



Eat well wherever you land – 15 meals, one small kitchen

Go where the road takes you. Take your kitchen with you.

The freedom to eat well anywhere

You go where the road – or the trail, or the coast – takes you. No plan. No booking. Just the freedom to wake up somewhere new and decide from there.

The only question is: where will you eat well tonight?

You don't want to search for a restaurant that's still open. You don't want to settle for a service station sandwich. You want a hot meal and a view that's yours.

That's what this guide is for. One small kitchen. One pan. Fifteen meals. No fridge required.

The tiny kitchen principle

You don't have space for an oven. You don't have space for 47 spices. You don't have space for three pots and a colander.

And that's fine. Some of the best meals in the world come from tiny kitchens – and from people who refuse to eat badly just because they're on the road.

The rule: One stove. One pan. One pot. That's your kitchen.

Shopping without a fridge (3 days)

<u>Day</u>	<u>What to buy</u>
Day 1 (fresh)	Eggs, tomatoes, avocado, cured meat, cheese, bread
Day 2 (tough veg)	Carrots, peppers, onions, potatoes, cabbage
Day 3 (tinned & dried)	Tinned beans, tinned tomatoes, pasta, rice, lentils, garlic

15 quick meal ideas on the go

Breakfast (5)

- Eggs fried with bread
- Oatmeal with banana and honey
- Yoghurt with granola (no cooking)
- Leftover rice fried with an egg
- Peanut butter toast with apple slices

Dinner (5 – one pan)

- Chilli (mince or beans)
- Curry (chicken or chickpeas)
- Pasta with tinned tomatoes and garlic
- Rice bowl with fried egg and soy sauce
- Sausage and pepper fry

Lunch (5 – no cook or quick)

- Cheese and crackers with tomatoes
- Tinned fish with bread and olive oil
- Hummus and carrot sticks
- Instant noodles with added veg
- Leftover dinner from last night

10 proper recipes for the road (beyond the basics)



1. One-pan coconut chickpea curry (20 minutes)

Fry onion and garlic. Add 1 tsp curry powder. Add 1 tin chickpeas (drained) and 1 tin coconut milk. Simmer for 10 minutes. Eat with bread or instant rice.



2. Chilli sin carne (25 minutes, no fridge needed)

Fry onion. Add 1 tin chopped tomatoes, 1 tin kidney beans, 1 tin corn, and chilli powder. Simmer for 15 minutes. Eat with tortilla chips (no plates needed).



3. Sausage, pepper & potato fry (20 minutes)

Slice potatoes thinly. Fry for 5 minutes. Add sliced sausages and peppers. Fry for another 10 minutes. Sprinkle with paprika.



4. Garlic butter pasta (10 minutes, one pan)

Boil pasta. Drain. In the same pan, melt butter with crushed garlic. Add pasta back. Toss with parmesan (if you have it) and a handful of spinach or frozen peas.



5. Tomato & egg shakshuka (15 minutes)

Fry onion and garlic. Add 1 tin chopped tomatoes and a pinch of chilli. Simmer 5 minutes. Make 2-4 wells. Crack an egg into each. Cover and cook for 5 minutes. Eat with bread.



6. One-pan rice & beans (20 minutes)

Fry onion and garlic. Add 1 cup rice, 1 tin black beans (drained), 1 tin chopped tomatoes, 2 cups water, and taco seasoning. Simmer covered for 15 minutes. Fluff with a fork.



7. Smoked sausage & cabbage (15 minutes)
 Slice smoked sausage (kielbasa, chorizo, or any cured sausage – no fridge needed). Fry until crispy. Add sliced cabbage and a splash of water. Cover and steam for 5 minutes



8. Tuna pasta (10 minutes, no cook sauce)
 Boil pasta. Drain. Mix with 1 tin tuna (in oil), a spoon of capers or olives, lemon juice, and black pepper. Eat warm or cold.



9. Overnight oats (no cook, breakfast for 2 days)
 Mix 1 cup oats, 1 cup water or milk, 2 tbsp honey or sugar, and a pinch of salt. Leave in a container overnight. In the morning, add banana, peanut butter, or jam.



10. 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 skillet. Cover with a lid. Cook on the lowest heat for 12-15 minutes until set on top. Serve warm.

