

15 Easy Ramadan Recipes

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Mina[™]

Zabeeha by Hand
Abattu à la main

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HALAL



MEDITERRANEAN MEZZE FALAFEL BOARD

This Mediterranean inspired mezze board is quick to put together for a hassle free and healthy Suhoor! It's a delicious meal that will cater to all of your family's taste buds and leave them satisfied.

- INGREDIENTS:**
- 1 box of Mina Halal Falafels
 - 3-4 eggs
 - Mixed olives
 - 4-5 radish
 - 2-3 spring onions
 - 3-4 Pita bread rounds
 - 3 cups Hummus (ready or homemade)
 - 1 (8 oz) package of Halloumi cheese
 - 3 small cucumbers
 - 1-2 cups cherry tomatoes
 - 2 Handfuls Arugula
 - 5 tablespoons extra virgin olive oil

INSTRUCTIONS:

1. Start by placing the frozen falafels on a parchment lined baking sheet, and cook in the oven per package instructions.
2. Place your eggs in a small saucepan and cover with water. Cook on high heat and allow to boil for 6-7 minutes for hard boiled eggs.
3. Next, cut the halloumi cheese into 3/8 inch slices, and blot dry using a paper towel.
4. Drizzle a non-stick pan with 3 tablespoons of extra virgin olive oil and heat the oil.
5. Place the halloumi slices in the pan and fry for 1-2 minutes on each side, until a deep brown colour develops. Remove from pan and place on a serving plate.
6. Serve the hummus in a bowl with a drizzle of olive oil. Garnish with chickpeas and paprika (optional).
7. Prepare the vegetables by washing everything and cutting them per preference. Smaller pieces make for easier sandwiches and dipping.
8. Cut up your pita bread to serving sized pieces.
9. Place everything together on a serving board and enjoy!



Serves: 2-4 children

Chicken Nugget Pasta Casserole

Keep your kids interested with this twist on the classic chicken nuggets! This delicious chicken nugget pasta casserole is easy to make and will definitely please their taste buds.

- INGREDIENTS:**
- 7-10 Mina Halal Chicken Nuggets
 - 240g Spaghetti (or any preferred pasta)
 - 3 Cups marinara sauce
 - 1/2 onion
 - 2 Cloves garlic
 - 2 tbsp vegetable oil
 - 1 tsp dried oregano
 - 1 tsp dried basil
 - 1/4 tsp salt (to taste)
 - 1/2 cup Parmesan cheese

INSTRUCTIONS:

1. Start by cooking the Mina Halal Chicken Nuggets per package instructions
2. Cook the pasta using boiling water until al-dente, per package instructions
3. Finely dice the onion and cook in a pot with the vegetable oil for 5 minutes until soft
4. Add the minced garlic and cook for another few minutes
5. Add the basil, garlic, and the marinara sauce and mix well. Simmer for a further 5 minutes
6. Add the cooked pasta to the sauce and mix well.
7. Place the pasta in a dish and top with the cooked chicken nuggets. Sprinkle with Parmesan cheese



Makes: 8 pieces

Puff Pastry Chicken Hand Pies

Delectable puff pastry hand pies made easy using Chicken Shawarma!
These pies are delicious freshly baked from the oven or made in advance and frozen.

INGREDIENTS:

- 1 box Mina Halal Chicken Shawarma
- 2 Cups frozen peas and carrots
- 2 tbsp vegetable oil
- 1/2 tsp salt
- 1/4 tsp paprika
- 1 Egg for egg wash
- 2 Rolled puff pastry sheets (usually in 1 package)
- 1 Onion
- 3 Garlic cloves
- 1/4 tsp turmeric
- 1/4 tsp coriander

INSTRUCTIONS:

1. Start by cooking the Mina Halal Chicken Shawarma per package instructions
2. Boil the frozen vegetables until tender, for roughly 15 minutes. Drain.
3. Finely dice the onion and cook in the vegetable oil for a few minutes until translucent.
4. Add the minced garlic and cook for a further few minutes.
5. Add the cooked vegetables and the spices and cook for a few minutes until flavours combine.
6. Combine the vegetable mixture with the cooked chicken and mix well. Allow to cool.
7. Roll out the puff pastry sheets and cut into equal sized squares
8. Place a few tablespoons of the mixture on one side of the puff pastry square.
9. Wet the edges of the pastry square with egg wash. Fold over filling and secure the sides with a fork. Repeat for all pastry squares.
10. Bake in the oven for 15 minutes at 400F or until golden brown



Makes: 2 wraps

AVOCADO & CHICKEN WRAP

Delicious and easy to make, these Avocado & Chicken wraps use nutrient dense food that are perfect for breakfast and will keep you satisfied all day!

