

LET'S UNPACK COOKING

Snacking on toast

We might need to buy a toaster first

- Make a toast with peanut butter and honey
- Mashed avocado on toast
- Toast with jam for the sweet tooths

Cooking meals that go well with rice

These meals must be made in a portable frying pan

- Beef and rice
- Chicken and rice
- Fried rice

Other high-protein meals that spring to mind

- Beef and beans nachos with corn chips and homemade guacamole

Baked goodies

Not without a portable oven

- Scones
- Sausage rolls
- Anzac biscuits or choc-chip cookies
- Mini pizzas

Other important tasks associated with cooking

- Cleaning
- Food storage