



National Zakat
Foundation™

RAMADAN Eats & EID Treats

FROM OUR CHEFS TO YOUR KITCHEN

As the holy month of Ramadan approaches, families around the world prepare to embrace a time of reflection, spirituality, and togetherness. The aroma of traditional dishes fills the air, and kitchens buzz with activity as loved ones come together to share in the blessings of this special time. Ramadan is a month of fasting, prayer, and charity, culminating in the joyous celebration of Eid.

In this book, renowned Chef Reem, along with seven other beloved food bloggers invite you on a culinary journey through the vibrant and diverse world of Ramadan and Eid recipes. Chef Reem, known for her passion for creating delectable dishes that honour both tradition and innovation, has curated a collection of recipes that will delight your taste buds and nourish your soul.

This book will provide you with suhoor dishes that will energize you for the day ahead, nourishing meals to break your fast with and rich staples for your Eid spread. Each recipe is designed to bring comfort and joy to your table, crafted with love, drawing inspiration from time-honoured family traditions and culinary expertise.

May these recipes inspire you to create beautiful meals that bring happiness, love, and togetherness to your home during this blessed time.

We hope you have a blessed Ramadan!





PASSION BAKE

@passionbakeoakville is Ayesha's bespoke affair.

This unique name comes from Ayesha's undeniable dedication to pouring her heart and soul into each and every one of her creations. She commits herself to providing the most beautiful and delicious baked goods, and loves that her work brings a smile to her customers faces. Baking and food art are simply what she was born to do.

As a known passionate baker, Ayesha traveled to Italy and France to follow her dreams and enhance her skills as a Pastry Chef and a Chocolatier. Ayesha holds a Masters Degree in Advanced Chocolate and Confectionary. She is committed to learning and teaching advanced baking as she strives to take her skills to the next level.

Ayesha also holds a degree in Software Engineering which is the career she successfully pursued while following her passion for baking and pastry arts. Ayesha was awarded third place in the Lindt Easter Competition in April 2020.

Aside from her passion for pastry and culinary art, Ayesha thoroughly enjoys creating beautiful presentations and packaging for her products. She considers every detail of her packaging and ensures that each and every one of her creations (whether it be savory or sweet) is wrapped with ribbons, flowers and pearls to perfection.



LABNEH SUHOOR BOWL



INGREDIENTS

- 1 cup labneh (or strained yogurt)
- 1/2 cup mixed berries (strawberries, blueberries, raspberries, blackberries)
- 3-4 dates (chopped)
- 1 tbsp chia seeds
- 1 tbsp flax seeds (ground or whole)
- 1 tbsp sunflower seeds
- 1 tbsp mixed nuts (almonds, walnuts, cashews, etc.)
- 1-2 tsp honey (or to taste)





DIRECTIONS

1. Prepare the labneh:

Scoop 1 cup of labneh into a bowl or spread as a base in the dish. It's a great base for the suhoor meal as it's rich in protein and calcium.

2. Add the toppings:

Arrange the berries on top of the labneh. You can mix fresh or frozen berries for a refreshing, nutrient-packed touch.

3. Chop the dates and sprinkle them over the top.

Dates provide a natural sweetness and give a great energy boost.

4. Add chia seeds, flax seeds, and sunflower seeds to the bowl for added fiber, healthy fats, and crunch.

5. Scatter mixed nuts over the labneh for extra protein and healthy fats.

6. Drizzle with honey:

Finish off by drizzling honey over the entire bowl for a natural sweetener that complements the tanginess of the labneh.

7. Serve:

Enjoy this nourishing and filling suhoor bowl right away. It's a perfect balance of protein, fiber, and healthy fats to keep you energized during your fast.