Stovetop bread recipes

(because fresh bread at camp is a revelation!)

"Stovetop bread won't win a beauty contest. The top stays pale. The bottom gets crispy. But flip it for the last 2 minutes, or toast the slices in the same pan, and you'll forget what an oven ever did for you."

*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 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



One-bowl meals

(minimal washing up – perfect for adventure life)



Breakfast bowl

In a bowl: cooked instant oats, peanut butter, banana, cinnamon. Or savoury: fried egg, leftover rice, hot sauce.



Burrito bowl

In a bowl: cooked rice, tin of black beans (drained), tin of corn, chopped tomatoes, avocado (if you have it), hot sauce. Mix. Eat. One bowl to wash.



Greek bowl

In a bowl: cooked couscous (add boiling water, wait 5 minutes), tin of chickpeas, chopped cucumber, feta (lasts a few days), olives, olive oil.

Overnight fishing / weekend trip additions

If you catch a fish (trout, mackerel, or small sea fish):

1. Clean the fish (a small knife and a cutting board on the tailgate)
2. Pat dry. Season with salt, pepper, and any herbs you have.
3. Fry in oil or butter for 3-4 minutes each side (skin gets crispy)
4. Eat with bread and a squeeze of lemon



No catch? No problem – tinned fish to the rescue

Tinned sardines, mackerel, or tuna are already cooked. Fry them briefly with garlic and chilli, or eat straight from the tin with crackers.



For the fishing bag (no fridge):

Cured sausage (chorizo, salami), Hard cheese (cheddar, parmesan), Bread or crackers, Tinned fish, A lemon (lasts days without a fridge), Hot sauce

Batch cooking for adventure life

(cook once, eat three times)

You have a small fridge or a cool bag. Cooking once for three days saves gas, water, and time.

Cook once, eat three times:

Big batch chilli (30 minutes)

Cook double the chilli recipe (page 3). Eat it as:

Night 1: Chilli with rice or bread

Night 2: Chilli cheese nachos (reheat, pour over tortilla chips)

Night 3: Chilli baked potato (reheat, pour over a jacket potato cooked in foil on your stove)



Big batch curry (30 minutes)

Cook double the curry recipe (page 3). Eat it as:

Night 1: Curry with rice

Night 2: Curry with bread (skillet bread again)

Night 3: Curry fried rice (reheat curry, stir in leftover rice, fry until crispy)



Batch rice (make once, use for days)

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

Breakfast: Fried rice with an egg

Lunch: Rice bowl with tinned fish and soy sauce

Dinner: Curry/chilli on rice or rice & beans (see page 3)



Cooking in wind and rain (using what you have)

In bad wind park with the wind at your back – your vehicle becomes the biggest windbreak.

Otherwise our Cubit and Tavo modules are designed for this!

- Side tables standing vertically become an instant windshield. Flip them up on the windward side of your stove.

- The Cubit lid can be propped upright to shield the burner from a crosswind.

When weather is truly terrible:

- Cook inside with the door open (ventilate well – crack a window)

- Or switch to no-cook meals: hummus, tinned fish, bread, tomatoes, cheese, cured meat

Pro tip: A folded windscreen reflector or a large cardboard box works in a pinch – but your Cubit and Tavo were built to handle this without extra gear.

Cleaning with limited water

- Wipe the pan immediately while still warm (paper towel)
- Use a spray bottle of soapy water (tiny amount)
- Rinse with a splash from your water jug
- Save the real wash for the next campsite with a tap

Adventure pro tip: Keep a small spray bottle with 10 parts water, 1 part biodegradable soap. Two sprays, wipe, rinse. Done.

A note from us

We built the Cubit (sink and prep) and Tavo (stove stand) for exactly this life. No drilling. No permanent installation.

Just open the door, set up on your tailgate, and cook wherever you've landed.

The side tables flip up vertically to become a windshield. The lid propped upright shields your burner from the wind.

Small details that make a real difference when you're out there.

Because the road gives you freedom. Your kitchen should give you the same.

But even without our gear – one pan, one stove, and a little planning will get you 90% of the way.

Go cook something great outdoors.



...where will you take me?