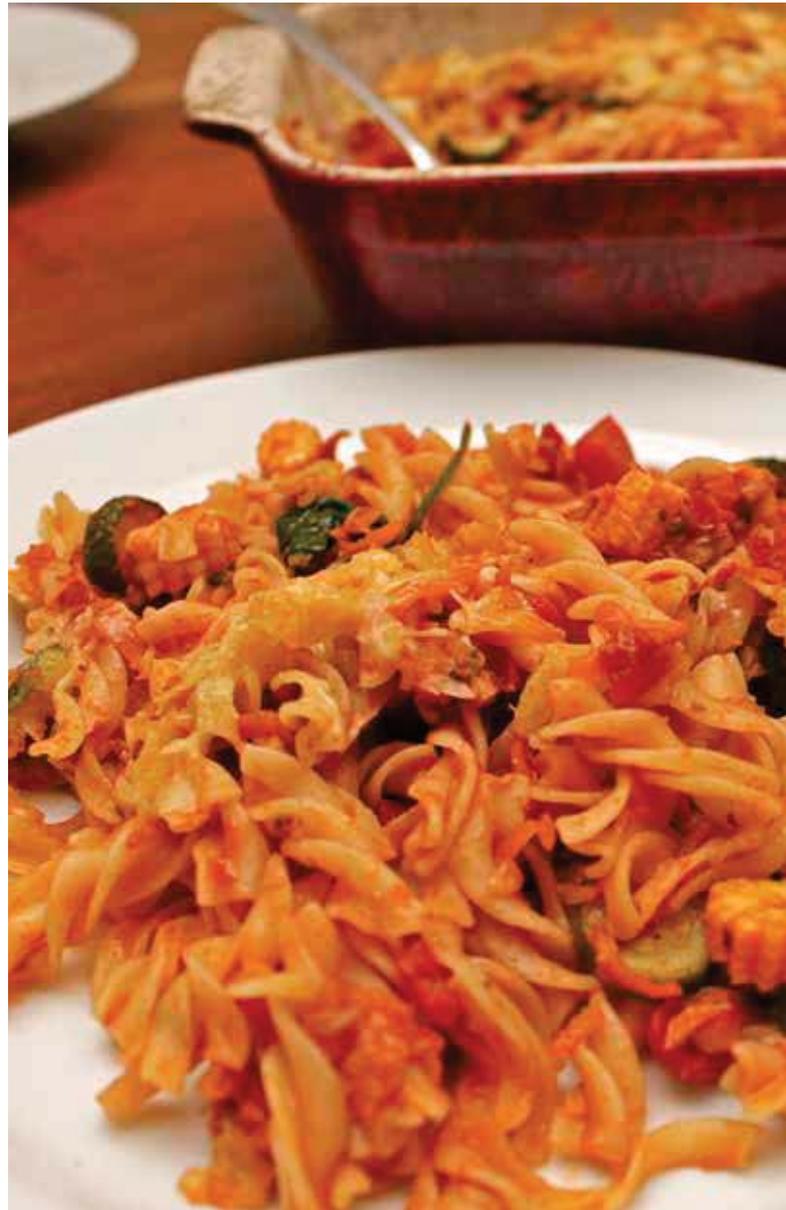
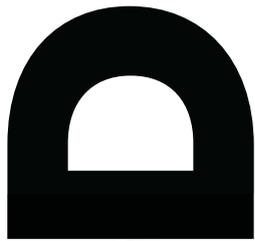


5 SUPER EASY

Need a bit of culinary inspiration? Here are two easy recipes that you could rustle up in hostel kitchens after a day exploring the wild



TUNA PASTA BAKE

Serves four

WHAT YOU'LL NEED

Approx. 225g fusilli pasta
 1 onion, finely chopped
 1 carrot, grated
 ½ courgette (chopped)
 or a couple of handfuls of spinach (washed)
 Approx. 90g of baby sweetcorn (chopped) or tinned sweetcorn (drained)
 160g can of tuna chunks (drained and flaked)
 400g can chopped tomatoes
 1 tbsp tomato puree
 1 tbsp oil
 1 tsp mixed herbs
 Approx 100g cheddar cheese, grated
 1 small bag of ready salted crisps

HOW TO MAKE IT

- 1 Cook the pasta according to packet instructions
- 2 Heat the olive oil in a pan and soften the onion for 2-3 minutes.
- 3 Add the other vegetables and cook for a further 4-5 minutes, stirring regularly (if using spinach or tinned sweetcorn, add at the end of this stage)
- 4 Add the tomato puree and cook for 1 minute, then add the chopped tomatoes, herbs and a little water if necessary.



CHICKEN IN CIDER SAUCE

Serves two

WHAT YOU'LL NEED

2 chicken breasts, chopped
 1 onion, finely chopped
 1 clove garlic, crushed or finely chopped (optional)
 3–4 mushrooms, sliced
 200ml chicken stock
 ½ can cider (approx. 220 ml)
 1–2 tbsp oil
 1 tbsp flour
 Dash of Worcestershire sauce (optional)
 1–2 tbsps cream

HOW TO MAKE IT

- 1 Heat the oil in a pan, add onions and cook gently for 2–3 minutes. Add garlic if using and cook for a further minute stirring regularly.
- 2 Add chicken and cook on a medium–high heat, turning occasionally until sealed on all sides.
- 3 Add mushrooms and cook for a further 1–2 minutes.
- 4 Sprinkle over the flour and allow to cook for another minute, stirring so that it doesn't stick.

- 5 Add the cider and stir, followed by the chicken stock and a few drops of Worcestershire Sauce.
- 6 Season to taste and cook gently until the chicken is cooked through.
- 7 Stir cream into sauce. Serve with rice or potatoes and seasonal vegetables.

A glass of white wine could be used instead of cider if preferred. **SH**

- 5 Stir in the tuna and cook for a further couple of minutes. Season to taste.
- 6 Stir the sauce into the cooked pasta and transfer to a large, shallow heatproof dish.
- 7 Crush the crisps and sprinkle over the top along with the grated cheese.
- 8 Place in a pre-heated oven for 10–15 minutes or brown under the grill until cheese is melted.