MEXICAN YAMS

(SWEET POTATO) CHAAT

INGREDIENTS

FOR THE YAMS (SWEET POTATOES):

- 4 medium-sized yams (sweet potatoes)
- Olive oil (for roasting)
- Salt (to taste)
- Paprika 1/4 tsp

FOR THE MEXICAN TWIST:

- 1/2 cup corn kernels (boiled or grilled)
- 1/4 cup black beans (cooked or canned, drained)
- 1/4 cup chickpeas (cooked or canned)
- 1 small red onion (finely chopped)
- 1/4 cup cilantro (chopped)

FOR THE SALSA:

- 1 medium ripe tomato (thinly diced)
- Red onion (thinly chopped)
- Cilantro 1/4th cup (thinly chopped)
- 1/2 jalapeño (thinly chopped)
- 1/4 cup fresh lemon (squeezed)

FOR THE DRESSING:

- 2-3 tbsp sour cream 1-2 tbsp
- 1 tbsp chipotle sauce or hot sauce
- 1 tbsp honey

TOPPINGS:

- Crumbled tortilla chips (for crunch) OPTIONAL
- 1 ripe avocado (diced)
- Jalapeños thinly sliced
- Fresh cilantro leaves (for garnish)





DIRECTIONS

1. Roast the yams:

Preheat your oven to 400°F (200°C). Peel and cut the yams into small cubes.

Spread them evenly on a baking sheet. Toss the cubes with olive oil and salt. Roast for 25-30 minutes, or until they are tender and slightly caramelized.

2. Prepare the Mexican ingredients:

In a mixing bowl, combine the boiled corn kernels, black beans, chick peas, red onion, cilantro, tomato, and green chilies.

Squeeze the lime juice over the ingredients and toss them together.

3. Prepare the dressing:

In a small bowl, mix the sour cream chipotle sauce or hot sauce, honey. Adjust seasoning to taste, balancing the tang, heat, and sweetness.

4. Assemble the chaat:

Take a flat dish, spread out yams. Cover with a layer of Mexican mix spread. Drizzle the creamy chipotle dressing over the top. Pour over salsa.

5. Add toppings:

Diced avocados, cilantro and sliced jalapeños.





AYESHA ASLAM

@ayeshaaslam.official is the **Director and Founder of Sakoon,**

the UK's leading Muslim Counselling Service - www.sakoon.co.uk, supporting clients worldwide. An international speaker, accredited psychotherapist, marital/systemic therapist, and Islamic counsellor, she brings over 20 years of experience in mental health, working across a wide range of issues-from general counselling to complex psychological challenges.

Ayesha was the only Muslim invited to speak at the Global Mental Health Summit 2018, where she attended the UK Houses of Parliament to advocate for mental health policy reform. A sought after keynote speaker, she has addressed conferences on diverse topics, including training Muslim chaplains and imams in the UK. She also delivers accredited training in counselling, equipping professionals with the skills to support mental well-being effectively.

Her expertise is widely recognized through published articles, TV appearances, and her fearless approach to challenging taboos within the Muslim community. Most recently, she launched Muslim Moodfit-a free Muslim Wellbeing App packed with powerful features to support mental health and self-care.

DATE MILK

INGREDIENTS

- 5-6 Medjool dates, pitted
- 1/2 pint semi-skimmed milk or adjust to your consistency (or your preferred milk)
- A dash of honey (adjust to taste)

DIRECTIONS

1. Wash and remove the pits from the dates.
2. In a blender, add the dates with a small amount of milk. Blend until smooth.
3. Add remaining ingredients-Pour in the rest of the milk and add honey to taste. Blend again until creamy and well combined.
4. Enjoy chilled or warm for a comforting drink.





ZEBLICIOUS

I'm Zeba Mateen a proud daughter, wife, mom of three, and sister!

Cooking has been my passion since childhood, and last winter, I decided to pursue it further, which led to the creation of @Zeblicious.

I love experimenting with new recipes and exploring ancestral ones. Food is my love language. I hope you enjoy these recipes as much as we do and that they bring love & joy to your home, creating beautiful memories during this holy month. Please keep me and my family in your duas!

Ramadan Mubarak to you and your family!



