

Expedition meal ideas:

Main courses

Dried pasta (fusilli or penne is easier to deal with than spaghetti on a campsite!)

Chopped onion

Chopped bacon

Chopped tomatoes

Grated cheese

Cous cous (add water) or straight to wok noodles

Stir-fried vegetables (onion, pepper, bean sprouts etc)

Smash (add water)

Baked beans

Sausages

Freeze-dried chilli con carne (from an outdoor shop)

Dessert

Instant custard (add water)

Chopped banana

Cake

****Remember to bring: washing up liquid & scourer & cooking oil****