/2 tin chopped tomatoes
- 400g tin of baked beans

- **1 tsp** smoked paprika
- 1/2 tsp chilli flakes
- · 4 eggs
- parsley, hot sauce and toast for serving

- 1 Heat the oil in a large frying pan and cook the chipolatas over a medium heat until brown all over. Then add the bacon chunks and fry until crisping up on the edges.
- 2 Add the chopped tomatoes, baked beans, smoked paprika and chilli flakes then season with a little salt and pepper.
- Give everything a good stir and cook for 3-4 minutes to thicken a little.
- Using the back of your spoon make four shallow dips in the mixture and crack an egg into each one. (Don't worry at all if some of the white spills out!)
- Cover with a lid or some foil and cook for 5-8 minutes until the sausages are cooked through and the eggs are cooked to your liking.
- 6 Finish with a little extra pepper and a sprinkle of parsley. Add some hot sauce (if preferred) and serve with some toast for dipping.



Anyone who hates washing up will love this recipe as everything can be cooked in (and eaten from) one pan. Serve up with hot buttered toast, mugs of tea and a bottle of hot sauce for those who need a bit of heat to kickstart their day!



MARMITE MUSHROOMS ON TOAST

servings

2

This Marmite mushroom toast will win over even the biggest Marmite haters.

Be sure to scoop up any of the remaining butter from the pan and drizzle over your toast.



INGREDIENTS

- **50g** butter
- · 1 clove of garlic, crushed
- · 300g mushrooms, sliced
- 1/2 tsp Marmite
- · small bunch parsley, chopped
- 2 slices of buttered toast to serve

- Melt most of the butter in a frying pan over a medium heat, add the garlic and cook for a few minutes until fragrant.
- 2 Add the mushrooms and cook for 8-10 minutes until they turn golden and slightly softened.

 Stir through the remaining butter and the Marmite until the mushrooms are coated before sprinkling over the parsley.
- 3 Serve the mushrooms on hot buttered toast and finish with a little pepper.

APPLE AND ALMOND BIRCHER

servings

... 9 5

This is the perfect breakfast for those mornings when you need to get up early and set off. Most of the prep is done the night before, then you'll have a healthy and filling breakfast waiting for you in the fridge the next morning. Apple and almond are particularly delicious together but any fruit and nuts will work.

INGREDIENTS

- 80g rolled oats
- **100ml** apple juice
- 100ml milk
- pinch of cinnamon
- 1 apple, grated with the peel
- **100g** plain yoghurt
- handful of almonds, roughly chopped
- honey to serve

- The night before you want to eat your bircher muesli, mix the rolled oats, apple juice, milk and cinnamon together and leave in the fridge overnight.
- The next morning, stir in the grated apple and yoghurt, top with the almonds and a drizzle of honey.





BROCCOLI AND FETA FRITTATA

servings

Frittatas are brilliant for a healthy, speedy lunch and any leftovers can be kept in the fridge for an even quicker, equally tasty lunch the next day.

INGREDIENTS

- 1 tbsp olive oil
- **1 head** of broccoli, cut into small florets
- 1 onion, sliced
- 8 eggs

- 4 tbsp milk
- **100g** feta
- chilli flakes

- 1 Preheat the oven to 200C.
- Heat the oil in an oven-safe frying pan over a medium-high heat. Cook the broccoli florets and sliced onion for 5 minutes until the onions have softened. Then add in a splash of water and cover the pan with a lid for a further 5 minutes to steam the broccoli.
- Whisk the eggs together with the milk and season with salt and pepper.

- When the broccoli is tender, and any remaining water has evaporated away, add the eggs to the pan and gently shake to distribute the eggs around the broccoli.
- Scatter the feta over the top and finish with a sprinkle of chilli flakes before putting in the oven for 15-20 minutes or until the frittata has just set in the middle.
- Remove from the oven, being careful to remember that the frying pan handle will be very hot. Turn out on to a board and slice to serve.

CHEESE, HAM AND EGG TOASTY

servings

2

Just when you thought a cheese and ham toasty couldn't get any better, this recipe adds a fried egg in the middle to give this firm favourite a tasty boost!

