

Rice with mixed vegetables and salami/cheese (Evelien Baas)

Serves 4 people

Ingredients

- 400 g basmati rice
- 200 mixed dried vegetables
- 200 g diced salami and/or cheese to taste

Method

1. Cook rice and vegetables together, then add the salami/cheese to warm through.

Variations

- Carry a box or ziplock bag (blow it up to protect your veg) with diced fresh vegetables (e.g. capsicum, carrot, mushrooms).
- Replace the salami with diced sausages. Bring them straight from the freezer and use the first day. Cook sausages separately.

Chef's Notes

- This is still edible after being carried around for days and satisfies the need for something savoury after a day of walking. In my experience tasty cheddar holds up better than softer cheeses.

Number of people	Two	Four	Six	Eight	Ten
Rice	200g	400g	600g	800g	1000g
Dried Vegetables	100g	200g	300g	400g	500g
Salami/ Cheese	100g	200g	300g	400g	500g