

## Dinners

### ***Couscous with Mushrooms and Tomatoes***

- ½ cup couscous
- 4 sundried tomatoes (minced fine)
- 3 dried mushrooms (sliced thin)
- 1 chicken stock cube
- ½ tablespoon onion flakes
- 1 teaspoon parsley flakes
- dash black pepper
- 1 dessertspoon grated parmesan cheese in its own ziplock bag

At Home: Place all ingredients in the one zip-locking bag except cheese.

To serve: Place all the ingredients (except cheese) in a bowl; add 1½ cups of boiling water. Cover and let sit for 4 minutes. Add the cheese, eat.

### ***Dried Tomato Soup***

- 20-25 slices dried tomatoes
- 1 chicken stock cube
- 1/2 teaspoon dried garlic flakes
- 1 dessertspoon dried onion flakes
- Salt and pepper to taste
- Red chilli pepper flakes to taste

Combine all ingredients into a ziplock bag.

To serve: place all the ingredients into a bowl, add a cup of boiling water, stir, cover and let stand for 2-3 minutes.

This soup may be eaten alone or other dried vegetables, instant noodles etc. may be added to make a variety of soups.

### ***Beef and Gravy***

- 1 cup instant potato in a ziplock bag
- 2 dessertspoons beef gravy powder and 2 tablespoons powdered milk in a ziplock bag
- dried beef/jerky pieces in a ziplock bag

Place all ingredients in your bowl. Add 1 cup boiling water. Mix, cover, and let sit for 5 min. Fluff and enjoy!

### ***Spicy Satay Noodles***

- 1 packet 2-minute noodles (discard the flavour sachet!)
- 50 gm dried curried beef or jerky
- 1 beef stock cube
- Few dried mushrooms
- 2 tablespoons coconut milk powder
- 2 tablespoons dried peas and corn
- 2 tablespoons crunchy peanut paste (in a small airtight container, eg nalgene or tupperware)
- Sachet tomato paste

Combine all dried ingredients in a ziplock bag

To serve: Put everything into your saucepan, add 1½ cups boiling water, stir, cover and stand for 5 minutes. Stir. Eat.

## ***Tuna Pasta***

- 1 packet 2-minute noodles, crushed (discard the flavour sachet!)
- 1 tablespoon dried carrot
- 1 tablespoon dried broccoli
- 1 tablespoon dried onion flakes
- ½ teaspoon garlic powder
- ½ teaspoon each of oregano, coriander
- Sachet tomato paste
- 10-15 ml Worstershire sauce in a nalgene container
- 6 fresh Snow peas
- Parmesan cheese in a separate small ziplock bag
- 1 small tin of tuna (plain or flavoured)

Combine all the dried ingredients together in a sandwich ziplock bag.

To serve: Put everything (except cheese) into your saucepan, add 1½ cups boiling water, mix, cover and stand for 5 minutes. Stir, sprinkle cheese on top, enjoy!

## ***Pasta with creamy tomato pesto sauce***

- 1 packet 2-minute noodles, crushed (discard flavour sachet!)
- 1 teaspoon pine nuts
- 1 teaspoon dried mushrooms, chopped
- 1 tablespoon sundried tomatoes, chopped fine
- ½ teaspoon garlic powder
- Salt and black pepper to taste
- 1 tablespoon Pesto sauce with sun-dried tomatoes
- 6 pitted olives in a sealed container
- 375 ml carton UHT cream (sufficient for sweets as well!)
- Parmesan cheese in separate small ziplock bag

Combine all the dried ingredients (except parmesan cheese) into one ziplock bag. Combine the olives and Pesto sauce into a sealed container (nalgene or similar).

To serve: combine all ingredients except cream and cheese into your saucepan, add 1 ½ cups boiling water, stir, cover and let stand for 5 minutes. Stir in 1/3 of the cream, sprinkle the cheese on top. Eat.

(Use the rest of the cream for sweets or for breakfast on cereal).