

CURRIED CORNFLAKES

@Cemonde (lemonicks.com)

serves 2

It's easy to get hold of the ingredients for this wholesome and unique dish, and even better, you can have it ready in minutes.

INGREDIENTS

- 1 tbsp oil
- 1 medium onion, chopped
- 1 medium tomato, diced
- ½ cup green peas
- 1 medium capsicum (or bell pepper), chopped
- salt to taste
- 200ml water
- 2 bowls cornflakes
- coriander leaves or grated cheese to garnish

METHOD

- 1 Heat 1 tbsp oil in a pan and sauté onion till brown and tender.
- 2 Add tomato and peas and cook for 5 mins.
- 3 Add capsicum and sauté until tender.
- 4 Add salt and water and bring it to boil.
- 5 Lower flame and add cornflakes while constantly stirring until it thickens. Garnish with coriander leaves and cheese to taste, and serve.

CLAPSHOT HAGGIS

@HaggisHostels (Haggis Hostels)

serves 4

One for the devout meat eaters here – no tips for fending off the gannets that are sure to descend after cooking this up though.

INGREDIENTS

- 500g rooster potatoes (tatties)
- 300g turnip (neeps)
- 600g haggis
- 50g butter
- salt, pepper, nutmeg
- chives (optional)
- Whisky gravy (optional)

METHOD

- 1 Peel and chop potatoes and turnip, but keep separate.
- 2 Boil potatoes and turnips in different pans until soft.
- 3 Drain and mash potatoes and turnip together, add butter and season.
- 4 Dice haggis to 5cm cubes and steam until cooked.
- 5 Arrange the potatoes and turnip (the clapsnot) on a plate and serve the piping hot haggis on top. Garnish with chopped chives and whisky gravy, and serve.

BACKPACKER RECIPES GUIDE

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HOSTEL KITCHEN APPROVED

SIMPLE RECIPES FOR THE HOSTEL KITCHEN

CHICKEN IN PLUMS

@PanthersHostel (Pink Panther's Hostel)

serves 1-2

This recipe is gooey, chickeny and even has a bit of fruit to boot. It's also very easy to make – just cook some microwavable rice alongside and you're sorted!

INGREDIENTS

- 1 chicken breast
- 100g dried plums
- 100g raisins
- 320g celeriac salad, jarred
- olive oil

METHOD

- 1 Dice chicken breast into cubes and simmer on a low heat.
- 2 Chop dried plums and half the raisins and add to the chicken.
- 3 Simmer for around 40 mins on low heat.
- 4 Meanwhile, mix celery with leftover raisins.
- 5 Serve chicken on the salad of celery and raisins.

TUNA SEAWEED ROLL

@DineWithDeals (dinewithdeals.com)

serves 3

This tasty wrap is perfect for a quick meal when you've slept in too long and need to make that bus journey, quick! You can eat two now and save one for later too.

INGREDIENTS

- 125g flour
- 200ml water
- tbsp oil
- few pieces lettuce
- few pieces seaweed
- 1 tin tuna fish

METHOD

- 1 Sieve flour into a big bowl. Pour the water into the flour and mix well.
- 2 Heat oil in a pan and pour 1/3 mixture in, use a steel cup to flatten.
- 3 Layer a piece of seaweed on top.
- 4 Add a piece of lettuce on top of the seaweed.
- 5 Pile the tuna on and roll it up, and serve.

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TOMATO, MOZZARELLA AND PESTO TORTILLA PIZZA

@MSC_63 (bakingintheburb.com)

serves 1

A tasty and filling pizza that's easy to make in a frying pan – load up the toppings and you'll have yourself a feast.

INGREDIENTS

- 1 large tortilla or pitta
- 1 tbsp prepared pesto
- handful cherry tomatoes, sliced (or a small regular tomato or drained, canned tomatoes)
- 2 regular sized bocconcini (or ¼ to ½ cup shredded mozzarella or other cheese)
- pepper

METHOD

- 1 Heat tortilla in a frying pan over medium heat.
- 2 Spread pesto on the tortilla.
- 3 Top with the sliced tomatoes and cheese.
- 4 Cover the pan with a lid or another frying pan for about 5 mins until cheese is melted, pesto is bubbling, and tortilla is crispy.
- 5 Season to taste, slice and enjoy!

LINGUINE WITH SUN-DRIED TOMATOES, HAVEN ON A PLATE (VEGAN)

@SpicieFoodie (spiciefoodie.com)

serves 2

This is a beautiful dish that's easy to make in less than 20 minutes. The recipe is easily adaptable for large groups or fussy eaters too.

