

Expedition Recipe Ideas



## Breakfast

### Cheesy scrambled egg & croissants

* 2 large eggs
* 30g grated cheddar
* a splash of milk
* small bunch chives, snipped
* 2 large croissants

**Method**

Boil water in a pan. Crack the eggs into a plastic bag, add the milk, cheese and season to taste. Pop the bag into the boiling water for a few minutes and then remove and check your eggs. If the eggs look cooked i.e. there is no liquid in the bag then keep the bag closed and use your fingers to scramble them through the bag. Open the bag and serve inside open croissants sprinkled with some chives.

You can make this without the cheese or serve with bread or a roll.

### Omelette in a bag

Tomatoes/Spring Onions/diced cooked ham/ diced peppers/grated cheese/precooked diced onion etc., basically anything you would like to add that you like.

* 1 tbsp olive oil
* 2 eggs

**Method**

Set a large pan of water to boil. Crack the eggs into a large sealable plastic bag and add the remaining ingredients. Seal the bag and then squish it with your fingers so that the contents are well mixed. Place the bag in the pot of boiling water and cook for 3 or 4 minutes, stirring occasionally. The eggs are done when there is no longer any liquid in the bag. Open the bag and slip the omelette onto a plate.

### French Toast

* 2 or 3 eggs
* 2 or 3 slices of bread
* 1 tsp vegetable oil

**Method**

Preheat frying pan. In a spare pan beat eggs. Soak bread slices in egg mixture until thoroughly moist. Add oil to pan and place one or two slices in pan (dependent on size of pan) to cook. Before flipping, allow to brown well. Remove to plate and serve with favourite topping, maple syrup, powdered sugar etc or just eat

## Lunch (prepare before going on expedition)

### Tuna and Beetroot Salad

* 2 tins tuna, drained
* Bundle of spring onion, chopped
* Bag of spinach and/or rocket
* 4-5 tbsp apple cyder vinegar
* 2-3 tbsp olive oil
* Cayenne pepper
* Sea salt
* 1-2 beetroot balls, chopped
* Coriander, chopped

**Method**

Add all the ingredients together in a bowl. Mix very well and evenly until mixture is complete and moist. Place in Plastic container ready to take on expedition. Serve with bread or rice cakes

### Tuna Crunch

* 2 tins tuna, drained
* Bundle of spring onions, chopped
* Handful of rocket and/or spinach, chopped
* 3-4 cherry tomatoes, chopped
* 2-3 tbsp Greek yoghurt
* ½ tsp cayenne pepper
* 1 tbsp olive oil
* Sea salt

**Method**

Put all ingredients in a bowl. Mix together until a thick moist tuna mayo style mix is formed. Serve with bread or rice cakes.

### Fajita Spiced Chicken

Cook 2 chicken breast and cut into cubes or slices and cook before going on expedition.

Chop 6 mushrooms, 4-6 chopped cherry tomatoes, chopped kale (optional), 2 garlic cloves sliced or crushed/grated, 1 chopped chilli.

Melt 1 tbsp of coconut oil in pan on medium heat, add your chilli, garlic and meat first stirring for few mins, then add mushrooms and leeks with 1 full pack of fajitas spices. Stir until starting to golden, then add kale and tomatoes. Cook until chicken is cooked. Serve each portion with salad or rice and homemade sour cream (see recipe below).

### Homemade Sour Cream

Make before going on expedition.

Empty 1/3 tub of Greek yoghurt into a bowl/jug, 1/3 sliced garlic clove, 2 pinches of chopped coriander, 1 tbsp Olive oil and blend with hand blender or in food processor.

## Dinners

### Curry Couscous

Serves 2 just double up if hungry or if more people sharing.

* ½ Cup mixed vegetables (such as peas carrots and beans)
* ½ tbsp. of curry powder
* ½ Beef stock cube
* ½ tbsp. of oil
* ½ Cup of Couscous

(If necessary to save weight dehydrate all vegetables before going on expedition)

**Method**

Fill pan with one cup of water, vegetables, curry powder, crumbled beef stock cube and oil and bring to a boil.

