



Freeze Dried Dinners

- how to complete your meal



Freeze-dried meals are a great expedition meal... they are lightweight, easy to prepare, tasty, nutritious and have little packaging..... however, adding a little something extra is a great idea.

Easy Steps to preparing your meal pack - and you'll only need a spoon to eat it!

- ❖ Tear open pouch at the side perforation
- ❖ Pull open the base and stand upright
- ❖ *See below for exciting extras*
- ❖ Pour in the indicated quantity* of boiling water. Stir thoroughly with your spoon, ensuring all the dry ingredients are wetted and lifted from the bottom of the pack.
- ❖ Reseal ziplock closure. Let stand for 10 mins.
- ❖ Create a bowl by tearing along the lower perforation.
- ❖ Eat and Enjoy!

Exciting Ideas to jazz up your meal and make it a 3 course feast!

Entrée

Chippies

- ❖ Bring a small tube (or a large one to share) of chips to enjoy for entrée (The tube is then great to use for carrying out rubbish or dirty sox)
- ❖ Or a pack of pretzels

Munchies

- ❖ Carrot or Celery sticks
- ❖ Eat with longlife Cheese wedges or sticks



Tasty Extras – add 1 or more of the below

Noodles or Cous Cous

- ❖ Take a small snaplock bag of crushed 2 minute noodles or a handful of cc
- ❖ Add to your freeze-dried pack

Flavour

- ❖ Herbs - (dried or fresh) - take a small snaplock bag of parsley, coriander, mixed herbs, chives, etc
- ❖ Add to your freeze-dried pack before adding the water

Veggies

- ❖ Cut up in to small pieces and add to pack
- ❖ Carrots and snow peas carry well – and can be eaten a little crunchy
- ❖ Any veggie will work though!

**remember to add more water than indicated - 50ml extra for veggies & 100ml for noodles/cc*

Dessert!

Damper

- ❖ All you need is flour, water and a stick (don't forget a small snaplock of honey)

Toasted Marshmallows

- ❖ All you need is a stick

Enjoy the above with Tea, Hot Chocolate or Coffee