CHICKEN & VEG

SPRING ROLLS

INGREDIENTS

- 1 packet of coleslaw
- 1 packet of matchstick carrots
- 4 peppers (green, red, yellow, and orange)
- 1 bunch of spring onions
- 2 lbs boneless chicken
- A small piece of ginger
- 5-6 cloves of garlic

SAUCES

- 2 tsp hot sauce
- 1/2 tsp white pepper
- 1/4 tsp black pepper
- 1 tbsp soy sauce
- 1/4 chicken bouillon cube
- Salt to taste
- Oil for cooking
- Packet or Spring roll wrappers



DIRECTIONS

- 1.** Cut the chicken into bite-sized pieces and set aside. Thinly julienne the capsicum, and chop the spring onions, ginger, and garlic.
- 2.** Heat some oil in a pan and sauté the ginger, garlic, and chicken for 5 minutes with half of the sauces.
- 3.** Add all the veggies and the remaining sauces, tossing everything quickly. Taste the filling and adjust seasoning if needed.
- 4.** Allow the filling to cool.
- 5.** Bring the spring roll sheets to room temperature. Then, place the filling into the spring roll sheets. Fold in the left and right edges, then roll from the bottom, keeping it tight. Seal the roll with egg white.
- 6.** Deep fry or air fry until golden and crispy.
- 7.** Serve hot with sweet Thai chili sauce and enjoy.





BUTTER CHICKEN

INGREDIENTS

- 500g boneless chicken breast, cut into small cubes
- 1/2 tsp ginger-garlic paste
- Salt to taste
- 1/4 tsp turmeric
- 1/4 tsp red chili powder
- 1/2 tsp tandoori masala
- 1/2 tsp garam masala
- 1/4 tsp black pepper powder
- Butter for cooking
- 2 green cardamom
- 2 cloves
- 1 cinnamon stick
- 15 cashews
- 4-5 tomatoes
- 2 tbsp fresh cream
- Crushed kasuri methi (fenugreek) to taste
- A pinch of sugar
- A pinch of food coloring (optional)





DIRECTIONS

- 1.** In a bowl, combine the chicken with ginger-garlic paste, salt, turmeric, red chili powder, tandoori masala, garam masala, and black pepper. Mix well and let the chicken marinate for 30 minutes.
- 2.** In a blender, grind the cashews and tomatoes into a smooth paste.
- 3.** Heat butter in a pot and add the marinated chicken. Cook until golden brown, then remove the chicken and set it aside.
- 4.** In the same pot add some more butter cook the blended cashew tomato add 1/4 tsp red chilli powder, 1/4 tsp tandoori masala and salt to taste and saute until butter starts separating from the sides. For a smoother texture, blend the paste again using a hand blender or grinder.
- 5.** Add the cooked chicken to the gravy. Season with crushed kasuri methi and garam masala powder.**6.** Stir in the fresh cream, a pinch of sugar, and a pinch of food coloring (optional) for extra richness and color. Cook on low heat for a few minutes. Taste and adjust the seasoning as needed.
- 6.** Garnish with cream.





HUNGRY PAPRIKAS

Amina Al-Saigh is the founder of the Middle Eastern food blog @hungrypaprikas.

She holds a bachelor's degree in engineering, as well as a Masters of Science. After a ten-year career as an engineer in the power industry, she decided to transition into entrepreneurship and dedicate more of her time to building her blog.

Her mission is to redefine Middle Eastern cuisine beyond popularized dishes and help her readers experience the varied and vibrant cuisine, all while simplifying her recipes for the modern, busy home.

Over the years she has become a go-to expert on Middle Eastern cooking, contributing to and being featured by Food Network Canada, Chatelaine Magazine, and the CBC. She is Iraqi-Canadian and resides in the Greater Toronto Area with her husband and two children.



CREAMY TURKISH

RED LENTIL SOUP SUHOOR BOWL (MERCIMEK CORBASI)

INGREDIENTS

FOR THE SOUP

- 3 tablespoons olive oil
- 1 tablespoon butter
- 1 large onion, finely diced
- 1 carrot, diced
- 2 garlic cloves, finely diced
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon aleppo pepper
- 1/2 teaspoon dried mint
- 1 teaspoon salt, more per preference
- 1 tablespoon tomato paste
- 1 cup red lentils (200g), washed and drained
- 1 1/2 litres boiled water
- 1 Lemon, for garnish



FOR THE BUTTER DRIZZLE

- 2 tablespoons butter
- 2 teaspoons paprika
- 1/2 teaspoon dried mint



DIRECTIONS

1. In a large soup pot, start by adding the butter and olive oil and heat until the butter is melted.
2. Add the diced onions and carrots and cook for 4-5 minutes until the onions have softened.