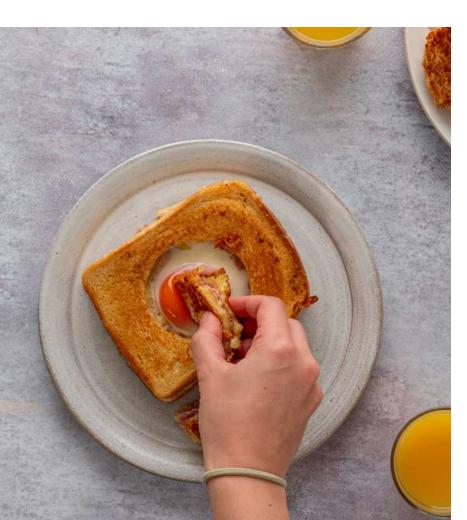
INGREDIENTS

• **50g** butter, softened • **4** slices of ham

• 4 slices of white bread • 2tsp mustard

100g grated cheese · 2 small eggs

- Butter both sides of each slice of bread then sprinkle over half of the cheese on to two of the slices. Then add two slices of ham on top of the cheese and scatter over the remaining cheese.
- 2 Spread the remaining two slices of bread with a teaspoon of mustard on one side then close your sandwiches by placing the slice of bread mustard side down.



- 3 Use a cookie cutter (or carefully cut around a glass) to cut a circle out of the middle of your sandwich.
- Heat a dry frying pan over a medium heat. Add the sandwiches and the extra sandwich circles.

 (You may need to do this in two pans or one after the other.)
- After 3-4 minutes check that the bottom of the sandwich is golden then turn it over.
- 6 Crack an egg into the hole in the middle of your sandwich and cook for a further 3-4 minutes until the egg is cooked and the sandwich is golden.
- 7 Serve alongside the sandwich circle for dipping in the egg!

HALLOUMI WRAPS

servings 2

INGREDIENTS

- 1 very small garlic clove, crushed
- 80ml plain yoghurt
- 1 tsp oil
- 1 pack of halloumi, cut into 8 long slices
- 2 wraps
- 2 red onion, thinly sliced

- a few thin slices of cucumber
- 2 tomatoes, sliced
- a handful of shredded lettuce
- a few olives, sliced
- 1/2 tsp dried oregano



These veggie wraps are simple, quick and very tasty. Perfect for a sunny lunch outside or for a rainy lunch inside while pretending you're somewhere warmer!

- Mix the garlic in with the yoghurt along with a small pinch of salt and set aside.
- 2 Heat the oil in a frying pan over a medium heat and fry the halloumi for a few minutes on each side until golden all over.
- 3 Spread the garlic yoghurt over the wrap and scatter over the rest of the toppings. Finish with the hot halloumi and a sprinkle of dried oregano.



ONE POT PASTA

servings

2

INGREDIENTS

This pasta couldn't be simpler – a few minutes of slicing and a little bit of stirring later and you have a tasty pasta lunch ready to enjoy.

- 200g linguine or spaghetti
- 200g cherry tomatoes, halved
- 1 small onion, sliced
- · 2 cloves of garlic, sliced
- 50g olives, halved

- **1 tsp** fine salt
- **2 tbsp** olive oil
- **600ml** chicken stock or water
- parmesan and basil to serve

- Place all of the ingredients, apart from the oil and the chicken stock in a large frying pan so the pasta lies flat. (If you don't have a pan big enough you can always snap your pasta in half.)
- 2 Once everything is nestled in the pan, pour over the olive oil and chicken stock.
- **3** Place over a medium-high heat and bring to the boil.
- 4 Cook for 9-11 minutes, stirring regularly, until the pasta is cooked and nearly all of the liquid has evaporated to create a sauce.
- Remove the pan from the heat, then sprinkle over some parmesan and a few basil leaves.



LUNCH

TUNA AND WHITE BEAN BAGELS

servings 2

The mixture of tuna and beans works really well as a quick bagel filling but would also work equally well on a jacket potato. Letting the chopped onion sit in the lemon juice while you prepare the rest of the ingredients takes the sharp tang off the onions.

