

Bare Sand Island



Camp Cook Up



BBQ Night

Ingredients:

- Sausages
- Veg Snags
- Veg Patties
- Bread
- 0.5kg x Onions
- Lettuce
- Tomato
- Beetroot
- Carrot
- Cheese

Method:

1. Slice onions and cook veg snags and veg patties.
>Cook veg option first before meat snags.
2. Prepare salad items – lettuce, tomato beetroot and cheese. Serve and Enjoy.

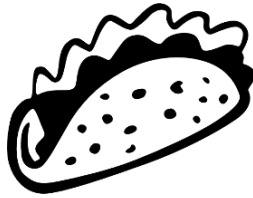


Potato jackets

- Onion x 2
- Potatoes (2 per person)
- Sweet potatoes (1/2 per person)
- Pumpkin x1
- Bacon
- Canned Diced tomatoes x 2
- Red kidney beans x 1
- Cheese and Greek yogurt to serve
- Mixed herbs

Method:

1. Prepare hot coals in fire pit
2. Cut sweet potatoes, pumpkin into serving sizes
3. Wrap potatoes and pumpkin in alfoil and place in fire for 20-30 minutes or until soft
4. Slice onion and cook on fry pan until soft and fragrant
5. Cut bacon into strips (approx. 5cm long) cook until brown
6. Add diced tomatoes, kidney beans and herbs. Cook until fragrant. Serve with potatoes, cheese and yogurt

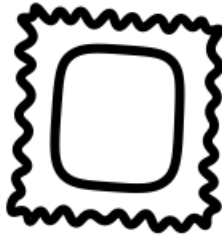


Mexican Fiesta

- Bean mix
- Mince
- Taco seasoning
- Onion
- Garlic
- Capsicum
- Lettuce
- Cucumber
- Cheese
- Diced tomatoes

Method:

1. Slice, dice and cut garlic, onion. Cook until soft and fragrant
2. Steam diced sweet potato until soft.
3. Add diced capsicum, sweet potato, diced tomato's, bean mix and taco seasoning to fry pan
4. In a separate fry pan cook garlic, onion until soft and fragrant. Add mince, taco seasoning and a cup of water
5. Serve with lettuce, cucumber, cheese and tortillas



Tortellini / Ravioli

- Ravioli / Tortellini
- Pasta sauce
- Mushrooms
- Broccoli
- Onion
- Garlic
- Cheese

Method:

1. Bring water to the boil and add ravioli/tortellini
2. Slice, dice and cut garlic, onion, mushrooms and broccoli. Cook until soft and fragrant.
3. Once cooked, drain water from ravioli/tortellini combine cooked vegetables, pasta sauce, salt pepper and mixed herbs.



Spaghetti Bol

- Pasta
- Mince beef
- Tomato paste
- Mushroom
- Diced tomatoes
- Broccoli
- Capsicum
- Onion
- Mixed herbs
- Cheese

Method:

1. Slice, dice and cut garlic, onion, mushrooms and broccoli. Cook until soft and fragrant.
2. Combine cooked vegetables, diced tomatoes, minced beef, salt pepper and mixed herbs (accommodate for vegetarians by splitting the vegetable mix as required)
3. Bring water to the boil, add pasta. Once cooked, drain water from pasta.
4. Serve and enjoy!



Stir-Fry Tonight

- Broccoli
- Capsicum
- Stir-fry flavours (hoisin, sweet chilli and garlic)
- Water chestnuts
- Stir Fry Beef
- Rice

Method:

1. Cut, slice and dice broccoli, capsicum, onions and water chestnuts
2. Cook onions until soft on wok. Then add prepared vegetables, baby corn and stir-fry flavours
3. Cook meat separately with stir-fry flavours
4. Boil kettle and pour hot water over hokkien noodles. Drain water and add to wok with vegetables. Mix together.
5. Serve and enjoy!



Curry Night

- Rice
- Curry base
- Coconut milk
- Chicken
- Bamboo shoots
- Broccoli
- Capsicum
- Onion
- Garlic
- Potato

Method:

1. Bring water and rice to the boil then leave to simmer until water has evaporated and rice is looking good (1/2 Cup of Rice serves 1 person).
2. Dice onion, capsicum and potato. Slice mushrooms and cut up broccoli into bite size pieces.
3. Cook onions until soft add garlic and cook until fragrant.
4. Accommodate vegetarians by splitting vegetable into two pots. Add diced chicken, cooked garlic, onions and green curry paste to one pot. The other add cooked garlic, onions and green curry paste (see jar instructions for quantity).
5. Add all vegetables, coconut milk, bamboo shoots into the pots. Add chicken to non-vegetation pot. Cook on high for 5 minutes and simmer for 5 minutes.