

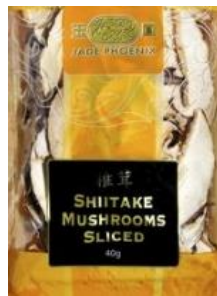
Trangia Strog

Shop | Pack | Prep | Eat

Tasty & nutritious - just the fuel you need after a day on expedition!

Shop

- ½ cup **Risoni**
- ½ cup **Dried Mushrooms**
- 25 grams **Beef Jerky** (use chickpeas or just extra vegies for a vegetarian option)
- 2 tablespoons **Milk Powder**
- 1 tablespoon **Grated Parmesan** – a shelf stable variety
- 1 tablespoon **Instant Mashed Potato**
- 1 **Beef Stock Cube** (use vegie stock for a vegetarian option)
- ½ teaspoon each **Chives, Thyme, Sweet Paprika, Dried Onion & Garlic**
- 25 grams (1 sachet) **Tomato Paste**
- *Top Tip!* - if you don't like mushies .. use dried peas or beans, or fresh cauli or broccoli



Pack

- Remove extra packaging to reduce weight and rubbish.
- Measure risoni and dried mushrooms into a ziploc Bag 1.
- Add potato, parmesan, dried milk, stock cube and seasonings to ziploc Bag 2.
- Leave beef jerky and tomato in their own sealed packages.
- *Top Tip!* – instead of disposable plastic bags – use small re-usable containers or bags

Prep

- Add Bag 1 and beef jerky to a pot with 1½ cups of water. Soak for 15-20 mins.
- Mix Bag 2 in a bowl with ¼ cup water to make sauce.
- Bring pot with beef jerky & risoni to the boil – cook 5 mins.
- Add the tomato paste and Bag 2 sauce to pot. Stir well.
- Cook for 1-2 minutes until mixture thickens slightly.

Eat

- Grab your spoon - Eat and enjoy!!. Yum! – Delicious.