INGREDIENTS

- 1/2 red onion, finely chopped
- **1/2** lemon
- **160g** tin of tuna, drained
- **400g tin** cannellini beans, drained
- 1/2 tsp hot sauce or chilli flakes
- 1 tbsp olive oil
- small bunch of parsley, chopped
- toasted bagels to serve

- Put the red onion in a bowl and squeeze over the juice of half the lemon and leave to one side.
- Mix the tuna and cannellini beans together in a bowl and mash together briefly with a fork.
- Stir through the hot sauce or chilli flakes then add in the onion and lemon mixture.
- Season to taste with salt and pepper then add the olive oil and a handful of chopped parsley before serving on the toasted bagels.





BEEF STROGANOFF

servings

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A classic stroganoff for a comforting evening meal. Here it is served with rice but feel free to try it with pasta, too.

INGREDIENTS

- **300g** sirloin steak
- · 20g flour
- · 2 tbsp oil
- 1 onion, sliced
- 1 clove of garlic, crushed
- · 300g mushrooms, sliced

- **150g** white rice
- **250ml** beef stock
- · 80g crème fraiche or sour cream
- 1 tsp Dijon mustard
- · small bunch of parsley, chopped

- Slice the steak into thin strips, discarding any excess fat, sprinkle with flour and season with salt.
- Heat 1 tbsp of oil in a large frying pan over a medium-high heat and cook the beef turning only once until browned on each side, then move it onto a plate.
- 3 Turn the heat down to medium, add another tablespoon of oil and add the sliced onions cooking for 5 minutes before adding the garlic and the sliced mushrooms.

- Meanwhile, cook the rice as per the packet instructions.
- 5 Cook the stroganoff until the mushrooms are soft and golden then turn the heat down and add in the beef stock, crème fraiche and mustard.
- 6 Cook for 5 minutes until the sauce has thickened a little and remove from the heat before adding the beef back in.
- 7 Season to taste, sprinkle over a little chopped parsley and serve with the rice.

SPICY SAUSAGE TRAY BAKE

servings

2

This is a 'ten minutes of prep then chuck it in the oven' type dinner.

Packed full of vegetables with a hint of the Mediterranean from the dried oregano, this tray bake is perfect for those evenings when you fancy something a little bit healthier.

INGREDIENTS

- 200g small potatoes, halved
- 1 red onion, cut into wedges
- **2** courgettes, cut into chunks
- 1 red pepper, cut into chunks

- **4** spicy sausages, cut into chunks
- **50g** olives
- · 2 tbsp olive oil
- **1 tsp** dried oregano
- **1** lemon

- 1 Heat the oven to 200C and place the potatoes, red onion, courgettes, peppers, sausages and olives into a baking tray.
- Pour over the olive oil and sprinkle over the dried oregano along with a little salt and pepper and mix everything together.
- 3 Bake for 30 minutes, turning everything over halfway through. Squeeze the juice of the lemon over the top when there is 5 minutes of cooking left and serve.



TIN CAN CHILLI

servings 2

This chilli is so easy and the perfect dinner for those cooler nights. The recipe has a kick to it, so if you don't like spice add less to the mix or if you are a fan then add chilli or hot sauce to taste. If you can't get hold of the pre-mixed spices, try making your own by combining a tablespoon each of chilli powder, ground cumin and paprika.

INGREDIENTS

- 2 tbsp oil
- 1 red onion, chopped
- 1 tbsp tomato puree
- **400g** tin red kidney beans, drained
- 400g tin mixed beans, drained

- 400g tin chopped tomatoes
- 4 tbsp chilli con carne spice mix
- 1/2 tsp Marmite
- 1 small square of dark chocolate
- tortilla chips, lime wedges and coriander to serve.

- Heat the oil in a medium saucepan over a medium heat and fry off the red onion for 4-5 minutes until starting to soften.
- Add in the tomato puree and stir around for a few minutes until it has turned a little darker in colour.
- Tip in all of the beans and chopped tomatoes, then scatter the spices over the top. Add in the Marmite and the square of chocolate and stir everything together.
- Simmer for 10 minutes giving it a stir every now and then. Add a splash of water if it looks a little dry.
- Serve with tortilla chips, a squeeze of lime and a sprinkling of coriander.



