



Hot meals on the road – for truckers, trades, and outdoor work

A hot meal on a work break.

A free guide from Rhino-Pods

Why a service station isn't good enough

You work outside, whatever the weather. You earn more than a dry and lukewarm burger or a stale sandwich. A proper break shouldn't feel like a compromise.

A portable kitchen or at least a stove changes everything. Hot food. Hot coffee. Your own ingredients. No queue. No overpriced service station food.

The work kitchen – what you actually need

Keep it small:

- One portable stove (single burner is fine)
- One small frying pan
- One pot with a lid (for rice, pasta, or soup)
- One metal mug (for coffee and soup)
- One spoon and one fork
- A small cutting board
- A knife
- A lichen scourer/sponge and small bottle of soap

Store it all in one box or bag. Leave it in the cab or van

5 hearty meals in 15 minutes or less



1. Fried egg and sausage roll

Fry a sausage and an egg in the same pan. Put in a bread roll. Eat with one hand.



2. One-pan rice and beans

Cook instant rice. Add a tin of beans and a handful of cheese. Stir



3. Soup from a tin + bread

Heat a tin of soup in your pot. Eat with a bread roll. Three minutes.



4. Pasta with jar sauce

Boil pasta. Drain. Add half a jar of sauce. No chopping required.



5. Breakfast any time

Fry bacon and eggs. Put between two slices of fried bread. Eat from a paper towel (no plate).

More recipes for the road



1. Instant noodle upgrade

Cook instant noodles. In the last minute, crack an egg into the pot and stir. Add a handful of frozen veg or a slice of cheese. Instant meal, much better.



2. Tinned fish rice bowl

Cook instant rice. Mix with a tin of tuna, sardines, or mackerel (in oil or tomato sauce). Add a squeeze of lemon or hot sauce. Eat from the pot.



3. Chorizo & potato fry

Slice a cooking chorizo (no fridge needed – it's cured). Fry until oil comes out. Add sliced potatoes and a splash of water. Cover and cook for 10 minutes until potatoes are soft.



4. Cheese & ham toastie (in a pan)

Butter two slices of bread. Put cheese and sliced ham (or cured meat) between them. Fry in a hot pan for 2-3 minutes each side until golden. Press down with a spatula.



5. Stovetop chocolate pudding cake (15 minutes, one burner)

Mix 1 cup self-raising flour, 1/2 cup sugar, 2 tbsp cocoa powder, 1/2 cup milk, and 2 tbsp oil. Pour into a lightly greased pan. Cover with a lid. Cook on the lowest heat for 12-15 minutes. Serve warm. No oven. No box.

One-pan meals for the work week

(no washing up mountain)

1. One-pan breakfast fry-up

Fry bacon and sausages. Push to one side. Fry eggs in the same pan. Add a tin of beans to heat through. Eat from the pan with a bread roll.



2. Smoked sausage & peppers

Slice smoked sausage (kielbasa or chorizo – no fridge needed). Fry until crispy. Add sliced peppers and onions. Fry for 5 more minutes. Serve on bread.



3. Tuna pasta (no cook sauce)

Boil pasta. Drain. Mix with 1 tin tuna (in oil), a spoon of capers or olives, and black pepper. Eat warm or cold





4. Garlic butter mushrooms on toast

Slice mushrooms. Fry with butter, garlic, and black pepper. Pile onto toasted bread. Three minutes.

5. Leftover fry-up

Leftover rice, veg, or meat from last night? Fry it all in one pan with an egg on top. Everything tastes better fried twice.



Batch cooking for the work week

(cook once, eat three times)

You work long hours. You don't want to cook every night. Make one big batch, eat for days.

Big batch chilli (30 minutes)

Brown 500g mince. Add 1 tin chopped tomatoes, 1 tin kidney beans, 1 onion, 1 chilli mix packet. Simmer for 20 minutes.

Eat it as:

Night 1: Chilli with bread

Night 2: Chilli on a baked potato (or instant mash)

Night 3: Chilli with instant rice



Big batch curry (30 minutes)

Fry onion. Add 500g chicken thigh or 2 tins chickpeas. Add curry paste and 1 tin coconut milk. Simmer for 20 minutes.

Eat it as:

Night 1: Curry with instant rice

Night 2: Curry with bread

Night 3: Curry fried rice (reheat, stir in leftover rice)



Batch rice (make once, use for days)

Cook 2 cups of rice. Store in a container. Use for:

Breakfast: Fried rice with an egg

Dinner: Chilli or curry on rice

Nowhere to buy bread? Make your own – it's easier than you think!

