

Sweet and Sour Mince (adapted from Recipes for the Outdoors, TTC, 1994)

Serves 4 people

Ingredients

- 200 g dehydrated mince
- 400g rice
- 100g dried vegetables (e.g. peas, carrots etc)
- 100g mixed dried fruit (e.g. pineapple/ sultana) and nuts (e.g. almonds/ cashews)
- 4 packets of sweet and sour sauce
- Salt to taste

Method

On the tramp

1. Soak the dehydrated vegetables , the dried fruit and nut mixture in 1 cup water for 5 minutes
2. Cook the rice in boiling salted water (about 12 minutes).
3. Add dried vegetables, fruit and nut mixture 5 minutes before the rice is cooked.
4. Once the rice mixture is cooked, add the sauce, mix and stir well, cook till heated through (about one minute).
5. Serve

Chef's Notes

- If taking 2 or more packets of sauce, empty them into one container.

Number of people	Two	Four	Six	Eight	Ten
Dehydrated mince	100g	200g	300g	400g	500g
Rice	200g	400g	600g	800g	1000g
Dried vegetables	50g	100g	150g	200g	250g
Mixed dried fruit & nuts	50g	100g	150g	200g	250g
Sweet & sour sauce	2 packets	4 packets	6 packets	8 packets	10 packets

Salt	According to taste
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