

Sweet & Sour Noodles (Evelien Baas)

Serves 4 people

Ingredients

- 400 g noodles
- 2 packets of sweet and sour sauce (e.g. Kanton)
- 1 tin tuna (185 g)
- 200 g dried mixed vegetables.

Method

On the tramp

1. Boil noodles and vegetables together (make sure to add enough water as the vegetables will soak up the water too).
2. Drain the noodles & vegetables, add the tuna and sauce, warm through.

Chef's Notes

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

Number of people	Two	Four	Six	Eight	Ten
Noodles	200g	400g	600g	800g	1000g
Sweet & sour sauce	1 packet	2 packets	3 packets	4 packets	5 packets
Tuna	1 tin (185g)	2 tins (370g)	3 tins (555g)	4 tins (740g)	5 tins (925g)
Dried mixed vegetables	100g	200g	300g	400g	500g