3. Add the paprika, black pepper, cumin, aleppo pepper, dried mint and salt and cook for 3-4 minutes, stirring often.
4. Add the diced garlic and the tomato paste and continue to stir for a few minutes.
5. Add the washed and drained lentils along with all of the water. Stir well and make sure you scrape any bits stuck on the bottom of the pot.
6. Simmer the soup on medium, covered, for 30 minutes.
7. Remove from the heat and use an immersion blender to blend the soup.





HOMEMADE HALAL CART

CHICKEN & RICE

INGREDIENTS

FOR THE CHICKEN

- 2 pounds boneless, skinless, chicken thighs, cut into 1-2 inch pieces
- 4 tablespoons olive oil, divided
- 1 tablespoon white vinegar
- 6 garlic cloves, minced
- 1 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons ground coriander
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 2 teaspoons onion powder

FOR THE YELLOW RICE

- 2 cups long grain basmati rice, washed and drained
- 3 tablespoons olive oil
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1 cinnamon stick
- 3 cardamom pods
- 3 cups chicken broth

FOR THE WHITE SAUCE

- 1/4 cup mayonnaise
- 1 cup yogurt
- 1 tablespoon white vinegar
- 1 small garlic clove, minced
- 1/4 teaspoon salt, plus more to taste
- 1/8 teaspoon black pepper, plus more to taste

TO SERVE

- hot sauce, any brand
- 1/2 head iceberg lettuce, chopped
- 2 Persian cucumbers, chopped
- 1 tomato, chopped
- 1/4 red onion, chopped
- 2 tablespoons olive oil
- 1 lemon, juiced
- salt and pepper to taste





DIRECTIONS

1. For the Chicken

Begin by placing the cut up chicken thigh pieces in a medium sized bowl. Add 2 tablespoons of the olive oil, the vinegar, minced garlic, salt, pepper, coriander, paprika, cumin and onion powder. Mix well, cover and set aside for at least 30 minutes, or overnight in the fridge.

2. In a medium sized skillet, heat the remaining 2 tablespoons of olive oil over medium high heat. Once hot, add in the seasoned chicken pieces, making sure to spread them out. You may need to do this in batches to prevent over crowding and to get a sear on the chicken. Cook undisturbed for 4-5 minutes, flip and stir and continue to cook for another 3-4 minutes until the chicken is golden brown and fully cooked. Set aside.

3. For the Rice

In a medium sized pot, heat the olive oil over medium heat. Add in the turmeric, salt, cinnamon stick and cardamom pods. Cook for 20 seconds. Add the washed and drained basmati rice and stir until the grains are all coated with the spices. Pour in the broth. Once the rice comes to a boil, cover with a tight fitting lid, reduce the heat and cook undisturbed for 20 minutes. Once cooked, fluff with a fork and set aside.

Note: Start the rice first, then cook the chicken while the rice cooks.

4. For the White Sauce

In a small bowl combine the mayonnaise, yogurt, vinegar, minced garlic, salt and pepper. Whisk well until smooth.

5. To Serve

Mix the chopped salad ingredients together and dress with the olive oil, lemon juice and salt and pepper.

6. To serve, plate the yellow rice, top it with the chicken, and serve with the chopped salad. Drizzle on the white sauce and hot sauce.





THREE CUPS OF CHAI

Zahra, also known as @threecupsofchai on socials,

is a recipe developer and food content creator based in Toronto.

As a busy mother of three, Zahra focuses on meals that are easy, delicious, nourishing, and that will satisfy the whole family.

Check her blog out at www.threecupsofchai.com and on Instagram, TikTok and Youtube for more mouthwatering recipes!



GROUND BEEF PUFF PASTRIES

INGREDIENTS

- One pack of puff pastry
- 1.5 lb ground beef
- 1.5 tsp ginger garlic
- 1 green chili
- 1/3 cup red onion (1 small)
- 1 tsp ground cumin (make sure this is toasted for max flavour)
- 1/2 tsp ground coriander
- 1/2 tsp chili flakes
- 1/2 tsp garam masala
- 1 tsp Salt, to taste
- Fresh cilantro
- 1/3 cup mashed potato - one medium
- Cheese
- Egg wash
- Sesame and poppy seeds



DIRECTIONS

- 1.** Add about 1.5 Tbsp oil to a large skillet on medium high heat, and add in the ground beef.
- 2.** Break it up and add in the spices and ginger garlic paste. Mix well.
- 3.** Add in about 1/2 cup of water, mix, cover and cook for ten minutes on medium low heat.
- 4.** Low heat until the water has been absorbed. Add in the mashed potatoes, stir or mash into the ground beef.





