

Banana Pancakes

- 1 banana
- 2 free-range eggs
- 1 tsp oil (coconut oil or butter)
- Fruit/berries, Greek yogurt, and honey, to serve

SERVES 1

METHOD

- 1 Mash banana in a large bowl .
- 2 Whisk the eggs and then stir into the banana paste .
- 3 Heat the oil or butter in a large frying pan . Drop a few ladle-sized dollops of batter onto the pan, leaving room between each .
- 4 Fry until on each side until golden brown . Be careful when flipping the pancakes, the batter is not as cohesive as normal pancake batter.
- 5 Serve topped with yogurt, fresh berries, and a squeeze of honey .

Jambalaya SERVES APPROX . 4

- 3 chicken breasts, diced
- 8 sausages, chopped (or 12-14 cocktail sausages)
- 1 cup of rice • 1 white onion, chopped • 1 red onion, chopped
- 2 bell peppers, sliced
- 3 tbsp of Camping Soul Food Mix seasoning (pg . 25)
- 1 x 700ml bottle of passata
- Olive oil
- Salt and pepper

METHOD OR MADNESS

- 1 In a heavy-bottomed pot, brown the sausages and chicken in oil .
- 2 Add the rest of the ingredients and season (leaving aside the rice) . Cook until the onions are softening and fragrant .
- 3 Throw in the rice and pour the water over the mixture (a ratio of 1 cup of rice, to 2-ish cups of water) .
- 4 Bring to boil and then simmer until the rice is cooked .
- 5 Serve in hearty portions .