

# COOK WITH US+

## “Ramadan” 22

The Messenger of Allah (ﷺ) say:

*"No man fills a container worse than his stomach. A few morsels that keep his back upright are sufficient for him. If he has to, then he should keep one-third for food, one-third for drink and one-third for his breathing."*



# RAMADAN TIPS

- This month is a perfect opportunity to modify eating habits and reduce the consumption of refined sugar.
- Iftar should be the perfect time to start the process of digestion with the dates balls (adding fibre and nuts will help you control blood sugar).
- Adding fruit and vegetable juices like beetroot (oranges, carrots, ginger and apple) or celery with ginger, apple and cucumber will give you the sugar needed to break the fast, as well as hydrate you in a progressive way.
- Follow your iftar with a soup (chorba, hrira or marga) (شربة، حريرة، أو مرق) with some multi-seeded bread.
- Take a break from food to allow time to drink more water and then eat the main protein dishes, savoury pastries for sohor which is the last meal before starting your fast.
- Add some mint tea with vervena to retain the water in the body. The hot drink will help you to drink more water.
- This way will help you to optimise your digestion, be more alert and energetic during the day.
- It will help the concentration of younger people who are fasting, taking exams or working full time.



# TO SUM UP

- Drink and eat your water in the form of soup and homemade juices.
- If you want dessert, make them to control the sugar and have them for Iftar.
- Keep your proteins and main meal for sohor as you will have the whole day to digest this type of food and you will feel great.
- Move during the day, you will have better sleep even for shorter periods at night as it is a blessed month after all.

*“Ramadan Mubarak and challenge yourself and families to change eating habits, do not waste food and eat well the smarter way.”*



## INGREDIENTS

- 1 pack of Paneer
- 600g of spinach (frozen, fresh or tin)
- 1 onion
- Garlic and ginger paste
- 1 Tsp of tomato puree
- Rapeseed oil
- 1 tin of peeled tomato chopped
- 2 Tsp of corn flour
- 1 Chilli
- 1 Tsp of turmeric
- 1 Tsp of garam massala
- Salt and pepper seasoning adjusted to taste.

## METHOD

- 2 separate pans
- One to bring warm the spinach until excess water is removed and cooked.
- Fry the paneer cut into cubes and pat dry in kitchen tissue to remove excess oil (put to the side until later).
- Sauté the onion, garlic and ginger paste with the rest of the spice and chilli with 1 Tsp of rapeseed oil.
- Add to the cooked spinach, 2 Tsp of corn flour to thicken.
- Combine tomato puree and chopped tomatoes to the onion preparation and cook through.
- Then combine the cooked spinach and towards the end, incorporate the paneers so that they are nicely coated as suggested in the picture.
- Finish cooking for about 2 min and serve warm with Chapattis.

# PALAK PANEER





# CHAPATTI

## INGREDIENTS

- 2 cups of chapatti flour
- 1 cup of water (consistency should be semi soft dough)
- Salt to taste (Neelam did not put any in the ones made)
- Wheat flour to shape the chapattis

## METHOD

- Combine ingredients until soft dough, the dough should not be sticky.
- Cover with a towel and leave to rest at least half an hour.
- Divide the dough into 6 or more equal balls.
- Dip each ball into the flour and flatten with a roller pin to make a nice circle.
- Place each circle on a hot pan and press with a towel, cook until soft brown spots appear and the Chapattis will puff out once you turn them on the other side.
- Place them on a towel and cover to keep them soft.

## INGREDIENTS

- 3 aubergines
- 4 bell peppers
- 3 big tomatoes
- 1 bunch of fresh coriander
- 3 cloves of garlic
- Apple raw vinegar
- Salt and pepper to taste
- Rapeseed oil

## METHOD

- Pan Fry all the vegetables cut in stripe and reserve to the side
- The vegetables can be oven cooked with a brush of olive oil but the taste will vary.
- Combine layers of vegetables and crushed garlic with chopped coriander.
- Once process finishes cover the vegetables with apple vinegar and leave in the fridge overnight to allow the flavour to develop.
- Can be stored in the fridge for more than a week due to the vinegar. Great with another dish and bread.



# DATES BALLS



## INGREDIENTS

500g of sukari dates (تمر السكري) (do not take too soft or too hard dates)

Seeds such as linseeds, Chia, Hemp seeds and cress seeds

Coconut powder

Roasted almonds crushed

Crushed pistachios

## METHOD

Remove the stones from the dates and mix in a blender or food processor to make a paste.

Incorporate the multi seeds in the paste

Paste should be sticky

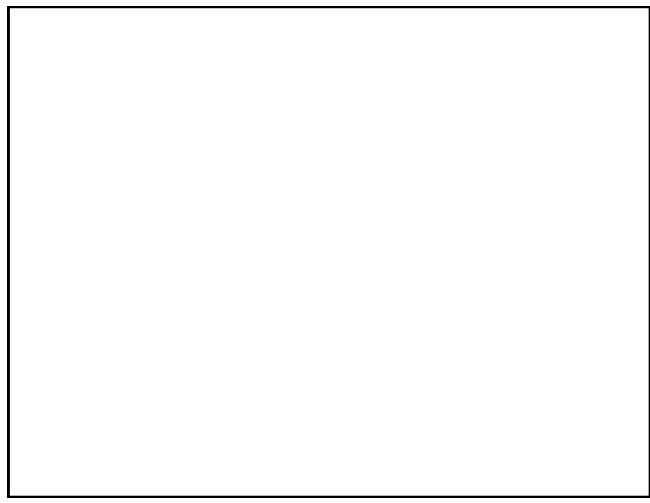
Place different nuts in different plates

Shape the dates and seed paste into small balls and roll each ball into the nut preparation chosen.

You can add rose water to your date paste if you wish and use any nuts that you have, works really well with peanut butter as well.

You can be as creative as you want.







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