- 5.** Turn off the heat and in the cilantro and red onions. Mix well to combine. Cool completely.
- 6.** Place ground beef on to a sheet of puff pastry, top with shredded cheese, cover with another sheet of pastry or fold over to your desired shape (triangle, rectangle etc).
- 7.** Brush with egg wash, cut a few slits, and sprinkle with seeds.
- 8.** Bake on 400F for 18-20 min and enjoy with your favourite chutney!



LASAGNA

ROLL UPS

INGREDIENTS

- 350 g ground beef
- 2 tbsp olive oil
- 1/2 tsp dried oregano
- 1 1/4 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp chili flakes
- 1 cup chopped baby spinach
- 1/4 cup grated Parmesan
- 2 cups pasta sauce, more if you prefer it saucier
- 9 sheets of lasagna, boiled to al dente
- A few slices of provolone, quartered
- Fresh basil
- 2 cups grated mozzarella

DIRECTIONS

- 1.** Warm a skillet with olive oil on medium high heat, add the ground beef and spices.
- 2.** Mix to combine and cook until browned.
- 3.** Add the spinach, cook for two minutes, until wilted.
- 4.** Add in 1/4 cup of sauce, mix to combine, add in the parmesan and turn off the heat.





- 5.** Add about two Tbsp of the beef mixture to the bottom 1/4 of one lasagna sheet. Top with piece (or more!) of provolone. You may add in one Tbsp of sauce, before the cheese, if you'd like as well.
- 6.** Roll upwards, ensuring the roll is snug but not too tight.
- 7.** Spread about 1/3 cup of sauce onto the bottom of the baking dish. Place the prepped rolls in to the dish in one layer.
- 8.** Spread over sauce, any leftover beef, basil, more sauce.
- 9.** Bake covered in a 350F oven for 35 min.
- 10.** Remove layer with mozzarella & broil uncovered until golden and bubbly!





MAMA CARE PANJEERI

At @mamacarepanjeeri, we are a team of two sisters (Aamna and Waffa) and our dear Mama, Shagufta.

We make nutritious postpartum foods (broth, ghee, turmeric milk and panjeeri (roasted nut and seed mixture) for young moms to help them get the nourishment they need during their postpartum period.

We believe a healthy mama contributes to a healthy and happy baby and family.

You can read more of our story and see our products on our website mamacarepanjeeri.com





LEBANESE VERMICELLI RICE

Prep time: 5 min

Cook Time: 20 min

INGREDIENTS

- 1/2 cup vermicelli
- 1 1/2 cup rice
- 2 cups mamacare beef broth
- 1/2 tsp salt
- 1 tsp mamacare ghee

DIRECTIONS

1. Heat some ghee in a pan and saute your vermicelli on medium heat. Keep stirring as vermicelli can burn quickly. Saute until color changes from wheatish to a little brown.

2. Once the vermicelli is done, add in your washed rice and give it a stir to mix it well with the vermicelli.

3. Add in 2 cups of beef broth and 1 cup of water and add in your salt.

4. Once water starts boiling, turn your heat down and let your rice finish cooking.

5. Can top with sliced almonds or pine nuts or garnish with some parsley





GRILLED CHICKEN

INGREDIENTS

- 3 chicken breasts
- 2 tbsp yogurt
- 1 tbsp lemon juice
- 1 tsp salt
- 1/2 tsp pepper
- 1 tsp garlic powder
- 1 tsp nine spice
- 1 tsp dried mint powder
- 1/2 tsp paprika

DIRECTIONS

- 1.** Cut up some chicken breasts into cubes or use any chicken piece of your preference.
- 2.** In a bowl prepare the marinade by mixing the yogurt, lemon juice, salt, pepper, garlic powder, nine spice, dried mint powder, and paprika.
- 3.** Mix the chicken and marinade and if you have time, let sit for a bit.
- 4.** Cook the chicken on a pan on medium heat, turning every 7 min until all sides are cooked well.
- 5.** Garnish with some parsley and enjoy.





