

The Backpacker Chef

Table of Contents

Breakfast Beauties	12
Pancakes	13
Bacon Sour Cream.....	14
Omelette	14
Scrambled Eggs.....	15
Soft Boiled Eggs.....	16
Hard Boiled Eggs	17
Omelette Surprise	18
Breakfast Tacos	19
Cheesy Mushroom Omelette.....	20
French Toast.....	22
The Basics	23
How to Cook Pasta	24
How to cook Steak	25
How to Cook Chicken.....	26
Fried.....	26
Poached	27
Some Accompaniments	27
Stir fried Cabbage.....	27
Potato / Cauliflower Mash.....	28
Simple 'Gourmet' Sauces.....	29
Lemon and Basil Sauce.....	29

Herb and Garlic Gnocchi Sauce	30
Cherry Tomato and Basil Sauce	31
Chilli tomato sauce	32
Taco Seasoning – easy as!	33
Nachos.....	34
Jacket Potato	36
Best Way to Make	39
Steamed Rice.....	39
Absorption Method	39
Easy Fried Rice.....	40
How to Cook Quinoa	42
Quinoa & Beans (Vegan)	43
No Heat Required	44
Sandwich Ideas.....	45
Green Salad.....	46
Tuna, White Bean & Spinach Salad	47
Perfect Pasta Sauces	48
Bacon & Tomato Sauce	49
Arrabiata Sauce	50
Cream & Bacon Sauce.....	50
Lamb Fillet & Sun Dried Tomato Sauce.....	52
Chorizo & Parmesan Sauce	53
Tuna & Lemon Sauce.....	54
Tuna and Cherry Tomato Sauce	55
Broccoli and Red Capsicum Sauce	56

Sweet Potatoes & Green Beans Sauce	57
Avocado & Rocket Sauce.....	58
Basil Asparagus	59
Pasta & Soup	60
More Variations... ..	60
One Pot	61
Rice and Greens	62
Spicy Bean Wrap	63
Chicken, Asparagus & Pea One Pot Casserole	65
Lemon Chicken and Noodles	67
Simple Curried Sausages.....	69
Hearty Sausage- Vegetable Hot Pot.....	71
Sausages & Lentils	73
Easy Creamy Vegetable Casserole.....	74
Chilli Con Carne	75
Asian Beef & Noodles	77
Meatloaf in a Mug.....	79
Mince & Mushroom on Toast.....	81
Soups	82
Chorizo & Chickpea Soup	83
Potato-Sausage Soup	85
Taco Soup.....	86
Greek Lemon Chicken Soup	87
Ham & Bean Soup	89
Peas and Chickpeas Soup	90

Speedy Vegetable Soup.....	91
Easy Oven Bakes	92
Spaghetti & Mince (Ground Beef) Bake.....	93
Beef and Bean Pie	95
Easy Quiche.....	96
Country Chicken.....	97
Salmon with Roast Asparagus	99
Shepherds Pie.....	100
Easy Potato Bake.....	102
Other Useful Stuff	103
Useful Ingredients to Carry.....	104
Metric Conversion	104
Oven temperatures	104
What Not to Put in a Microwave	107
Recipes for Leftover Ingredients.....	108
Names of Vegetables Across the Globe	110
Acknowledgements.....	112
Want More Recipes?	116

<http://www.roamingcooking.com/backpacker-chef-recipe-book>