

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

Serves 4

Ingredients

- 2 packets sweet and sour sauce mix
- 130g roasted mixed nuts
- 130 g dried pineapple
- 130g dried peas
- 400g rice

Method

1. Soak pineapple and peas separately in one cup of water.
2. Boil enough water to cook the rice. Add the rice and cook 12-13 minutes
3. Add the peas five minutes before the rice has finished cooking
4. Make up the sauce mix according to the instructions on the packet in another billy, and cook for a few minutes
5. Add the nuts and pineapple mix to the sauce mix. Heat through and serve over rice and peas.

Number of people	Two	Four	Six	Eight	Ten
Sauce mix	1 packet	2 packets	2 packets	3 packets	3 packets
Mixed nuts	65g	130g	200g	260g	325g
Dried pineapple	65g	130g	200g	260g	325g
Dried peas	65g	130 g	200g	260g	325g
Rice	200g	400g	600g	800g	1000g