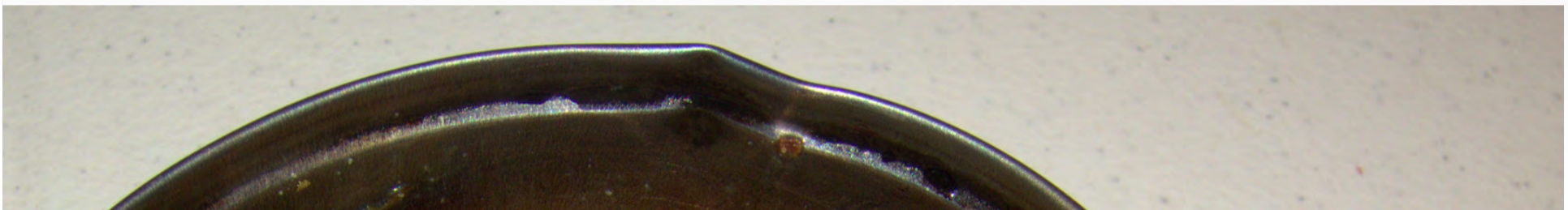


Dinner Recipe: Pesto Noodles

[Food & nutrition](#) / [Andrew Skurka](#)



This dinner recipe is a sleeper. It's much simpler than [Peanut Noodles](#), and it lacks the obvious cheese and Frito goodness of the [Beans & Rice](#), yet it's rated as highly as both by our clients.

Meal stats

- Recommended meal weight: 5.6 oz
- Total calories: 700
- Caloric density: 125 calories/ounce

To increase the caloric density, which is already very high, add more olive oil, more noodles, or more Parmesan.



Pesto Noodles, an inexpensive and simple, yet hearty, backpacking dinner recipe. Rather than strive for perfect at-home consistency as photographed, I add extra water in order to ease the cooking process and to get a delicious broth.

Ingredients

Backpacing Recipes & Ingredients : Pesto Noodles						
Ingredient	Ounces	Calories per oz	Comments	Allergy info	Where to buy	Buy online now
Ramen noodles	3.00	127	Do not use seasoning packet	Wheat + more	Grocery, Costco	Maruchan Ramen
Olive oil	1.00	240	Boosts caloric density	-	Grocery, Costco	Bertolli Extra Virgin
Parmesan	0.75	93	Pre-grated is most convenient	Dairy	Grocery, Costco, online	Kraft Grated
Sun-dried tomatoes	0.75	0	Julienne cut = less field prep	-	Grocery, Costco, online	Bella Sun Luci Julienne Cut
Garlic	0.05	93	A little bit goes a long way	-	Ubiquitous	Kirkland Granulated
Dried basil	0.05	100	Alt: fresh basil	-	Grocery, online	McCormick 5 oz
Universal spice kit	0.00	0	Salt, pepper, red pepper flakes	-	Grocery, Costco, online	1-oz HDPE bottles
Totals	5.60	125	-	-	-	-

Pesto Noodles >
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The spices can be altered to change the profile of the dish. For example, add some dried oregano or rosemary.

For extra goodness, drop in some chunks of salami or beef jerky. Pine nuts or cashews are also a good addition.

This dish can be made vegan by substituting the Parmesan. Vegan Parmesan products are available online and at local natural grocers. Or, easily make your own using cashews, nutritional yeast, and a pinch of salt.



Noodles in the center and olive oil in the cup. From there, clockwise: Parmesan, spices (3x), and sun-dried tomatoes.

At-home preparation

Discard the MSG-loaded seasoning packet in the bag of noodles, either at home or in the field.

For single-servings, all ingredients should be bagged together, except for the Parmesan — keep that separate. I store the olive oil in a Nalgene bottle made of HDPE, which are available in 4-, 8-, 16-, and 32-ounce sizes. The screw-lids are very secure, and I haven't had one leak oil.

In a group setting, each group member receives their own ration of noodles, and all of the other ingredients (Parmesan, olive oil, sun-dried tomatoes, and spices) are packaged separately. Divide them in the field.



Lower right two bags: individual portion; olive oil not in photo. All other bags: group packaging.

Cooking instructions

For perfect at-home consistency:

1. Use 10 ounces of water. Add the leathery sun-dried tomatoes at the start, to give them time to soften up.
2. Bring the water to a boil, or a near-boil.
3. Add all ingredients, save for the Parmesan. The ramen seasoning packet should be discarded.
4. Stir and let reconstitute. No simmer is needed.
5. Once the ingredients have cooked and the pot has been removed from the stove, add the Parmesan. Unless you want a gooey cheese mess in your pot, do not jump the gun on the Parmesan.
6. Add salt, pepper, and red pepper flakes to taste.

Have questions or an experience with this meal?

Leave a comment.

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