Once the mixture has reached the boil, add the couscous and mix well. Immediately remove from the heat, cover and stand for 5-10 minutes till the couscous has softened.

(Couscous is great for camping as it cooks faster than rice or pasta, bulks up better and imparts an interesting texture and flavour)

### Lemon Couscous with chicken

Serves 2

* 4 chicken stock cubes
* 900g cooked chicken chunks
* pinch lemon zest
* 1 cup couscous
* 1 tbsp oil
* dried herbs

**Method**

Fill a large pan with 3 cups of water and bring to the boil. Add the stock cubes, diced chicken and lemon zest and stir. Add the couscous and then immediately remove from the heat. Let the pan stand covered for about 5 minutes. Fluff up the couscous with a fork and stir in the oil and herbs. Serve hot.

### Quesadillas – Serves 5

* 2 tbsp vegetable oil
* 1 packet thick flour tortillas (10-12)
* 1 lb cheddar cheese (or other preferred variety) grated.
* 1 packet pepperoni/chicken or other variety.
* Additional toppings, tomatoes, olives, peppers etc.

**Method**

Heat small amount of oil in frying pan and warm tortillas on one side, then turn over. Add cheese, pepperoni/chicken or other toppings, then cover pan. Heat over low flame until cheese melts. You’re in production keep cooking and handing them out.

### Speedy Pasta

* 1 cup pasta
* 1 tbsp. oil
* 2 chopped tomatoes
* 1 cup grated parmesan or other cheese
* Herbs – basil/parsley etc.

**Method**

Bring a large pot of salted water to boil, add the pasta and cook on gentle boil. When al dente remove from heat and drain. Add the oil, tomatoes, cheese and herbs. Toss everything together to coat the pasta and serve immediately.

## Desserts

### Caramel Banana and Doughnuts for 4

* 4 Doughnuts
* 2/3 Bananas, sliced
* ¼ cup Sugar
* ½ tsp Vanilla
* 1 Orange, zest and Juice, optional
* Dash of Salt, optional

**Method**

Divide doughnuts into four dishes. If using full size doughnuts, crumble into chunks. In a pan over medium heat, mix together sugar, vanilla, orange zest, juice and dash of salt (if using) - and bring to a simmer. Allow the mixture to start to caramelize and thicken. Add in sliced bananas and toss to coat. Spoon over crumbled doughnuts and serve immediately.

### Hot caramel malted milk

* 750ml whole milk
* ½ x 397g can Nestlé Carnation Caramel (use the rest in marshmallow & strawberry kebabs, see below) (to save weight the contents can be carried in a Plastic container dish instead of the tin)
* 1 tbsp Ovaltine

**Method**

In a saucepan, heat milk with caramel, mix until smooth and heat until steaming. Spoon Ovaltine into 4 mugs and pour the hot caramel milk on top, stirring so you don’t get any lumps. Serve straight away.

### Marshmallow & strawberry kebabs

* 20 marshmallows
* 20 strawberries, hulled
* ½ x 397g can Nestlé Carnation Caramel (use the rest in hot caramel malted milk, see above)
* toasted hazelnuts or crumbled biscuits, for sprinkling (optional)

**Method**

Thread 4 long metal skewers with 5 marshmallows and 5 strawberries each. Carefully hold over a gas stove, turning slowly, until the marshmallows are toasted. Stir a pinch of salt into caramel and drizzle over the top. Sprinkle with hazelnuts or biscuits, if you like. The marshmallows will be very hot, so allow to cool for a min or so before eating.

### Banana Boats

* Bananas
* Mini Marshmallows
* Chocolate Chips
* Peanut Butter
* Aluminum Foil

**Method**

Slice a banana in half but not all of the way through. Open banana so you create a pocket to place stuff in. Stuff marshmallows and chocolate chips in the pocket. Drizzle chocolate syrup over (optional). Also good with chocolate spread, peanut butter or stuffed with coconut!

Wrap in tin foil and heat for 10 minutes.

Our thanks to Paul Tulloch who kindly provided these recipe ideas.