

Scout Pasta

This dish serves 1 but can be scaled up to serve more, it's a useful quick to cook dish for use when camping, adventure racing, living on a boat or on expedition and if using quick cook spaghetti or noodles can easily be done on a single ring or mini-stove.

75 gram pasta – can be spaghetti, fusilli, penne, any other sort you fancy (spaghetti or linguine can be most easily packed for expedition purposes)

Pinch of salt

Oil

2 spring onions or half a small red onion

2 medium white mushrooms

Large pinch of mixed herbs

Pinch of dried garlic / squeeze of garlic puree / clove of fresh garlic

4 cherry tomatoes or one medium tomato

2 rashers of bacon or for vegetarian one red pepper – alternatives include sliced chorizo, salami, ham, quorn pieces, even chick peas

Pinch of salt and pinch of black pepper

In advance of starting the cooker - prep your ingredients (with a bit of practice you'll be able to prep the ingredients as you go and add them straight to the hot pan)

peel and chop onions

finely slice mushrooms

halve the cherry tomatoes or cut larger tomato into 8 pieces

cut bacon into pieces or slice red pepper

boil a kettle of water

Add pasta to a small pan, add pinch of salt and cover with boiling water and set to boil

Once boiling turn down heat to simmer

Heat a frying pan – keep heat medium to high

Add a glug of oil (about a tablespoon full)

Add chopped onions

Add herbs and garlic

As onions start to soften add mushrooms

When mushrooms start to change colour add bacon / pepper

Once bacon / pepper appears to start cooking add the tomato

Turn heat to medium / low and leave to stew until pasta is ready – about 6 – 8 minutes

If pan starts to dry up add a couple of tablespoons of water from the pasta pan.

After pasta has been boiling for 12 minutes drain and add to veg sauce.

Stir together and add seasoning to taste - now serve.

NOW DO THE WASHING UP! – It's not your mum's job all the time.