CHICKEN AND TOMATO MOZZARELLA MELT

servings

2

This dish is such a crowd pleaser.

Hot juicy chicken, stretchy melted mozzarella and cherry tomatoes cooked down until they are sweet and jammy. It's well worth turning the grill on to finish the dish but equally delicious if you just want to stick with the hob!

INGREDIENTS

- 2 chicken breasts
- **50g** flour
- 3 tbsp olive oil
- 1 shallot or ½ onion,
 thinly sliced
- **100ml** white wine/

- **300g** cherry tomatoes, halved
- · 1/2 lemon, juice
- 150g mozzarella
- a few basil leaves to

- Butterfly the chicken breasts by slicing into one side, being careful not to cut through all the way to the other side so you can open the breast up like a book.
- 2 Season the flour with a little salt and pepper and sprinkle over each side of the chicken breasts.
- Heat 2 tbsp of oil in a large frying pan over a medium heat and cook the chicken breasts for 5-6 minutes on each side until golden and cooked through. Set the chicken to one side and cover with foil to keep warm.
- Add the shallot to the pan, and the final tablespoon of oil if needed, for a few minutes until starting to soften. Then pour in the wine or stock and leave until around half of it has bubbled away.
- Add the cherry tomatoes and cook for 8-10 minutes until they start to break down a little bit. Squeeze in the lemon juice and add the chicken back in before tearing over the mozzarella.
- At this point, you can finish it off with a few basil leaves torn over the top, or to make it even more delicious you can pop the frying pan under an oven grill for a few minutes to melt the mozzarella.

CHICKEN TIKKA CURRY

servings

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This curry is flavoured with tikka spices but will work with nearly any of your favourite spice mixes. If mild is more your thing, use korma spice. If you want a little more heat, use a hot curry powder or add some extra chilli powder when adding the spices. Make the dish yours but try not to over-do it!

INGREDIENTS

- 1 tbsp oil
- 1 onion, thinly sliced
- 2 cloves of garlic, crushed
- **1-inch piece** of ginger, grated
- 4 boneless and skinless chicken thighs, cut into large chunks

- 2 tbsp tikka spice mix
- **200g** of chopped tomatoes
- 150g basmati rice
- 80ml natural yoghurt
- coriander for serving

- Heat the oil in a large frying pan over a medium heat. Then add the onion and cook for 5-7 minutes until it starts to turn golden brown and a little bit sticky.
- 2 Add the garlic and ginger and cook for a minute before adding in the chicken.
- Fry the chicken for 5 minutes until it turns golden brown on the outside, then add in the spice mix and the chopped tomatoes.
- A Stir in 100ml of water and let it bubble away for 15-20 minutes until the sauce has reduced slightly.
- 5 During this time, cook your basmati rice to the packet instructions.
- Finish by taking the curry off the heat, then stir through the natural yoghurt and sprinkle some chopped coriander. Serve up with the basmati rice.





BANOFFEE BANANA SPLIT

servings

This is a very sweet treat – the quickest and easiest way to get all the banoffee flavours you love without spending all the time it takes to make a banoffee pie.

INGREDIENTS

- **30g** caster sugar
- 2 bananas
- **50g** butter
- 4 digestive biscuits, crushed into crumbs
- squirty cream
- 4 tsp caramel sauce
- a few squares of chocolate

- Pour the sugar onto a plate before peeling and slicing the bananas in half lengthways.
- **9** Gently press the cut side of the bananas into the sugar and place them into the pan cut side down and cook for 2-3 minutes until caramelised and golden.
- ? Carefully remove them from the pan and place onto serving plates.
- Melt the butter in the same pan and tip the digestive crumbs into the pan to toast for 3-4 minutes.
- Sprinkle the toasted digestives over the bananas before squeezing over a few teaspoons of caramel sauce.
- Finish the dish with some cream and a generous grating of chocolate.



