

FOOD ON THE RUN!

Soup Bread

500g Self Raising Flour

500ml Buttermilk

1 Packet of Brown Onion soup (You can actually use your favourite soup)

Mix all together, Split dough in two and place in 2 small bread pans.

Decorate with grated cheese, parsley and paprica and bake at about 160 Degrees Celcius for about 30minutes. (Or test with sharp item)

Couscous Salad

Cook 1 cup of couscous in the microwave (1 cup couscous, 1 cup boiling water, 3ml salt and 5ml oil - on high for 2 minutes, stir twice)

Cool and add chopped black olives, chopped spring onions, chopped tomato, chopped garlic and parsley.

Mix dressing and stir in just before serving - 50ml oil, 50ml olive oil, approx 35ml lemon juice, 2ml dried origanum, salt and pepper (adjust all to taste).

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

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