ALINA'S BITES

Welcome to @alinasbites

We're passionate about making your life easier with delicious, carefully crafted food made with love. Whether you need mini bites or a full catering service, we've got you covered! From intimate dinners to grand events like birthdays, weddings, baby showers, and engagement parties-we handle every detail. From mouthwatering food to stunning decor and setup, we'll make your event unforgettable.

Let us take care of everything so you can enjoy the moment! Check out our Instagram for more details.



SHISH TAWOOK

SKEWERS

INGREDIENTS

- 1 green pepper
- 2 tomatoes
- 1 onion
- 3 cloves garlic
- 2 lbs chicken breast (cut into cubes)
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp salt
- 1 tbsp pepper
- 1/4 cup yogurt
- Coriander
- Worcestershire sauce





DIRECTIONS

1. Prepare the Marinade:

In a blender, combine the green pepper, tomatoes, onion, and garlic. Blend until smooth.

2. Marinate the Chicken:

In a bowl, add the chicken cubes. Pour the blended mixture over the chicken. Add the garlic powder, onion powder, dry coriander, salt, pepper, hot sauce, Worcestershire sauce, and yogurt. Mix well until the chicken is fully coated in the marinade.

3. Marinate Overnight:

Cover the bowl and refrigerate for at least 4 hours, ideally overnight, to let the flavours develop.

4. Assemble the Skewers:

Thread the marinated chicken cubes onto wooden skewers. You can also add vegetables like bell peppers, onions, or tomatoes between the chicken pieces if desired.

5. Cook the Skewers:

Preheat your oven to 380°F (193C). Place the skewers on a wire rack and bake for 10 minutes.

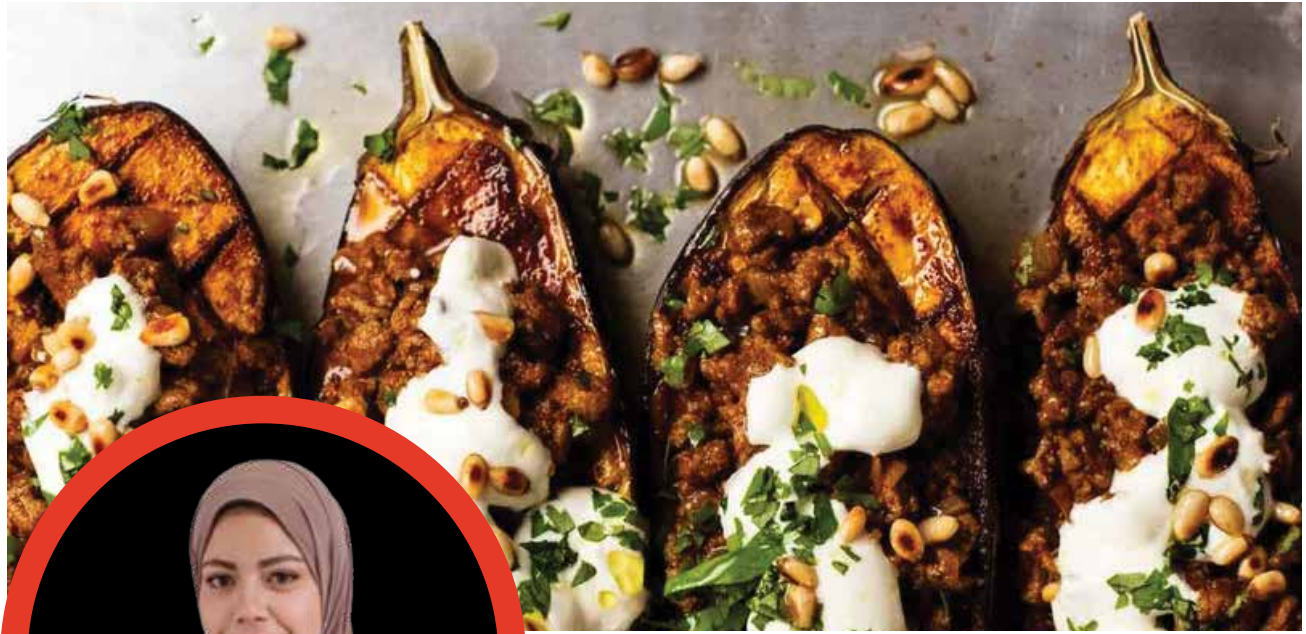
6. Broil for Finish:

After baking, switch your oven to broil and cook the skewers for an additional 2 minutes to get a nice char on the chicken.

