# 2020 Best of My Hungry Husband

# Ramadan Recipes

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# Preface

My Hungry Husband started as a platform to share easy recipes that anyone can cook using minimal and common household ingredients. Ilhaam Banoobhai-Anwar & Syed Kashif Anwar are a husband and wife team who are passionate about creating useful content for South Africans and the global audience.

The first volume of My Hungry Husband Ramadan Recipes was released in 2018, volume 2 followed shortly after and volume 3 was released in 2019. These are available to download on our website: www.myhungryhusband.com

In 2020, the world is in a situation that it has never experienced before – spending Ramadan in isolation from friends and family.

Due to these uncertain and stressful times, we have compiled a "Best of Ramadan Recipes" e-book for you to download and share for FREE that contains 10 Sehri and 10 Iftar recipes. Some are familiar favourites and there are five NEW recipes. These are all simple, inexpensive recipes and the ingredients can be substituted with what you have.

All recipes © Ilhaam Banoobhai-Anwar at My Hungry Husband Designed by Ilhaam Banoobhai-Anwar & Syed Kashif Anwar Edited by Sameera Karim-Ismail

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> > RAMADAN MUBARAK \*

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BEST OF MHH RAMADAN RECIPES 2020

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Carrot Cake Overnight Oats

### YOU WILL NEED

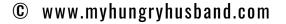
1/3 cup rolled oats
1/4 tsp turmeric
1/4 tsp ground ginger
1/4 tsp cinnamon
2 pitted dates
1/2 grated carrot
Almond milk, toasted seeds, yoghurt to serve.

### 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 grated apple

### **METHOD**

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

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

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



### TOP TIP

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

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# Avocado Smoothie

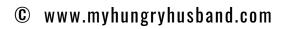
# YOU WILL NEED

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 enough 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.

Masala Egg Bread/ French Toast

### **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 of each ground coriander, cumin, turmeric Chopped coriander

### METHOD

In a bowl beat the eggs with the milk to make an eggy custard. Add the masala, spices and chopped coriander and beat.

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!

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### 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, 1 tsp red masala 1/2 onion 1 tsp cumin and coriander, each

4 eggs Coriander Salt & pepper to season Ciabatta bread to serve

### METHOD

In a pot, lightly brown the onion, add the 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.

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### TOP TIP

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

# Savoury Scones

### **YOU WILL NEED**

225g self-raising flour
1/2 tsp salt
50g butter
1 tsp mustard sauce
3/4 cup finely grated cheese (gouda, mature cheddar)
2 spring onions, finely chopped.
1 egg
100ml buttermilk/ amasi

### METHOD

Rub butter into dry ingredients until it resembles fine breadcrumbs & add cheese, onion.

Whisk egg, buttermilk, mustard. Make a well and add wet ingredients except 1 Tb. Mix until dough forms a ball. Knead until smooth. Flatten into 2cm thick circle, cut into 4's then 1/2 each 1/4 so you are left with 8 triangles.

Brush with remaining egg. Bake for 12 – 14 minutes until golden at 220°C in preheated oven.

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### TOP TIP

Grate more cheese over the top before baking. Enjoy with jam and cheese!

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.

Adding Cucumber is not a good idea during Ramadan as this will make you lose water. You can add celery, kale and other green vegetables.

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### TOP TIP

If you have this for sehri eat something else with it as well like protein. This does not keep you full but makes sure you get fresh green veg in.

# Everything But The Kitchen Sink Cookies

# **YOU WILL NEED**

2 cups flour 1 tsp baking powder, 1 tsp bicarb 1/2 cup Brown & 1/2 cup white sugar 1 cup butter, melted 1 tsp vanilla essence 2 eggs Add as much as you like of the following to make 1 cup: desiccated coconut, almonds, pistachio, choc chips, pumpkin seeds, sunflower seeds, cranberries, oats etc.

### METHOD

Mix the dry ingredients together. Beat the eggs, melted butter and vanilla essence together.

Add liquid to dry ingredients, then mix. Makes approx. 40 cookies depending on what you added in your 1 cup of goodies.

Bake at 180°C for 20 minutes or until the edges are golden brown. Cooking time depends on how crispy you like your cookies.

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# TOP TIP

You can add pretzels, chocolates, raisins, m&m's, seeds etc.

Small Batch Fig Jam

### **YOU WILL NEED**

2 punnets of figs (approx. 250g) 1/3 cup sugar 1 Tb lemon juice 2 Tb water Star anise/cardamom

### METHOD

Wash your figs, then roughly chop.Blend (if you want a smooth jam) with water, lemon juice. Add to a pot with sugar and star anise/cardamom. If you do not want a smooth jam, add all the ingredients to the pot.

Simmer on medium – low heat, stirring occasionally. Once the mixture has thickened, check for soft ball stage by dropping some mixture into cold water. It should hold its shape.

Sterilise a jar to decant in. Enjoy with toast, yoghurt, cheese etc.

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### TOP TIP

Double this recipe to make more. You can sterilise a jar by pouring boiling water over it and then leaving it to cool.

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 \*Use whatever you have, amounts don't need to be specific

### **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.

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### TOP TIP

Use any combination of mediterranean veg. Serve with scrambled, fried or poached eggs.

# Ramen Noodle Soup

# YOU WILL NEED

1/2 onion, chopped, 1 tsp garlic paste
4 shiitake mushrooms, sliced
1 tsp Worcestershire sauce
500ml chicken stock
200g egg noodles
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!

