

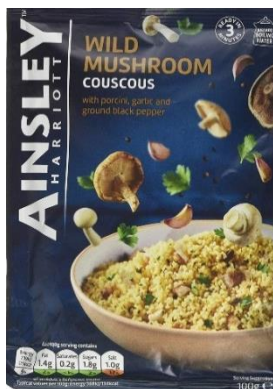
One Pot Wonder

Shop | Pack | Prep | Eat

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

Shop

- Flavoured Couscous or Rice sachet
- Seasonings – onion flakes, chilli powder, moroccan spice or your own favourite
- Protein - beef jerky or tuna
- Dried Peas
- Fresh Rocket and/or Fresh Capsicum (if day one or cooler weather)



Pack

- Remove extra packaging to reduce weight and rubbish.
- Measure seasonings into a Ziploc bag.
- Add the desired amount of dried peas to the bag and seal.
- Put capsicum and desired amount of rocket in a Ziploc bag and seal.
- Leave choice of rice/couscous and beef jerky/tuna in their own sealed packages.

Prep

- Bring water to boil in your cookpot.
- Add dried peas and cook until soft.
- Reserve 100ml water and drain the rest.
- Add the couscous or rice sachet, seasonings and stir.
- Add your protein (beef jerky/tuna), rocket and capsicum and stir until combined.
- Heat evenly all the way through.
- Fluff with a fork or spoon and dig in!

Eat

Yum! - Tasty and filling.