

## **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 tooth

### **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