Make your own Skillet bread!

You have a stove. You have a frying pan or cast iron skillet. You have 15 minutes. You have fresh bread.

A Dutch cast iron pan (oven) and lid is best to use –but a skillet or cast iron pan with a lid of any sort will do



1. No-knead skillet bread

Mix 3 cups flour, 1 tsp salt, 1/2 tsp instant yeast, and 1.5 cups warm water. Stir. Leave covered for 2-3 hours (or overnight). Heat a cast iron skillet on medium. Scrape dough into the skillet. Cover with a lid or foil. Cook 15 minutes. Flip. Cook 10 more minutes. Eat warm with butter.



2. Quick soda bread (no waiting)

Mix 2 cups flour, 1 tsp baking soda, 1 tsp salt, and 1 cup buttermilk (or milk + a splash of vinegar). Stir. Shape into a round. Cook covered for 10 minutes. Flip. Cook uncovered for 10 more minutes. Tap the bottom – it should sound hollow



More skillet bread ideas!

1. Cheesy garlic skillet bread

Make the quick soda bread dough. Before cooking, flatten it slightly in the skillet. Press grated cheese (cheddar or parmesan) and crushed garlic into the top. Cook as directed. Melt butter with more garlic and brush on top when finished.

2. Herb & olive oil bread

Add 1 tbsp dried oregano, rosemary, or thyme to the no-knead dough before resting. When cooking, drizzle olive oil into the skillet before adding the dough. The bottom crisps up like a focaccia.

3. Sweet cinnamon bread (breakfast or dessert)

Add 2 tbsp sugar and 1 tsp cinnamon to the soda bread dough. After cooking, brush with melted butter and sprinkle with more cinnamon sugar. Eat warm with yoghurt or stewed fruit.

Pro tip: : Make the no-knead dough in the evening. Leave it in a bowl on dashboard. In the morning your bread is ready to go. No oven. No bakery. Just you and a skillet

Handwashing – for market stalls, food stalls, and outdoor work

This is where the Cubit changes everything.

If you run a market stall, food truck, or any outdoor food business – you need running water for hygiene. The Cubit has a built-in sink with no external power required.

For market traders:

- Wash hands between handling cash and food
- Rinse utensils without walking to a shared tap
- Keep your stall hygienic and professional

For outdoor workers (trades, landscaping, events):

- Wash hands before eating (even without facilities)
- Rinse off dirt, oil, or chemicals before touching food

How it works:

Fill the Cubit's water container. Use the tap for running water. No plumbing. No installation. Just a proper sink wherever you park.

Pro tip: Keep a small bottle of biodegradable soap next to the Cubit. Two pumps, rinse, dry with a paper towel. Your hands – and your customers – will thank you.

Morning wash – when there are no facilities

For truckers overnighting at a layby:

No service station? No problem. The Cubit gives you running water.

Wash your face. Brush your teeth. Splash water under your arms. Start the day feeling human.

As well as your normal wash kit – you might consider a small microfibre towel (lives in your cab)

For campers, hunters, or remote workers:

Same principle. You might consider a plastic bag for waste (leave no trace)

Keeping ingredients fresh for 3 days (no fridge)

- Cured meat (salami, chorizo – fine for days)
- Hard cheese (cheddar, parmesan – lasts)
- Eggs (fine for a few days unless very hot)
- Tinned food (beans, tomatoes, fish, soup)
- Onions, potatoes, garlic (no fridge needed)
- Bread (buy small loaves or rolls daily – or make your own on a skillet)
- UHT milk (small cartons for coffee)

Cleaning your cookware at a truck stop (the quick way)

1. Wipe your pan while it's still warm
2. Wash with a small spray bottle of soapy water
3. Rinse with a splash from your water jug
4. Dry with a paper towel

Better yet: Use the Cubit's sink. Fill it with a few inches of water and a drop of soap. Wash your pan, your mug, your spoon. Empty at the next disposal point.

A note from us

We built the Cubit (sink and prep) and Tavo (stove stand) for exactly this. Tough, simple, and built to be jet-washed at the end of a long week.

But the Cubit does more than cook. It gives you running water. Wash your hands before eating. Brush your teeth in a layby. Wash your face on a morning when there's no shower. That's dignity. That's what we built it for.

Even with just a single burner and a small pan – you can eat and feel better today than you did yesterday.

Go cook something great outdoors.



...where will you take me?