

Lentil Extravaganza (adapted from "Recipes for the Outdoors", TTC, 1994)

Serves 4 people

Ingredients

- 280g mixed lentils
- 320 g mixed dried fruit and nuts e.g. apple, peach, papaya, apricot, ginger, coconut, cashews, whole unsalted almonds with skins on
- 100g macaroni or other pasta
- 1 packet soup mix (e.g. chicken)
- salt
- 8 cups water

Method

On the tramp

1. Soak the lentils in the water for at least 10 minutes
2. Bring to the boil, add dried fruit and nuts, and simmer until lentils and fruit are nearly soft.
3. Add pasta and cook to the required time.
4. Add soup mix, and cook for 5 minutes. Add more water if required
5. Add salt to taste.

Number of people	Two	Four	Six	Eight	Ten
Mixed lentils	140g	280g	420g	560g	700g
Mixed dried fruit & nuts	160g	320g	480g	640g	800g
Soup	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Pasta	50g	100g	150g	200g	250g
Salt	To taste				
Water	4 cups	8 cups	12 cups	16 cups	20 cups