INGREDIENTS:

- 4 Mina Halal Chicken Strips
- 1 Avocado
- Salt & pepper to taste
- 1/3 Cup shredded cheese
- 2 Flour tortilla wraps
- Juice of 1/2 lemon
- 6 Slices of tomato
- 1 Cup loosely packed spinach

INSTRUCTIONS:

1. Start by cooking the Mina Halal chicken strips per package instructions
2. Mash the avocado in a bowl, season with salt and pepper, and mix with lemon juice
3. To assemble the wrap, lay the tortillas flat and add spoonfuls of the avocado in the middle
4. Layer with 2 chicken strips, 3 tomato slices, a handful of spinach and a handful of shredded cheese. Wrap the tortilla and enjoy.



Makes: 2 wraps

Chicken & Vegetable Frittata

Upgrade your morning eggs with an easy Frittata that uses many ingredients you have lying around in your fridge. The addition of Chicken makes it a hearty and nutrient dense meal.

- INGREDIENTS:**
- 1/2 box Mina Halal Chicken Shawarma
 - 1/2 Onion
 - 1/2 Bell pepper
 - 2 cups packed spinach
 - 1 cup sliced mushrooms
 - 2 tbsp vegetable oil
 - 1/4 tsp salt
 - 3 tbsp crumbled feta
 - 5 eggs
 - 1/4 tsp salt & sprinkle of pepper (or to taste)

INSTRUCTIONS:

1. Start by cooking the Mina Halal Chicken Shawarma per package instructions
2. Finely dice the onion and the bell pepper, and slice the mushrooms
3. In an oven safe pan, cook the onion on medium heat with the vegetable oil for a few minutes until translucent
4. Add the bell pepper and mushrooms and cook for a further 5 minutes until all vegetables are soft
5. Add the spinach and the salt and cook for a few minutes until spinach is wilted
6. Add the Chicken Shawarma to the vegetables
7. Crack the eggs in a bowl and mix well, adding salt and pepper
8. Pour the eggs into the pan evenly and allow to cook for 3-4 minutes on medium heat
9. Broil the top of the Frittata for a few minutes in the oven until egg is no longer runny
10. Crumble the feta on top and serve with a side salad or bread



Mediterranean Chicken Fattah

Chicken Fattah is a classic dish, made with a twist using Chicken Shawarma. Layers of crispy pita bread, chickpeas, crunchy almond and a delicious yoghurt sauce make this dish irresistible!

INGREDIENTS:

- 1 box Mina Halal Chicken Shawarma
- 1/2 Cup olive oil
- 1/2 Cup slivered almonds
- Handful chopped parsley
- 2 Pita bread
- 1 Can chickpeas
- 1 tbsp vegetable oil

For the Yoghurt sauce:

- 2 Garlic cloves
- 1/4 Cup water
- 1 tbsp Olive oil
- 2 1/2 Cups plain yoghurt
- 1/2 tsp Salt

INSTRUCTIONS:

1. Start by cooking the Mina Halal Chicken Shawarma per package instructions
2. Cut the pita bread into small pieces and toss in the olive oil. Lay on a parchment lined baking sheet and bake in a preheated oven at 350F for 5-10 minutes until golden brown
3. Drain and wash the chickpeas
4. Toast the almonds in a tablespoon of vegetable oil on medium heat, stirring continuously for 5 minutes until almonds are golden brown
5. To prepare the yoghurt sauce, In a pan on low heat, saute the crushed garlic in the olive oil for a few minutes
6. Lower the heat and add the yoghurt and water (per thickness preference) and allow the yoghurt to warm up (note: do not boil it).
7. Layer the fattah by placing the pita bread, the chickpeas, chicken, and yoghurt sauce in a dish. Garnish with the almonds and parsley.

Recipe note: Dish is served with a yoghurt sauce amount that is greater than pictured.



Serves: 1 burger per person

Gourmet Make Your Own Burger Station

Whether you're firing up the BBQ or cooking these burgers on the stove top, there's always an excuse to invite your friends and family over for this gourmet burger station! With everyone's favourite toppings prepared, it's the easiest way to please a crowd!

