



Mission to Mars

Document ID: MTM-001

Document Title: VA Initiative Course
Recruit Self Cooking Menu

Issued by: Geoff Huygens – Mission Director

Classification: VA Initiative Recruits Only

Beef in Black bean sauce

Serves: 4

Prep Time: 30mins

Cooking Time: 15mins

Ingredients

- 2 tsp Sugar 275g pkt Woolworths Select Stir Fry Sauce Black Bean (you may need 2)
- 1.5 serves/person Quick cooking rice (e.g. Uncle Bens or from camping shops) 150g/person Beef stir fry strips
- 1 small onion, finely chopped. (Alternatively 1 Tbsp. onion granules. Found in herbs section at supermarket)
- 1 red Capsicum
- 1 sml tin Bamboo shoots
- Hot Water for rice

At home:

Stir fry beef in BB Sauce and sugar, cool, put in snap-lock bag and freeze Cut capsicum into small squares, onion into wedges, drain bamboo - put all into another snap-lock bag with a little oil.

At VOC

Boil water and add to rice, let stand according to instructions on pack, fry up vegies in a pot, add in meat heat it all up serve over rice.

Pasta Bowl

Serves: 4

Prep Time: 5 mins

Cooking Time: 20 mins

Ingredients:

- 1 cup Dried Pasta (size similar to macaroni)
- 1 green capsicum, chopped
- 1 large tomato, chopped
- 1 medium onion, finely chopped. (Alternatively 1Tbs Onion granules. Found in herbs section at supermarket)
- 2 cans kidney beans or four bean mix
- 2 tsp. Chicken powdered stock (makes 500ml when water is added) (alternatively use stock cubes)
- 1 tsp. Worcestershire sauce
- 1 tsp. dried basil
- 1 Garlic clove (alternatively $\frac{2}{3}$ tsp. garlic granules. Found in herbs section at supermarket)
- 500ml Water

At home:

Combine all the dry ingredients into zip-lock bags (pasta, stock powder, dried basil, and if you have them garlic and onion flakes)

Chop Capsicum, tomato (onion and garlic if not using dried) finely. Seal into zip-lock bags.

Drain beans, leaving a dribble of brine (to keep them fresh but reduce weight). Add Worcestershire sauce and seal in zip-lock bags.

At VOC:

Mix dry and fresh ingredients with 500ml water, cover and bring to boil. Simmer for 15 mins, or until pasta is al dente. Serve.

Optional: add extra beans or pasta for a thicker meal.

Source: 'Trangia' manual and recipes

Sausage Risotto (or Vegetarian)

Serves: 6

Prep Time: 10 mins

Cooking Time: 20-30 mins

Ingredients:

- 1 Tbsp. Oil
- 3 cups Long grain rice
- 250g (1can) diced tomatoes. (Ring pull option)
- 1 large onion, finely chopped. (Alternatively 1 Tbsp. onion granules. Found in herbs section at supermarket)
- 1 handful mushrooms
- 4 tsp. Chicken powdered stock (makes 1L when water is added) (For a vegetarian option use vegetable stock)
- 200g salami stick (For vegetarian option substitute salami for half a cup of red legumes)
- 2 garlic clove, minced (alternatively 1½ tsp. garlic granules. Found in herbs section at supermarket)
- 1L Hot Water

At home:

Combine oil, onion and garlic and place in a zip-lock bag. Slice mushrooms, place in zip-lock bag. Slice Salami, place in zip lock bag. Measure rice, place in zip-lock bag.

At VOC (you may need to do this in 2 parts)

Mix stock cubes/powder with 1 L water. Sautee onion and garlic in oil until golden. Add the rice and stir, coating the grains. Add ¾ stock mix to rice and allow to simmer until rice is soft (15-20 mins) whilst simmering, add spoonful's of stock, stirring as you do. Add tomatoes, mushrooms and sausage. Simmer till ingredients are hot.