

Expedition Main Meal Ideas

Try and bring dehydrated foods as these are light in weight.

Dehydrated foods are quick to prepare – only need to add water. However, the quantities need to be increased: if the packet indicates that it will feed two, assume that it may feed one on an Expedition.

Before you leave home, make marks on your water bottle so you can use this to measure the correct amount of water you need to prepare your meal.

First Course

Cup a Soup these are easy to make and if it cold will help to warm you up.



Main Meals

Batchelors Pasta 'N' Sauce (5 different flavours to choose from)

Add 425ml of water, add 1 and ½ tablespoons of powdered milk to the water stir in powdered, bring to the boil and add the Pasta 'N' Sauce stir and cook for 10 minutes (the time will vary depending on the type of cooker you are using and the weather conditions) *The pasta will be soft when cooked*, stir every 1 minute to stop the pasta from burning into the bottom of the pot

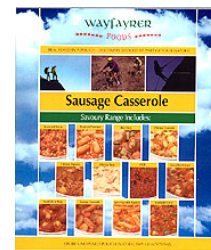


Uncle Ben's Express Rice (16 different flavours to choose from)

Pour 30ml (2 tablespoons) of water into the pot, bring to the boil and add the Express rice and cook for about 3 minutes.

Wayfayrer (ready made meals)

These are available at Millets, Blacks and other camping shops, There are a number of different meals available and cost between £3.00 - £3.50



There are a number of dehydrated packets of food available which you just need to add water too. Just look round a supermarket for ideas.

Also you can cook some bacon rashers, let them cool down and put them in a food bag and seal.

When cooking your main meal put them into the pot at the same time and warm them through.

You can also bring mushroom etc, cut this into thin slices before you go and add these to your main meal. *(if adding extra ingredient to the main meal cooking time may take longer and you may need to add a little more water)*

These are a few ideas there is a lot of different foods available

Please do not bring pot noodles there are plenty of different meals available that are more filling than pot noodles and are better for you.