



2018

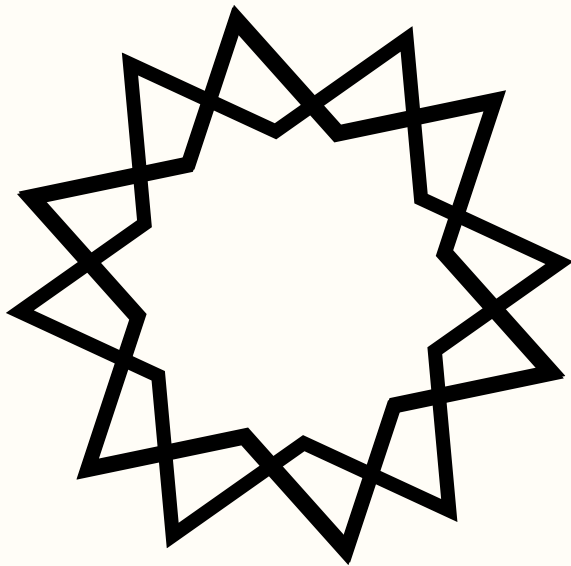
Ramadan Recipes

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*All recipes serve two.

Carrot Cake Overnight Oats

YOU WILL NEED

1/3 cup rolled oats
1/4 tsp turmeric
1/4 tsp ground ginger
1/4 tsp cinnamon
2 pitted dates
1/2 grated carrot
almond milk, toasted seeds, yoghurt to serve.

METHOD

Put the oats, spices and chopped dates into a container. Cover with almond milk and leave in the fridge overnight.

In the morning, grate the carrot and mix into the oats.

Top with yoghurt, toasted seeds or nuts, coconut chips and a drizzle of honey.



TOP TIP

Make a big batch and keep in the fridge for a few days. Mix the carrots in the morning for a lovely crunch.

Bircher Muesli with Apple

YOU WILL NEED

1/3 cup rolled oats
1/4 tsp ground cinnamon
sultanas or dates
double cream yoghurt
milk or apple juice
1 apple grated

METHOD

In a container put the oats, cinnamon, a few sultanas or 1-2 chopped dates. Mix well.

Add milk to just cover the oats. Leave in the fridge overnight.

In the morning grate 1 apple over the oats and serve with double cream yoghurt.



TOP TIP

Use apple juice instead of milk for a more intense apple flavour!

Blueberry Flapjacks

YOU WILL NEED

1 cup flour
1 tsp baking powder
1 egg
1 cup milk
Blueberries
yoghurt to serve

METHOD

In a bowl add the flour and baking powder. Use a whisk to make sure the baking powder is incorporated evenly.

Make a well in the centre and add the egg and milk. Whisk until you have a smooth mixture.

Drop spoonfuls of mixture into a hot pan with melted butter. Put a few blueberries onto each and flip over.

Serve with yoghurt and honey.



TOP TIP

Store your blueberries in the freezer to make them last longer.

