

Sweet and Sour Fresh Vegetables(adapted from “Recipes for the Outdoors”, TTC, 1994)

Serves 4 people

Ingredients

- 300gmixed nuts e.g. almonds, brazils, cashews, hazel, walnuts (avoid peanuts)
- 1-2 packets ofsweet and sour sauce mix (e.g.Continental or Maggi)
- 1 cup of mixeddried fruit(e.g. pineapple, apricot, feijoa, orange, lemon, preserved ginger)
- 4 cups sliced freshvegetablese.g. mushrooms, capsicums, zucchini, broccoli, green beans (allof which require little cooking)
- Butteror oil if stir frying the vegetables
- 300g rice

Method

1. Cook the rice insalted water in one billy, then drain.
2. Make up the sauce according to the packet instructions.
3. In a second billy, cook the vegetables in a small amount of water or stir fry them in a little butter, when nearly cooked, add the sauce and nuts, andheat through.
4. Serve the sauce and vegetable mixture over therice.

Variations

- ½ tsp citric acid optional (makes it more tangy)

Number of people	Two	Four	Six	Eight	Ten
Mixed nuts	150g	300g	450g	600g	750g
Sweet & sour sauce mix	1 packet	2 packets	3 packets	4 packets	5packets
Citric acid	¼ teaspoon	½ teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons
Mixed dried fruit	½ cup	1 cup	1 ½ cups	2 cups	2 ½ cups
Sliced fresh vegetables	2 cups	4 cups	6 cups	8 cups	10 cups
Butter	25g	50	50g	75g	75g
Rice	150g	300g	450g	600g	750g