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# TOP TIP

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

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\* optional

### **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.

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### TOP TIP

If you don't have patha, use samosas or boiled potato cubes. I buy pomegranate in season and keep the arils in the freezer ready to use.

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# **YOU WILL NEED**

1 tin Tuna, drained 1 potato, peeled, boiled and mashed 1 egg Finely chopped coriander, 1/2 onion, 1 green chilli Salt to taste Black pepper to taste Oil for shallow frying

### METHOD

Mix your tuna with the mashed potato, coriander, eggs, onion, green chilli and seasoning. Mix until well combined.

Take 1 Tb of tuna and form it into a small fishcake. You can make larger ones if you wish.

Heat some oil in a frying pan and shallow fry the fishcakes, turning once. Do not try to turn them too soon or they will break. Drain on a piece of paper towl and serve with chutney and salad.

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### TOP TIP

These can be frozen and taken out to defrost before frying. This recipe makes approx. 10 – 12 small fishcakes.

# MY HUNGRY HUSBAND - IFTAR Jeweled Saffron Rice

# **YOU WILL NEED**

1 cup basmati rice Salt to taste Saffron or yellow food colouring Handful of sultanas Handful of fried onion Generous bunch of coriander Pomegranate rubies\* optional Toasted nuts (cashews, pistachios, almonds)

### **METHOD**

Cook the rice as normal. Add 100ml of hot water to saffron, allow to steep. Add the saffron liquid to the rice and steam in the micro or stove. Pour some boiling water to the sultanas so they plump up.

After the rice has steamed, add the soaked sultanas, fried onion, chopped coriander and toasted nuts.

Garnish with pomegranate rubies and serve.

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# TOP TIP

The sultanas will taste even better soaked in stock or apple juice.

Chicken, Corn & Cheese Springrolls

### YOU WILL NEED

2 chicken breasts, cubed
1/2 onion, chopped
1 tsp garlic paste
1/2 tsp white pepper
1/2 tsp fresh green chilli
1 cup of fresh or frozen corn
Bunch of coriander
Spring roll pastry sheets
1/2 cup grated cheese
2 tsp cornflour
Water & flour, mixed for pasting

### **METHOD**

Heat 2Tb of oil in a pot. Add garlic, chicken, onion, white pepper and green chilli. Saute until the chicken is cooked. Add the corn, cook for 3 minutes. Allow to cool then add coriander, cheese and corn flour.

Take a sheet of spring roll pastry, put filling in one corner and fold over so that the points on either side are next to each other, fold the sides in and roll up, pasting with "glue" as you go. Deep fry until golden.

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### TOP TIP

You can buy big or small spring roll sheets. Double the recipe to make more !

Bibimbap

## **YOU WILL NEED**

1 cup cooked short grain rice Shredded or julienne carrot Shredded or julienne cucumber 250g mince, cooked with ginger, garlic and soy sauce Shimeji, brown, white button or any other mushroom, sautéed. Spring onion, chopped Bean sprouts, blanched 1 fried egg per person

### METHOD

Bibimbap is a korean dish served in a bowl using any fillings. They usually consist of cooked or fresh vegetables, mince and rice.

Assemble your bowls with rice at the bottom, mince and vegetables on top. Each bowl gets a fried egg on top.

Make a sauce with tomato sauce, sesame oil, soya sauce, sriracha sauce and drizzle over the top.

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# TOP TIP

Everyone can make their own bowls! Use a variety of fresh vegetables, eat the rainbow (red & green cabbage, peppers etc).

# Chana Masala

# YOU WILL NEED

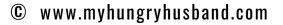
1 tin chickpeas 1 small onion, grated 2 small tomatoes, grated or blended 1 tsp red chilli masala or 1 tsp of each red chilli, ginger & garlic paste 1 tsp ground cumin & coriander 1/2 tsp garam masala 1/2 tsp turmeric, salt to taste

### 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.

# my hungry husband - iftar Baked 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!).

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# TOP TIP

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

Baked Apple Pies

### YOU WILL NEED

1 x roll puff pastry (I use Today Puff) 2 apples Cinnamon for sprinkling Brown sugar Lemon Juice Milk for egg wash

### METHOD

Cut the puff pastry in half lengthways, then cut into 4 width ways to make 8. Slice the apples as thinly as possible. Drizzle lemon juice over. Place the apples on half of each piece of puff, fanning them out slightly. Sprinkle with brown sugar and cinnamon.

Fold over the "lid" of pastry and secure the edges by crimping with a fork. Brush with milk and sprinkle with more brown sugar on top. Score the top of the apple pie so steam can escape. Bake at 200°C for 20 minutes or until nicely golden brown.

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# TOP TIP

Serve with cream, ice cream or enjoy plain!

Apple & Fig Crumble

### YOU WILL NEED

3 apples, peeled, cored and cubed 5 - 6 figs, cubed Lemon juice for sprinkling 2Tb of brown sugar for sprinkling 1 tsp vanilla essence Cinnamon for sprinkling 4 Tb oats 4 Tb cake flour 2 Tb brown sugar 4 Tb butter

### METHOD

Mix the fruit with brown sugar, vanilla essence, cinnamon and lemon juice. To make the crumble, add the oats, cake flour, brown sugar, and butter. Rub the butter into the flour and oats until it resembled chunky breadcrumbs.

Empty the fruit into an oven proof dish and cover with crumble topping. Put a few extra blobs of butter on top and bake at 180°C for 45 mins until golden brown and bubbly.

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# TOP TIP

Serve with cream, ice cream or enjoy with plain yoghurt!





# 2020

Ramadan Mubarak

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