



## *“Mmmm” Tasty Tips, by Erica*

There is nothing better than getting to the end of a long day of hiking and sitting down to a hot meal that was quick to prepare and as tasty as anything you could prepare at home. While dehydrated food fills a hole, on their own you wouldn't exactly call them a taste sensation. There are also many stock standard camp meals out there including gnocchi, pasta and couscous, but here are some suggestions that I have for quick, tasty and nutritious meals that you may not have thought of.

- **Red Lentils** : Cooking time; approximately 15 minutes. Red lentils are high in protein and high in carbohydrate. Add some dried herbs and a stock cube, or some miso plus any veggies or additions you want.
- **Laksa Curry or Soup** with rice noodles: Cooking time; approx 5 minutes. Laksa is a Thai curry paste that you dilute in water and coconut milk (powdered) to make either a sauce or a soup. You can add some dried veggies or a sachet of tuna, or whatever else excites your taste buds. Rice noodles are a very quick alternative to rice or pasta, and there are a plethora of curry sauces available to throw on the top or use a paste with some powdered coconut milk.
- **Miso Soup**: Cooking time; approx 5 minutes. A more nutritious alternative to packet soup, miso is very high in protein. You can buy it cheaply in individual sachets from your friendly local Asian grocer and you can add anything you want to it to bulk it out. It is also an excellent alternative to stock cubes.
- **Lentil Burgers**: Cooking time; approx 5 minutes. You can buy these in vacuum-sealed packs in the vegetarian section of any supermarket. Very filling, you can add them to any meal to bulk it out and they keep very well out of the fridge.
- **Muesli-Porridge**: Cooking time; approx 5 minutes. For all you porridge haters out there try making it out of muesli instead. If you really want to save on cooking time, pre-soak it over night and then heat it in the morning. Full sized, juicy oats that you find in muesli or buy separately, make a much nicer porridge than the quick oat sachets.

*The Wilderness Shop stocks a wide range of dehydrated foods including packets of dehydrated mince and veggies that you can add to the above meals to bulk them out and add extra flavour.*