RATION CHALLENGE

RECIPES
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SIMPLE FALAFEL

Chick peas (85g)
Flour (1tbsp)
Oil (60ml)

BONUS: You can add any earned spice or a small amount of an earned vegetable e.g. onion or capsicum.

1. Pour the chick peas into a large bowl and cover them with 3 inches of cold water. Let them soak overnight.

2. Drain and rinse well with water. Pour them into your food processor or pestle and mortar along with any earned spice, and a small amount of earned vegetable.

3. Mix all ingredients together until you have made a coarse meal. Scrape the sides of the processor periodically and push the mixture down the sides. Process till the mixture is somewhere between the texture of couscous and a paste. You want the mixture to hold together, and a more paste-like consistency will help with that... but don’t over-process, you don’t want it turning into hummus.

4. Pour it out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chick pea chunks that the processor missed.

5. Heat the oil in a frying pan. Test one falafel in the centre of the pan. If the oil is at the right temperature, it will take 2-3 minutes per side to brown. If it browns faster than that, your oil is too hot and your falafels will not be fully cooked in the centre. Cool the oil down slightly and try again.

6. Let them drain on paper towels. Serve the falafels fresh and hot.
**RECIPE**

**FASOULIA (SPICED KIDNEY BEANS)**

Kidney beans (200g)
Water (1/2 cup)
Oil (1tbsp)

**BONUS:** This recipe can only be made if you have earned a vegetable. We suggest tinned tomatoes.

1. In a large pot heat 1 tablespoon of oil over medium heat.
2. Add the kidney beans, drained and rinsed, the tinned tomatoes, and 1/2 cup water.
3. Stir to combine, and simmer until the sauce has thickened and the beans have softened slightly.
4. Add your earned spice and more water to adjust consistency, if needed.
Recipe

Fatima’s Flatbread Bites

Flour (400g)
Water
Sardines
Oil (to fry)

BONUS: You can add an earned spice or any reward ingredients to put on your flatbreads.

1. Mix flour and cold water together until dough is soft and sticky. Use enough water so that the mixture feels like a dough. You can do this with a spoon, and then knead with your fingers for 2-3 minutes.

2. Lightly sprinkle a little bit of flour on to a chopping board or clean bench. Place the dough on to the board/bench and knead until the dough is no longer sticky.

3. Leave to rest for ten minutes, covered with a damp cloth.

4. Separate the mixture into 10-12 parts (depending on how big you want your flatbreads to be) and flatten with your hand or a rolling pin.

5. Heat a frying pan to a medium-high temperature. Cook flatbread bites by putting approximately 1 teaspoon of oil into the pan and then adding a portion of the dough. Cooking time will vary depending on the consistency of the mixture and size of the flatbread.

6. Cut into small triangles and enjoy your gourmet flatbread bites.

Note: If you want to add reward ingredients such as a spice or a vegetable, do this after cooking the first side of the flatbreads. Place additional flatbread mixture over the top of ingredients and allow to cook in the pan until partially set then flip the flatbread over and cook the second side.
RESCEPIE

FRIED RICE

Cooked rice (250g)
Sardines (1tsp)
Oil (to fry)

BONUS: Add any extra rewards – vegetables, flavouring etc.

1. Heat oil in a wok on a high heat. Add a teaspoon of fish and fry for a minute.

2. Add reward ingredients such as protein, vegetables or flavourings to the pan.

3. Add cooked rice and toss for a few minutes more until all ingredients are combined and rice is completely heated through.
RECIPE

SIMPLE HUMMUS

Chick peas (85g)
Water (1/2 cup)
Oil (to drizzle)

BONUS: You can add an earned spice or reward ingredients to jazz up your hummus.

1. Place the dry chick peas in a large bowl or pot and fill with water to an inch or two above the peas. Soak overnight in the fridge.

2. Drain the chick peas. Place in a pot and fill with fresh water. Bring to the boil, then lower the heat to simmer. Cook the chick peas for an hour until they can easily be smushed with your fingers.

3. Drain the chick peas and let them cool. Mix using a food processor, slowly adding the water while the food processor is running. Check the texture and thickness regularly and add more water if needed to reach your desired consistency.

4. To serve, scoop into a bowl and drizzle with oil.
**MAYA’S LENTIL SOUP**

**Lentils (170g)**

BONUS: Earned spices.

1. Wash the lentils in water before starting to cook. Place in a pot, fill with water and bring to the boil.

2. Simmer and cook for 30 minutes.

3. Once lentils are soft, drain water and place mixture in food processor. Mix until it makes a soup-like consistency. Add water if needed.

4. Add any earned spice or bonus ingredients for flavour.
FATIMA’S MUJADARA

Lentils (40g)
Rice (2 cups)

BONUS: Earned spice to taste.

1. Wash lentils and cover with water in a pot.
2. Boil for 20-30 mins until soft and keep the cooking water in the pan.
3. Wash the rice and add it to the lentils and cooking water.
4. Leave on a medium heat until most of the water evaporates. Before all the water boils away, cover the mixture and turn it down to a very low heat for another 15 minutes.
5. Add your earned spice, mix and serve.