

Our Menu for Overland Track or Why We Were the Envy of All!		
Day	Recipe	Ingredients
Day 1	Salmon & Rice	2 Tbsp. plain flour 2 Tbsp. olive oil Milk powder Canned or packaged salmon and tuna 1 tsp. dehydrated garlic 1 onion (I can't remember if we put a carrot in too, just for good measure!) 1 pack dehydrated peas (1 of corn too if you can get it)
Day 2	Jean's Brazilian 'Rice'	1/3 cup pre-toasted sesame seeds 1½ cups risoni Sun-dried tomatoes (dry, not in oil) = 1½ cups when hydrated 1 onion 1 tsp. (to taste) chilli flakes 1-2 Tbsp. oil 1/3 cup lemon juice
Day 3	Pasta with Protein Rich Sauce	2 Tbsp. oil 1 onion 1 tsp. dried garlic ½ cup dehydrated mushrooms, rehydrated 1/8 cup soy grits 1/3 sunflower seeds, milled ¼ cup peanuts, milled Dried herbs, oregano, basil, etc. ½ cup sun-dried tomatoes, rehydrated 1 sachet tomato paste Pasta of choice Grated Parmesan cheese
Day 4	Curry	Pre-mixed spices: ginger, turmeric, coriander, cumin, chilli, cloves 1 onion 1 carrot 1 sachet cup-a-soup, e.g. chicken ¾ cup sun-dried tomatoes 1 sachet dehydrated peas (and 1 of corn if available) 1 sachet powdered coconut cream 2 packages Sunrice pre-cooked (to save fuel) brown rice
Day 5	Stir-Fry	Reconstituted powdered egg (fry first) 1 onion 1 carrot 1 knob salami 2 tsp. cumin 2 tsp. coriander 1 tsp. garlic Dried parsley, other herbs to taste 1 sachet dehydrated peas 1-2 packages Sunrice pre-cooked (to save fuel) rice Lemon juice to taste

Tips: Rinse sun-dried tomatoes, they are quite salty  
Pre-pack pikelet mix to cook for afternoon tea.  
Coles sell powdered egg. This is a great product for hiking/camping, even tastes right!