Avocado Smoothie

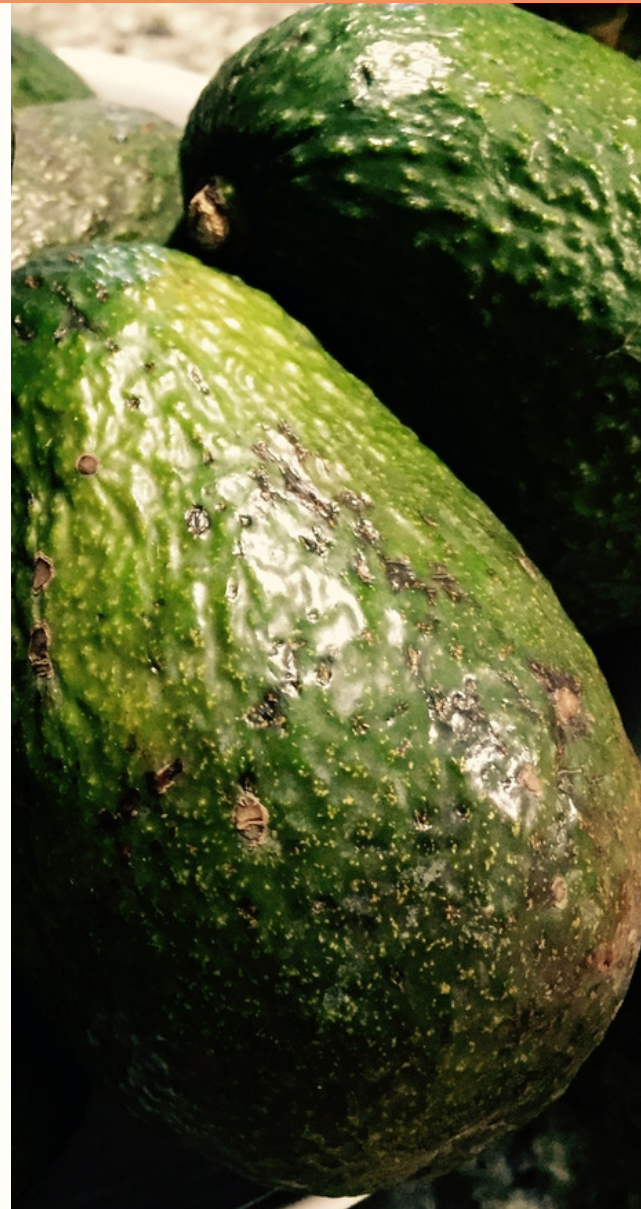
YOU WILL NEED

1/2 Avocado
1 cup spinach
1 tsp chia seeds
1 tsp honey (optional)
1-2 medjool dates
almond milk

METHOD

Put everything in a blender and cover with almond milk or regular milk.

Blend and enjoy!



TOP TIP

Almond milk gives this smoothie a creamy nutty flavour. You can also use regular milk. If its too thick add a little bit of water.

Quinoa Porridge

YOU WILL NEED

1/2 cup white quinoa

water to boil

Fruit and yoghurt to serve

or

milk

cinnamon

orange zest

METHOD

Boil the quinoa until all the liquid has evaporated and it becomes light and fluffy. Top with yoghurt and fruit.

Or

Cook the quinoa in milk, cinnamon and orange zest. Serve with more milk like a porridge.



TOP TIP

Quinoa, pronounced Keen-wa is a supergrain. It is also gluten free, high in omega-3 and is a complete protein.

Masala Egg Bread

YOU WILL NEED

4 slices of bread

2 eggs

1/3 cup milk

1 tsp red masala (ginger, garlic, red chilli), salt to taste

1/2 tsp ground coriander, cumin
chopped coriander

METHOD

In a bowl beat the eggs with the milk to make an egg custard.

Add the masala, spices and chopped coriander.

Dip each piece in the egg mixture and allow it to soak on either side.

Fry in a hot pan with oil/butter and brown on both sides.

Serve immediately and enjoy!



TOP TIP

Switch out the masala and spices with sugar and cinnamon for a sweet version!

Baked Bean Shakshouka

YOU WILL NEED

1 tin baked beans, cooked with red masala and onion
1 tsp cumin and coriander, each
4 eggs
coriander
salt & pepper to season
Ciabatta bread to serve

METHOD

In a pot, lightly brown 1/2 onion, add 1 tsp red masala and cook then add a tin of baked beans in tomato sauce.

Add the cumin and coriander, and allow to simmer.

Once the baked beans are cooked, make 4 wells and break an egg into each well.

Cover with a lid and allow the eggs to cook. Garnish with chopped coriander and serve with fresh bread.



TOP TIP

You can add chopped tomato into the baked beans if you want a chunkier sauce.

Beginner Ramen

YOU WILL NEED

1/2 onion, chopped, 1 tsp garlic paste
4 shiitake mushrooms, sliced
1 tsp Worcestershire sauce
500ml chicken stock
2 maggi noodle cakes
2 tsp soya sauce, 1 tsp rice vinegar
Assorted toppings to serve

METHOD

In a pot, saute the onion, garlic and shiitake mushrooms. Add the stock, soya sauce, rice vinegar & Worcester sauce.

Let it come to the boil and add the noodle cakes. Once the noodles are cooked assemble in bowls with julienne carrots, soft boiled egg, bean sprouts, shimeji mushrooms and spring onion.

Serve with chilli oil for extra bite!



TOP TIP

For a perfectly cooked soft boiled egg, boil for 6 minutes then cool immediately in an ice bath.