INGREDIENTS

- 1 pack wholewheat or regular linguine pasta
- 1 tbsp extra virgin olive oil*
- 1 small jar of sundried tomatoes in oil, thinly sliced*
- 5 garlic cloves, thinly sliced or minced^o
- 12 fresh cherry tomatoes, halved
- fresh basil leaves, roughly chopped
- salt, ground black pepper and Parmesan to garnish

METHOD

- 1 Cook pasta following instructions.
- 2 Meanwhile, heat oil in a large pan over a medium-low heat. Sauté the sundried tomato slices for 5 mins. Add salt and pepper to taste.
- 3 Turn heat to low and add garlic. Sauté for 5 mins, stirring often to prevent garlic from burning. Add cherry tomato halves and chopped basil to cook for 2 mins. Turn heat off.
- 4 Drain the pasta. Toss with a little olive oil and a pinch of salt, coating thoroughly. Next, add the pan ingredients and gently toss to combine.
- 5 Serve pasta with grated Parmesan cheese, bread and some red wine, if you like.

NOTES

*Dry sundried tomatoes may be used in lieu of ones from a jar. The oil from the tomatoes may be used instead of olive oil.

^oYou can replace the fresh garlic with 1 tsp of granulated garlic, if you prefer.

PESTO AND MUSHROOM PIZZA

@cethniceatz (cheapethniceatz.com)

serves 2

A delicious vegetarian pizza that will easily feed two, unless you're super hungry after all that sightseeing – good job it's cheap to make too!

INGREDIENTS

- 12 inch pizza crust
- 1 tsp oil
- ½ cup pesto
- 1 cup mushrooms, sliced
- 150g firm tofu, cubed
- 2 cups mozzarella, shredded

METHOD

- 1 Preheat oven to 350F/180C/gas mark 4.
- 2 Place pizza crust on a lightly oiled baking sheet (or aluminium foil).
- 3 Spread pesto on the crust leaving a clear edge.
- 4 Top with mushrooms, tofu and mozzarella.
- 5 Bake for 15 minutes or until cheese is melted and bubbly.

AVOCADO AND VEGEMITE ON RYE WITH A POACHED EGG

@LadyRhubarb (ladyrhubarb.com)

serves 1

A super easy anytime dish full of flavour and energy – you'll soon develop a taste for the Vegemite too. If you're travelling in England you might find it easier to get hold of some Marmite instead.

INGREDIENTS

- 1 egg
- 2 slices of rye bread
- 1 tbsp butter
- 1 tbsp Vegemite
- 1 avocado
- ½ lemon
- pinch each salt and pepper

METHOD

- 1 Poach an egg in boiling water for 3 mins.
- 2 Meanwhile toast some rye bread.
- 3 Butter the toast and spread Vegemite to your liking.
- 4 Smooth over some avocado – be generous. Squeeze over some lemon juice.
- 5 Top with poached egg and season with salt and pepper.

CHICKEN AND SUNDRIED TOMATO PASTA

@HealthyyyFoodie (thehealthyfoodie.net)

serves 3-4

Pasta is a clear essential when you're travelling the world on a budget – filling, easy and cheap. Here's a simple and tasty way to dress it healthily.

INGREDIENTS

- 275g wholegrain spaghetti (or other long pasta)
- 2 small chicken breasts (about 300g total)
- 85g sundried tomatoes (not in oil, but nice and plump and bright red)
- 20-25 kalamata olives, chopped
- 2-3 tbsp fresh Parmesan cheese, grated
- 1 tbsp extra virgin olive oil
- ½ tsp each salt and pepper
- 2-3 tbsp fresh parsley, chopped
- ½ cup pasta cooking liquid

METHOD

- 1 Cook the pasta following instructions. Keep at least ½ cup of cooking liquid once pasta is cooked.
- 2 Meanwhile, cut chicken into bite-size cubes and cook in skillet over medium-high heat until golden brown on all sides.
- 3 Chop sundried tomatoes and kalamata olives and add to cooked chicken. Stir and cook until fragrant, about 1 min.
- 4 Add drained pasta, Parmesan cheese, olive oil, salt and pepper, fresh parsley and ¼ cup of the pasta cooking liquid. Toss delicately to combine. Add more cooking liquid if necessary.
- 5 Serve immediately and garnish with more chopped parsley and grated Parmesan, if desired.

CREAMY FETA BAKE

@athenstyle (AthenStyle)

serves 2

This tastes incredible: a garlicky baguette covered in oozing, bubbling cheese with some spicy sausage in the mix, and ready in 15 minutes? Yes please!

INGREDIENTS

- 1 packet feta
- olive oil
- finely chopped garlic
- 2 tomatoes, freshly diced
- 1 red onion, sliced
- 1 baguette
- tomato purée
- sausage, chopped (optional)
- pinch oregano
- chilli flakes (optional)

METHOD

- 1 Preheat oven to 400F/200C/gas mark 6.
- 2 Wrap the block of feta in foil with a drizzle of olive oil, chopped garlic, diced tomatoes, sliced red onions, a squeeze of tomato purée, a sprinkle of oregano, chopped sausage (if you like) and some chilli flakes if you like a bit of spice!
- 3 Place the packet in the oven for 15 mins, or until the feta bubbles.
- 4 Remove and serve with a freshly sliced baguette.
- 5 If you're like me and can never get enough garlic – try drizzling some olive oil and rubbing some garlic into the sliced baguette before toasting it in the oven.