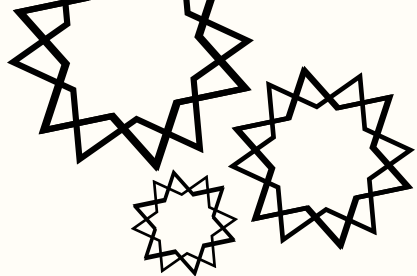




2018

Ramadan Recipes

WWW.MYHUNGRYHUSBAND.COM
VOLUME 2



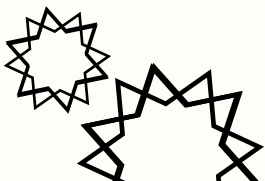
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MY HUNGRY HUSBAND - SEHRI

Gluten Free Pancakes

YOU WILL NEED

1 banana

1 egg

Optional:

Cinnamon

Yoghurt

Berries

Honey

METHOD

Blend the banana and egg together, drop spoonfuls in a hot pan.

You can use coconut oil or butter to keep it from sticking. Only when you can see the edges have started to cook, then flip over and cook the other side.

Top with yoghurt, berries and honey to serve.



TOP TIP

Use 1.5 - 2 bananas and 2 eggs to serve 2 -3 people.

Make just before eating.

Breakfast Hash

YOU WILL NEED

olive oil

1 garlic clove, chilli flakes

cherry tomatoes, cut in half

1 potato, cubed

mushrooms, sliced

baby spinach

basil leaves/ thyme

METHOD

In a frying pan, add a little bit of olive oil and thyme. Saute sliced garlic clove with cubed potato. Let the potato get nice and crisp on the outside, but soft on the inside, then add the mushrooms, tomato and chilli flakes.

Allow this mixture to cook, then lastly add the spinach, allow it to wilt and add basil leaves at the end.

Season with salt and pepper.



TOP TIP

Use any combination of mediterranean veg.

Serve with scrambled, fried or poached eggs.

Kathi Roll

YOU WILL NEED

1 tortilla
1 egg
milk/water
1 green chilli
Coriander
leftover salad/ katchumbar
green/red cabbage

METHOD

Beat the egg with a splash of water or milk, mix in chopped green chilli & chopped coriander. Add the beaten egg mixture to a hot pan and cook like you would an omelette, but do not fold.

Place the tortilla over the cooked egg and flip onto a plate. the tortilla should be at the bottom. Add your toppings as you wish, roll up and enjoy!



TOP TIP

Use up any leftover salad, cooked veggies or chicken for a filling & nutritious meal.

Green Juice

YOU WILL NEED

1 cup spinach
a small piece of lemon
a knob of ginger
mint leaves
1 small apple
water

METHOD

Put everything into a blender, cover with water and blend!

You can add other greens like celery if you wish.

Cucumber is not a good idea as this will make you lose water.



TOP TIP

If you have this for breakfast make sure to eat protein as well, like a boiled egg. The spinach contains iron and the apple contains fibre.

Figs & Cottage Cheese on Toast

YOU WILL NEED

Seeded bread/ciabbatta/sourdough
smooth cottage cheese or cream cheese
figs
honey/ olive oil
freshly ground black pepper
micro herbs/ pea shoots

METHOD

Toast your bread until crispy, smother a layer of smooth cottage cheese or cream cheese over.

Top with sliced figs and drizzle honey and/or olive oil over.

Sprinkle ground black pepper over and pea shoots or micro herbs.



TOP TIP

I just love toast, try the following combinations: peanut butter & banana, avocado & chilli flakes, cream cheese & raspberry jam.

Carrot Muffins

YOU WILL NEED

1.5 cups self-raising bran flour
1/2 tsp bicarb or baking powder
1/2 tsp ground cinnamon
1/3 cup xylitol or any equivalent sweetener
handful sultanas, toasted pecan nuts, chopped
2 x small carrots, grated
2 eggs
1/3 cup canola oil
1/2 cup milk

METHOD

Mix all the dry ingredients together including the grated carrot. In a separate bowl combine all the wet ingredients and whisk well. Make a well in the centre of the dry ingredients and add the egg/milk/oil mixture. Fill muffin cups until 3/4 full. Bake at 180°C for 15 – 20 minutes until a knife or cake tester comes out clean.



TOP TIP

If you don't have xylitol, use regular white or brown sugar. Add an extra 1tsp baking powder if you don't have self-raising flour.

Dr Paw Paw

YOU WILL NEED

Paw Paw or baby papaya
double cream yoghurt
toasted nuts like pistachios or
almonds
honey
pistacho halva - optional

METHOD

Wash, peel and de-seed paw paw. Place on a chopping board and slice as seen in the picture.

Place on a plate or platter and fan paw paw out, place a generous amount of double cream yoghurt over, top with toasted nuts and drizzle of honey.

For more indulgence crumble pistachio halva over.



TOP TIP

Make it plain with paw paw or slice banana lengthways for extra fruit!

Patha Chaat

YOU WILL NEED

6 - 8 pieces of patha
lettuce leaves
tamarind sauce
yoghurt
coriander, chopped red onion
crunchy bits - pur, sev, etc.
pomegranate seeds

METHOD

Fry the patha as normal and drain well on a paper towel.

