

# FOOD ON THE RUN!

Those who know me will know that the title is NOT a reference to any physical exercise! We thought it would be a nice feature to share some recipes and ideas on how to make life easier on a run.

*The following salad recipe is an old favourite. It is best made a day in advance and will keep well for at least 3 to 4 days (if kept cold in your cooler).*

## **Curry Noodle Salad**

Ingredients :

- 500g pasta screws
- 1 green pepper
- 2 onions
- Sauce
- 300 ml tomato sauce
- 150 ml vinegar
- 150 ml sunflower oil
- 225 ml sugar
- 30 ml curry
- 8 drops Tobasco or Worcester sauce

**Method :**

Cook pasta. Chop green pepper and onion. Combine sauce ingredients and cook 1 minute. Mix all together.

**Notes :**

- I like to mix the genuine strong red curry with the more mild curry – this gives the salad a nice red colour and special taste.
- This is a big recipe (+/- 10 people)

*The next recipe is Pierre's contribution – whenever I am very busy he will always offer to make the following "salad".*

## **The Hubby Salad (also known as butternut in foil)**

Ingredients :

- 1 butternut (or as many as you need depending on the amount of people)
- foil
- salt & pepper optional

**Method :**

Cut butternut in halve (through the length). Clean out pips. Optionally sprinkle with salt and pepper. Wrap in foil. Cook on coles (as you would with a potato in foil).

**We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.**

Forward any recipes to me at : [drocher@absamail.co.za](mailto:drocher@absamail.co.za)

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