PEACH MERINGUE NESTS

servings

2

This is an incredibly simple dessert where the taste far outweighs the effort! Perfect for a quick stove top pudding or, if you have a BBQ lit, you can always sprinkle the peach slices with sugar and grill on the BBQ for a few minutes until caramelised.

INGREDIENTS

- · 2 peaches
- · 30g demerara sugar
- 100g Greek yoghurt
- **2** meringue nests
- · honey to serve

- 1 Cut both of the peaches into 6 slices and sprinkle with the demerara sugar.
- 2 Heat a frying pan over a medium heat and, when hot, place the peach slices in flesh-side down to caramelise for 2-3 minutes.
- When one side of the peaches is golden and sticky, turn them over to cook the other side for a further 2-3 minutes.
- 4 Fill the meringue nests with the yoghurt then top with the caramelised peach slices before drizzling with a little honey.



YOUR FAVOURITE CHOCOLATE BAR FRIDGE CAKE

makes 12 slices





This is a classic chocolate fridge cake that you can personalise with your favourite chocolate bars. A perfect after dinner treat or any time of day treat with a cup of tea!



INGREDIENTS

- 250g digestive biscuits
- **150g** dark chocolate
- **150g** milk chocolate
- · 100g butter
- **100g** golden syrup
- · 50g raisins
- 3 of your favourite chocolate bars, chopped into chunks

- Line a baking tin with cling film. (A 20cm square tin is ideal but anything with sides that fits in the fridge will work!)
- Put the digestives in a bowl and break up into little pieces. You can use your hands to do this or bash them with the end of a rolling pin or something similar!
- Melt the milk chocolate, dark chocolate, butter and golden syrup over a very low heat in a large pan, stirring often to make sure it doesn't burn on the bottom.
- 4 Once the chocolate mixture is smooth, remove the pan from the heat and stir in the digestives, the raisins and the chocolate bar chunks.
- 5 Spoon the mixture into the lined tin, level the top with the back of a spoon and leave to cool before placing in the fridge for 1-2 hours to set.
- When the cake has set, remove it from the tin and cut into slices.

PEANUT BUTTER HOT CHOCOLATE

servings 2

This is an incredibly simple recipe that will change the way you make hot chocolate forever. Make sure you leave space at the top of your mug for lots of whipped cream and crunchy chocolate peanuts!

INGREDIENTS

- **500ml** whole milk
- 100g dark chocolate, chopped up
- 4 heaped tsp smooth peanut butter
- whipped cream and chopped chocolate covered peanuts to serve

- Gently heat the milk in a small pan until just below boiling point then add in the dark chocolate and peanut butter.
- Stir until smooth and taste to see if it needs any sugar.
- Serve in tall mugs and top with whipped cream and crushed chocolate covered peanuts.



TINNED FRUIT CRUMBLE

servings 2

A classic, comforting pudding for a cold evening. This recipe uses tinned pears but nearly any tinned fruit would work. Have a go with a few different fruits and find your favourite!

INGREDIENTS

- 410g tinned pears
- 1/2 tsp vanilla extract
- 50g caster sugar
- 50g oats
- **50g** plain flour

- **50g** butter
- a handful of flaked almonds or a nutty granola
- hot custard to serve

- Heat the oven to 180C.
- Meep the syrup from the pears to one side and cut the fruit into chunks before placing them into a small baking dish.
- 3 Drizzle over a few tablespoons of the syrup along with the almond extract.
- Make the crumble topping by rubbing the sugar, oats and flour together with the butter.
- Sprinkle the crumble mixture over the pears and finish with the flaked almonds, then bake for 20-25 minutes until the crumble topping is golden and crunchy.
- Serve with hot custard.



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THE AUTHOR



I'm a freelance food stylist and recipe writer who, when not cooking in my little London kitchen, can usually be found planning my next trip or working on cookbooks! I've been lucky enough to travel all over the world and have many fond memories of cooking camping dinners under the stars – and also under umbrellas! I love hearing from people who have cooked my recipes so please do get in touch to let me know how and where you enjoyed them or send a photo!



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