Layer lettuce in a shallow dish or platter, followed by the patha (broken into pieces), drizzle yoghurt and tamarind sauce over.

Sprinkle chopped coriander and red onion over, followed by the crunchy bits and lastly the pomegranate seeds.



TOP TIP

If you don't have patha, use samosas or raiki aloo. Use any combination of sauces that you like.

Chicken Satay

YOU WILL NEED

2 chicken breast, cubed marinated in 1 tsp of ginger & garlic paste, 1 tsp sriracha sauce, 1 Tb soya sauce, 1 tsp salt, 1 tsp turmeric, 1 tsp ground coriander and cumin, 1/4 red onion finely chopped, 1/2 lemongrass stalk finely chopped, 1 Tb lemon juice, 1 Tb sugar, 1 Tb oil.

METHOD

Marinate chicken in above ingredients. Heat a frying pan until smokey hot, then add oil for cooking.

Add the chicken but do not toss, allow the one side to caramelise and brown then turn over and cook the other side.

When the chicken has cooked take off the heat and serve as it, with fresh salad, noodles or rice in bowls. You can find a peanut dressing recipe on the blog.



TOP TIP

You can eat the chicken with rice noodles, red cabbage, cucumber, coriander, toasted peanuts & shredded carrots.

Chana Masala

YOU WILL NEED

- 1 tin chickpeas
- 1 small onion, grated
- 2 small tomatoes, grated or blended
- 1 tsp red chilli masala or 1 tsp of each red chilli, ginger & garlic paste
- 1 tsp ground cumin & coriander
- 1/2 tsp garam masala
- 1/2 tsp turmeric, salt to taste

METHOD

In a small pot, brown the grated onion in oil, once the onion is golden add the spices and masala.

Let the spices and masala cook for a few seconds then add the grated tomato and chickpeas and a little bit of water.

Cook until the tomato has thickened and the chickpeas are soft but not breaking apart.

Garnish with chopped coriander.



TOP TIP

Serve with rice/ naan/ roti, tamarind sauce and a fresh chunky salad.

Quick Seekh Kebab

YOU WILL NEED

- 4 x spicy burger patties
- ½ onion, finely chopped or magimixed
- Handful of mint
- Handful of coriander
- 1 tsp Ground cumin
- 1 tsp Ground coriander

METHOD

Break up the burger patties with your hands and add all the ingredients.

Measure 1 Tb amounts for each kebab, put a little bit of oil on your hands and form into a log shape but tapered on both ends.

Keep refrigerated until ready to cook. Do not add oil to the pan as there is oil over the kebab, heat a frying pan until smokey hot and cook until done.



TOP TIP

You can use sausage meat instead of burgers or make from scratch with 400g mince, 1 slice of bread, spices etc.

Loaded Baked Sweet Potato

YOU WILL NEED

250g ostrich mince
1/2 onion, chopped, 2 fresh green chillies, 1 big clove garlic, finely chopped, 1/2 tin chopped tomato
1 tsp ground coriander & ground cumin
1 tsp garam masala, 1 tin red kidney beans, salt to taste, coriander
1 large Sweet Potato per person

METHOD

In a pot, heat a little bit of oil. Cook the onion, garlic, green chilli and add the mince.

When the mince is brown add the spices, tinned tomato, kidney beans and a little bit of water.

Allow to cook, the sauce will thicken. Cut sweet potato in half and roast until soft. Top with mince mixture, add cheese, guacomole, tomato salsa and spring onion.



TOP TIP

There are two types of sweet potato, the white one and the orange one. The orange one has a sweeter taste.

Khowse

YOU WILL NEED

2 chicken breasts, cubed
1-2 each whole cinnamon sticks,
cardamom pods, cloves
1 tsp ginger & garlic paste
1/2 - 1 tsp chilli flakes or powder
1/2 onion finely chopped
1 tin coconut milk

METHOD

Put a little bit of oil in a pot, add the whole spices, when they start to sizzle add the onion and saute. When the onion is translucent add the chicken, ginger/garlic paste and chilli flakes.

Allow to cook, at this stage you can also add 1 small grated tomato (optional). When the chicken is cooked add the coconut milk and simmer for 10 minutes. Serve with lemon wedges, fried garlic, fried samosa pur, chopped coriander and spaghetti.



TOP TIP

If you don't have samosa pur use lightly salted lays chips. Everyone can help themselves and make their own bowl.

Crispy Cornflake Chicken

YOU WILL NEED

2 Tb Mayonnaise
4 chicken breasts, cut into strips
1 tsp ground green chilli
Salt and pepper to taste
a good squeeze of lemon juice
crushed corn flakes for coating

METHOD

Marinate the chicken in mayonnaise, green chilli, salt, pepper and lemon juice.

Coat each piece in crushed cornflakes and place on a non stick mat on a baking tray. Drizzle 1 - 2 Tb of oil over and bake in a pre-heated oven at 200 degrees celsius until golden and crisp. Approx. 15 - 20 minutes.

Serve with my sweet curried pasta salad (recipe on the blog!).



TOP TIP

Serve as is with salad, roasted veggies or sweet potato fries. Put them in a wrap or bun and serve with coleslaw.



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