

Recipe Card No. 1

ARABIC RICE WITH BEANS

INGREDIENTS

Serves 4-6

- 500g Basmati or other White Rice
- 2 Carrots
- 1 Tin Green Beans
- 60ml Sunflower Oil
- 600 ml water
- Salt & Pepper to taste



DIRECTIONS

• Step 1

In a large saucepan add the sunflower oil and put over a medium heat.

• Step 2

Peel & chop the carrots into small cubes. Add the carrots and green beans to the oil. Add half a teaspoon of salt & pepper Stir for 3-4 minutes until the vegetables have cooked through.

• Step 3

Take half the cooked vegetables from the pan and put to one side for decoration.



Recipe Card No. 1

ARABIC RICE WITH BEANS

**THIS DISH IS TRADITIONALLY
SERVED WITH A YOGURT SALAD**

In a bowl, add 500g of natural yoghurt, one whole grated cucumber, and 2 minced cloves of garlic. Add a teaspoon of salt, and a teaspoon of dried mint. Mix it together and serve with the Rice & Beans.



DIRECTIONS CONTINUED

• Step 4

You will still have half the vegetables in the pan. Add the rice and water to the pan and half a tablespoon salt, and half teaspoon black pepper. Bring the water up to the boil, and the reduce to a simmer for 10-15 minutes, until the rice is cooked and the water has been all absorbed.

• Step 5

In a warm serving dish, add all the cooked rice mixture. Top with the reserved carrots & beans.

You can add
cooked mince or
chicken to the
top of the dish for
more protein

Any left over rice &
beans can be
refrigerated and
then reheated
within one day



Recipe Card No. 2

ARABIC CARROT & POTATO SOUP

INGREDIENTS

Serves 6

- 1 kg Carrots
- 3 Potatoes
- 1 Onion, finely chopped
- 2 Tins Green Beans
- 2 tbsp Tomato Paste
- 500g of Passata
or Tinned Tomatoes blended
- 60ml Sunflower Oil
- Salt & Pepper



DIRECTIONS

• Step 1

In a large saucepan add the oil and put on a low heat. Add the chopped onion and cook until translucent.

• Step 2

Chop the carrots and potatoes into medium pieces. And add to the pan along with the green beans, tspn salt & tspn pepper. Increase the heat to medium and stir while cooking for 5 minutes.



Recipe Card No. 2

ARABIC CARROT & POTATO SOUP

Left over soup will keep for 3 days covered in the fridge. Just reheat thoroughly on the stove or microwave

You can add cooked mince or chicken to the top of the dish for more protein



DIRECTIONS CONTINUED

- **Step 3**

Once the vegetables have started cooking add 500ml of boiling water, and then boil for 3-4 minutes until the potatoes & carrots are almost cooked through.

- **Step 4**

Then add the Passata, tomato paste, boil for another 4-5 minutes.

Serve with rice or with bread



Recipe Card No. 3

KABSA: CHICKEN & SPICED RICE

INGREDIENTS

Serves 4-6

- 750g Basmati Rice
- 1 Onion, finely chopped
- 2 tbsp Kabsa Spice
- 1 Spice Bag
- 2 tsp Turmeric Powder
- 1kg Chicken Drumsticks
- 120ml Sunflower Oil
- Salt & Pepper

DIRECTIONS

• Step 1

In a large saucepan add the oil and put on a low heat. Add the onion and fry until translucent. Then add the chicken drumsticks, 1 tbsp Kabsa spice and 1 tbsp salt and cook on a medium heat for 3 minutes until the outside of the chicken has started to brown.

• Step 2

Add 1100ml boiling water to the pan and the spice bag and bring to the boil. Then boil for 35-40 minutes until the chicken is cooked through. 10mins before the chicken is cooked heat your oven to 200 C



Recipe Card No. 3

KABSA: CHICKEN & SPICED RICE

Serve with any
kind of salad but
Cumber & Tomato
salad is the best!

Spice Bag Ingredients:

- Cinnamon Stick
- Bayleaf
- Cloves
- Cardamom
- Dried Ginger

Tomato & Cucumber Salad. Mix in a bowl:

- 1 cucumber chopped
- 4 Tomatoes chopped
- Half Onion finely
chopped
- 3 Tbsp Olive Oil
- Juice of 1 lemon
- Salt to taste



DIRECTIONS CONTINUED

• Step 3

Keeping the water in the pan, remove the chicken and put on an oven proof tray or dish and cover and put to one side. Remove the spice bag and then add the rice to your pan. Add another tbsp Kabsa Spice and boil on high for 2 minutes.

• Step 4

Reduce the heat and simmer for 10-15 minutes on the lowest heat until the rice is cooked. It is better if you don't stir the rice when it's cooking, so after 10 minutes you will need to keep your eye on the rice.

• Step 5

While the rice is cooking, drizzle some sunflower oil on the chicken, and place in the oven for 10 minutes until it has some colour.

• Step 6

Serve the rice with the cooked chicken on top and add any fresh herbs you have.



Recipe Card No. 4

RICE PUDDING



INGREDIENTS

Serves 6

- 1 litre Milk
- 100 g Pudding Rice
- 80 g Sugar (or equivalent of sweetener of your choice)
- 1 tsp Vanilla Essence
- 1 tsp Rose Water
- 1/2 tbsp Cornflour

DIRECTIONS

• Step 1

Take one large and one small saucepan. In the large Saucepan add the milk and put on a high heat. Meanwhile in the small saucepan add the rice with 375ml water and put on a high heat. Boil the rice until all the water has been absorbed.

• Step 3

When the milk has boiled, lower the heat slightly, and add the cooked rice, the vanilla essence and then bring back to the boil and simmer until the rice is cooked. Stir the rice every minute or so while it is cooking.



Recipe Card No. 4

RICE PUDDING



You can also flavour your rice pudding with a spoonful or any jam you have

Add toppings like:

- Sliced Banana
- Strawberries
- Apple pieces
- Chocolate Chips



DIRECTIONS CONTINUED

• Step 1

Once the rice is cooked through, add the sugar and stir until the sugar has dissolved.

• Step 1

Dissolve the corn flour in a little water until it forms a runny paste. Add this in slowly to the rice, making sure you stir continuously until the cornflour mixture is absorbed.

Then add the rose water if using and immediately remove from the heat

• Step 3

Serve in individual bowls topped with any fruits or nuts you have, or sprinkle with some cinnamon.

Recipe Card No. 5

BANANA & BISCUIT PUDDING

INGREDIENTS

Serves 6

- 1 litre Milk
- 4 tbsp Sugar
- 4 tbsp custard powder
- 3 Bananas
- 1 pack tea biscuits/any plain biscuit



DIRECTIONS

• Step 1

In a large saucepan add the milk, custard powder & sugar and mix with a whisk. Once combined, put on a medium heat and stir continuously until thickened.

• Step 2

Let the custard cool a little. In a dish, add a quarter of the custard as a layer. Then add a layer of biscuits, add another layer of custard, then a layer of sliced banana. Then another layer of custard, then the rest of the biscuits. Finish with the last of the custard on top.



Recipe Card No. 5

BANANA & BISCUIT PUDDING



DIRECTIONS

- **Step 5**

Sprinkle with two of the biscuits on top. Then cover and chill in the fridge for at least 2 hours. Use a knife to cut into squares and then serve.