Creamy Chicken & Corn Chowder

YOU WILL NEED

1/2 onion, 1 - 2 green chilli, sliced
1 chicken breast, cubed
1 potato, cubed
2 carrots, cubed
2 tsp flour, heaped
2 Tb butter
1/2 tin cream style corn

METHOD

In a pot, saute the onion, chilli, chicken breast, potato & carrots in 1 tsp garlic.

Add the flour and butter and cook until light yellow/brown.

Add the cream style corn, followed by 1 cup of milk and 2 cups of water.

Boil until thick and add peas and chopped coriander before serving.

Season with salt and white pepper.



TOP TIP

The soup will thicken on standing, adjust the consistency by adding more milk or water. Add salt and white pepper to taste.

Tomato Soup

YOU WILL NEED

olive oil

400g cocktail tomatoes,

1 tsp salt & sugar, 1 tsp thyme

1/2 tin tomato & onion mix

1/2 tsp red chilli flakes

1 garlic clove, chopped

750ml vegetable/chicken stock

METHOD

In a pot, sauté the garlic, cocktail tomato, tomato & onion mix, thyme and chilli flakes. Add the salt & sugar.

Add the stock and allow to boil. Cool slightly then blend the soup with a handful of basil leaves.

Adjust the seasoning if needed. Serve with cheesy toasted sandwiches or quesadillas.



TOP TIP

If you can't find tomato & onion mix, just sauté 1/2 onion with tinned tomato.

Bolognese Soup

YOU WILL NEED

250g beef or ostrich mince
1/2 tin chop tomato, 2 Tb tomato sauce
1 tsp dried oregano/thyme or basil
3/4 onion, chopped
2 tsp garlic paste, sugar & red chilli
1 cup macaroni elbows
3 cups water, 125ml cream (optional)

METHOD

In a pot, saute onion, dried herbs, garlic, sugar and chilli. Add the mince and brown.

Add the chopped tomato, tomato sauce, water and macaroni. Boil until macaroni almost cooked and add the cream.

Simmer on low heat, when macaroni cooked adjust the seasoning with salt if needed. Garnish with chopped basil.



TOP TIP

Elbow macaroni is easier to eat & ostrich mince is healthier than beef.
Leave out the cream for a lighter soup.

Thai Butternut Soup

YOU WILL NEED

400g butternut, cubed
1/2 onion, chopped
oil for cooking
1 tsp thai red curry paste
1 tin coconut milk
water if needed
salt to taste

METHOD

In a pot, saute the onion in oil and add the chopped butternut.

Cook with the lid closed for a few minutes then add the thai curry paste.

Add just enough water to cover the butternut and cook until soft. Add the coconut milk and blend.

If the soup is too thin, boil until reduced. If it is too thick, add more water. Garnish with coriander.



TOP TIP

If you don't have thai curry paste use 1 tsp red masala.

Chicken & Corn Soup

YOU WILL NEED

1 Tb ghee
1 chicken breast, cubed
1/4 onion, 1 tsp ginger & garlic paste
1/2 tsp chilli flakes
1 tin cream style sweetcorn
500ml water
1/4 cup oats, chopped coriander

METHOD

Saute sliced onion in ghee. Add chicken cubes, chilli flakes and ginger & garlic paste. Cook but do not brown.

Add sweetcorn, oats, water and boil until thick. Add freshly ground black pepper and salt to taste.

Add a generous handful of chopped coriander before serving.

Keep this soup chunky or blend slightly for a smoother consistency.



TOP TIP

Omit the oats and add a slurry of 1 tsp cornflour and water if you need to keep it gluten free.

Chilli Con Carne Bowls

YOU WILL NEED

250g beef or ostrich mince
1/2 onion chopped, 2 garlic cloves
1 small cinnamon stick
1 tin red kidney beans, rinsed
1 tin chopped tomato, 2 small tomato
2 Tb tomato puree or tomato sauce
1 tsp each of ground cumin, coriander,
cayenne pepper

METHOD

Saute the onion with chopped garlic and cinnamon stick in oil. Add the mince and brown.

Add the tinned and fresh tomatoes, tomato sauce, kidney beans, spices and a little bit of water.

Simmer on low-medium heat until the sauce has thickened.

Serve in bowls with guacomole, nacho chips, coriander, spring onion & cheese.



TOP TIP

For a more filling meal serve with rice, tomato salsa, guacamole, spring onion and coriander.



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