

## Creative Couscous

Shop | Pack | Prep | Eat

It's filling, nourishing and packed with energy. It's light weight and shelf stable. It's a quick cooking, one pot meal... what more could you want!

Rich in vitamins and minerals, it's also carbohydrate-rich, so perfect after a big day hiking. And you don't need a ton of stuff or much cooking know-how to make a delicious meal...

### Shop

- **Dried Couscous**
  - **Seasoning** - Moroccan, Cajun, Harissa, Piri piri
  - **Stock Cube**
  - **Protein** - canned chicken, tuna, chickpeas or beans, beef jerky, freeze-dried meat
- Choice of ....
- **Dried Fruits** - raisins, dates, currants, apple
  - **Dehydrated Vegies** - peas, mushrooms
  - **Shelf Stable Anti-pasta** - olives, sun-dried tomatoes



### Pack

- **Remove** extra packaging to reduce weight and rubbish.
- **Measure** couscous, seasoning, stock cube and dried vegies into a ziplock bag.
- **Add** dried fruits to another bag and leave anti-pasta in its own sealed package.



### Prep

- Bring water to boil in your cookpot.
- Add your bag of couscous, seasoning, stock and dried vegies.
- Stir then add your protein and choice of fruits or anti-pasta
- Let stand for 5 minutes.
- Fluff with a fork or spoon and dig in!

**Eat and Enjoy** Yum! - Tasty and filling.