7. Serve & Enjoy:

Once done, remove from the oven and serve hot. Enjoy your delicious homemade Shish Tawook!





CHEF REEM

[@chefreemahmed](#)

moved from Egypt to Canada in 2008 to pursue a career in Biomedical Engineering. Reem gained national attention as the first Muslim hijabi contestant on MasterChef Canada. She has built a successful cooking business, with features on CTV, CBC, BBC Arabic, Aljazeera, Alahram, Toronto Star, and more.

As she moves forward in her culinary journey, Chef Reem's ultimate goal is to inspire, motivate, and show all women, especially mothers suffering from postpartum depression and anxiety, that anything can be achieved if you set your mind to it, regardless of race or religion!

Reem has now joined forces with National Zakat Foundation Canada (NZF), dedicating herself to fighting local poverty and supporting evacuees in Canada as they resettle and heal. Reem regularly hosts events to raise funds to support evacuees from Gaza in Canada.



STUFFED EGGPLANT

INGREDIENTS

- 2 Big Minced Onions
- 10 Crushed Garlic Cloves
- 1 Pound Ground Beef
- 1 Cup Crushed Tomatoes
- 1 Cup Olive Oil or Butter
- 1 Bunch Chopped Parsley
- 1 Bunch Chopped Corriander
- 1 Bunch Chopped Dill
- 1 Bunch Chopped Mint
- 1 Bunch Green Onion
- 1 Teaspoon Cumin
- 1 Teaspoon Coriander
- 15 Mini Eggplant

DIRECTIONS

FOR STUFFING

- 1.** Prepare filling by sauteing onion in avocado oil.
- 2.** Make sure to add all spices and fry for a few seconds to get the smell out, then add the garlic.
- 3.** Add the ground beef and mix well until ground beef is cooked, then add the crushed tomato, and all the greens.
- 4.** Remove off heat and let it cool.





DIRECTIONS

FOR THE EGGPLANT:

- 1.** Press gently on the eggplants and roll in a circular motion to loosen the core from the skin.
- 2.** With a vegetable corer measure the depth of the eggplant and start poking it from the middle all the way in without piercing the bottom.
- 3.** Rotate the corer in a circular motion to get out the seeds.
- 4.** Start pushing the stuffing in and push down with your finger or spoon to make sure the stuffing is all the way in.
- 5.** In a pot add some olive oil then assemble slices of tomatoes and onions.
- 6.** Assemble your eggplants until the pot is full.
- 7.** Prepare a mix of 1 cup chicken or beef stock, minced garlic, crushed tomatoes, and spices then sprinkle on the eggplant inside out.
- 8.** Let it boil on medium high for 10 minutes then lower the temperature to low and let it cook for 20 minutes.
- 9.** Serve and Enjoy



LAMB SHANK

INGREDIENTS

- 3 Lamb Shanks
- 1 Cup Crushed Tomatoes
- 2 Tablespoon Minced Garlic
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 1 Tablespoon 7 Spices
- 1 Onion
- 1/4 Cup Lime Juice
- 1/4 Cup Orange Juice

DIRECTIONS

1. Prepare two different rubs.
2. For the first rub add lime juice, orange juice, minced onion, and 7 spices.
3. Score your lamb shanks and add the first coating.
4. For the second rub mix the crushed tomatoes, minced garlic, salt and pepper.
5. Place your lamb shank in foil paper and add your second coating.
6. Tightly wrap the foil paper to avoid leaking the marinade.
7. Put some water in the pressure cooker and place on your cooking rack, then gently place your lamb shanks.
8. Set your pressure cooker on high for 1 hour.
9. Then open the foil from the top and air fry until golden.
10. Or preheat your oven to 450F and cook for 2.5 to 3 hours.
11. Serve and Enjoy



THANK YOU

TO EVERYONE

WHO PARTICIPATED

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