

Italian Mince and Vegetables (Gary Huish)

Serves 4 people

Ingredients

- 160g 'Alliance' dehydrated mince (1 packet)
- 100g dehydrated mixed vegetables (1 packet)
- 40g dehydrated tomatoes
- 40g dehydrated mushrooms
- 225g instant mashed potato (1 1 packet)
- 44g 'Maggi' Italian Mince Sauce (1 1 packet)
- 25g dried onion flakes (1/2 packet)
- 2 ½ teaspoons salt
- 40g milk powder

Method

On the tramp

1. Soak the mince, onion and dehydrated vegetables for 2-3 minutes in 3 cups of cold water.
2. Bring the mince and vegetable mixture to the boil and simmer for 8 minutes, then add the sauce mix and stir well, then simmer for 3 minutes.
3. In second billy, boil 5 ¼ cups of water. Add the milk powder, salt and mashed potato flakes and whip.

Variations

- Serve with the potato on top of the mince and call it Shepherd's Pie

Chef's Notes

- This dish requires 2 billies

Number of people	Two	Four	Six	Eight	Ten
Dehydrated mince	60g (0.5pkt)	160g (1pkt)	240g (1.5pkt)	320g (2pkts)	400g (2.5pkt)
Dehydrated vegetables	90g	180g	270g	360g	450g
Instant potato	110g (0.5pkt)	225g (1pkt)	337g (1.5pkt)	450g (2pkts)	560g (2.5pkt)
Italian mince sauce	0.5 packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Onion flakes	12g (½ pkt)	25g (1 pkt)	37g (1 ½ pkts)	50g (2 pkts)	65g (2 ½ pkts)

Salt	1 teaspoon	2 ½ teaspoons	4 teaspoons	5 teaspoons	6 teaspoons
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