

Pasta Alfredo with Salmon

This is a heavy meal so it's best cooked on the first night. You need to store it in the freezer until use or it may go a little rancid. But oh, wow (!!) is it good in the back country.

There is a more shelf stable recipe for a similar meal, look for Assembled Salmon Alfredo See Ingredients for Meals notes about pasta. Use the noodles called for below if you can find them, but others will work as well.

See Making Sauces and Gravy notes about Alfredo Sauce

You may want to double up your bag so the noodle sharp ends don't poke through.

AT HOME:

Bag 1:

½ C mixed veggies like zucchini and yellow squash, peppers, onions, cherry tomatoes

Dehydrated alfredo sauce, enough to make about 1C sauce

2 Tbsp butter powder

2 Tbsp sour cream powder

1 Tbsp heavy cream powder (or whole milk)

2 – 3 Tbsp grated parmesan cheese

4 oz De Cecco Fettucine 103 noodles

Bag 2:

Not really a bag, but a 5oz pouch of salmon (if you don't want too much fish taste, drain this in camp, but do it FAR away from your camp, talk about a bear attractor...otherwise you can pour the whole pouch right into your cozy)

Bag 3: optional, small bag parmesan (it's already a heavy meal, go for more cheese)

ON TRAIL:

Boil 1.5 - 2 C water. Combine bags 1 and 2 in your cozy. Pour water over noodles and veg/sauce bag. Mix well, add salmon, mix again, let sit 10 min. It's helpful to stir this again at 5 min to make sure the sauce is distributed.. Add the extra optional grated parm if you have it.

(I am not sure why, but different versions of this have needed different amounts of water. You can always start with 1.5 C, but leave some hot water in the pan and add if needed)