

Fish Pasta (Dan Pryce)

Serves 4 people

Ingredients

- 500g penne or shell pasta
- 2 chopped capsicums
- 12 chopped mushrooms
- 100g tinned fish in oil
- 100g Parmesan cheese (small packet)
- black pepper.

Method

On the tramp

1. Fill a big billy with 2/3rd water, bring to the boil, add the pasta, and simmer until almost cooked.
2. Add the chopped peppers & mushrooms for the last few minutes then drain off the liquid.
3. Add the tinned fish, 'turn' gently with a wooden spoon (don't mix too much) and serve.
4. Sprinkle each serving with black pepper & parmesan !

Variations

Chef's Notes

- This meal is suitable for weekend trips or as first dinner for a longer trip. The fresh vegetables will last 36 hrs in a pack (with care).
- Peppers & mushrooms are light & tasty !

Number of people	Two	Four	Six	Eight	Ten
Pasta	200g	400g	600g	800g	1000g
Peppers	1	2	3	4	5
Mushrooms	6	12	18	24	30
Tinned fish	50g	100g			
Parmesan cheese	50g	100g	150g	200g	250g