

Mince and Noodles (Sue Piercey)

Serves 4 people

Ingredients

- 128gm High Country Cuisine dried mince (4/5 of 160gm packet)
- 2 tablespoons instant onions
- 100gm Surprise dehydrated mixed vegetables
- 35g Maggi Mediterranean meatballs sauce mix (1 packet) .
- 4 packets of Maggi 2 minute noodles (each packet is 82g).

Method

Before the tramp

Put the dried mince and instant onions in a snaplock plastic bag. Remove flavour sachets from noodle packets and discard.

On the tramp

1. Put 1-1 ½ cups cold water in billy with the dehydrated vegetables and onions and bring to the boil.
2. Add dried mince and flavouring, stir well and then dried noodles.
- 3 Stir until noodles are cooked. If the mixture is too thick add a little more water.

Variations

- Extra light fresh vegetables, e.g. mushrooms or capsicum can be added if you are not on a multi-day tramp. Sundried tomatoes and a couple of teaspoons of tomato paste carried in an empty screwtop pill bottle also add to the flavour.

Number of people	Two	Four	Six	Eight	Ten
Dried mince	64gm	128gm	188gm	256gm	320gm (2 packets)
Instant onions	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons
Dehydrated vegetables	50gm	100gm	150gm	200gm	250gm
Sauce mix	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Instant noodles	2 packets	4 packets	6 packets	8 packets	10 packets