



WEB:

GetOutsideAdventures.ca

CELL:

403-478-1331

EMAIL:

info@getoutsideadventures.ca

SMAIL:

PO Box 8538
Canmore, AB
T1W 2V3

Peanut Satay

We guarantee the pot will be licked clean!

This is one of our favourites and our repeat guests too! It's very simple, everything can be found at the grocery store. A dehydrator is not required. Get creative if this is your meal the first night out and add fresh red pepper or green onion.

Serves 4

Ingredients

1/4 cup Textured Vegetable Protein (TVP)

1/4 cup Coconut cream powder

1/2 Bullion cube

1/4 tsp Garlic powder

1/4 cup Dried veg

5 oz Vermicelli noodles or 1 package of ramen per person

2 Handfuls of peanuts or cashews

2 tbs Peanut butter

1/2 tsp Thai green curry paste

3 Packets of soy sauce



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Instructions

At Home

- Mix the sauce ingredients and put in an airtight container
- In another bag, add the dry ingredients
- Keep noodles separate

On the Trail

- Boil water. Add dry ingredients and set aside to rehydrate for 10min
- Add the sauce ingredients and mix.
- Add just enough water to cook the noodles. Insert noodle. Cook until noodles are soft. Heat over low heat until sauce thickens.
- Serve and enjoy!