- INGREDIENTS:**
- 2 Onions
 - Burger buns (1 per person)
 - Mina Halal Tandoori Chicken Burger
 - 3 Cups sliced mushrooms
 - 3 tsp dried herbs (Oregano and Basil)
 - Lettuce
 - Pickles
 - 3 tbsp vegetable oil
 - Mina Halal Jalapeno Beef Burgers
 - 1 Cored and peeled pineapple
 - 2 Garlic cloves
 - Cheese slices (per preference)
 - Tomato
 - Ketchup and condiments

INSTRUCTIONS:

1. Start by cooking the Mina Halal burgers per package instructions, either on the BBQ or on the stove top
2. Cut the pineapple into slices and grill for 2 minutes each side on high heat
3. Slice the onion into thin slices and cook on medium low heat with the vegetable oil. It will take approximately 15-20 mins for onions to develop a golden caramelization.
4. Slice the mushrooms and sautee with the minced garlic for 5-7 minutes until cooked. Add the dry herbs and mix.
5. Wash and slice the lettuce and tomato
6. Lay all components on a large sheet pan and serve



Serves: 4 people

Chicken Tikka Curry with Rice

A delicious chicken curry does not have take hours in the kitchen! This easy Chicken Tikka curry delivers on both flavour and convenience and makes a great weeknight meal.

INGREDIENTS:

- 1 Box Mina Halal Chicken Tikka Bites
- 3 Cloves garlic
- 3 tbsp Curry paste
- 1/2 Cup plain yoghurt (or cream if preferred)
- Cilantro and lime for garnish
- 1 Onion
- 2 tbsp vegetable oil
- 2/3 Cup water
- Salt and pepper to taste

INSTRUCTIONS:

1. Start by cooking the Mina Halal Chicken Tikka bites in a pan, per package instructions. Set aside
2. Finely dice the onion and mince the garlic
3. In the same pan as the chicken, add the vegetable oil and cook the onion for about 5 minutes until soft. Add the minced garlic
4. After a few minutes, add the curry paste and stir well for a few minutes
5. Add the water and allow the mixture to simmer on medium-low heat for a few minutes
6. In a bowl, add the yoghurt and whisk it well. Bring the yoghurt up to temperature by adding 5 tablespoons of the curry into the yoghurt bowl, one tablespoon at a time. Whisk well in between each tablespoon
7. Once the yoghurt is warm, add it into the pan and mix well with the curry, one tablespoon at a time to avoid splitting
8. Allow the mixture to simmer for 2 minutes, then add in the chicken tikka bites
9. Mix well and simmer for a few minutes. Serve with white rice and garnish with cilantro and lime



Serves: 2-3 people

Chicken Tikka Fried Rice

The perfect meal to use up leftover rice is fried rice! But it's even better with the addition of Mina Halal Chicken Tikka bites.

INGREDIENTS:

- 1/2 box Mina Halal Chicken Tikka Bites
- 3 Cups pre-cooked rice (refrigerated left over rice works well)
- 3 tbsp vegetable oil
- Green onion, cilantro and lime for garnish
- 2 Eggs
- 3 Garlic cloves
- 2 Cups frozen peas and carrots
- 1/2 Onion

FOR THE SAUCE:

- 1 tbsp reduced sodium soy sauce
- 2 tsp rice vinegar
- 1 tbsp hoisin sauce
- 1/4 tsp hot sauce (or more per preference)

INSTRUCTIONS:

1. Start by cooking the Mina Halal chicken tikka bites per package instructions and set aside
2. Finely dice the onion and mince the garlic
3. Add the vegetable oil in a pan and cook the onion for about 5 minutes until soft. Add the minced garlic and cook for a few minutes
4. Add the frozen vegetables and a dash of salt and pepper to season the mixture slightly (less than 1/4 tsp salt because the soy sauce will be salty)
5. Cook mixture until vegetables have thawed and softened, for approximately 5-10 minutes
6. In a separate bowl, combine all the sauce ingredients and mix well
7. Add the rice to pan to heat up and combine with the mixture. Add a bit more vegetable oil if needed
8. Add the sauce and mix
9. Cut the chicken Tikka bites into smaller pieces and add to the pan
10. Scramble the eggs in a separate pan and add to the stir fry, or fry the egg sunny side up and top the fried rice (per preference)
11. Garnish with green onion, cilantro and lime



Serves: 3-4 people

Entertainment Board

The best thing to do with company is share great food! This easy to assemble entertainment board has a variety of items that will be devoured by your guests.

- INGREDIENTS:**
- 1 Mina Halal Chicken Wings (Garlic or BBQ)
 - 1 Mina Halal Chicken Shawarma and garlic sauce
 - 2 Cups shredded lettuce
 - Slices of pepper
 - 10 Mina Halal Falafel pieces
 - 10 Mini pita pockets
 - Slices of cucumber
 - 3 Leaves of lettuce

FOR THE FALAFEL SAUCE:

- 1/2 Cup yoghurt
- 1/2 tsp Garlic powder
- Juice of 1/2 lemon
- 1/4 tsp salt
- 3 tbsp Tahini

INSTRUCTIONS:

1. Start by cooking the Mina Halal Falafel, Chicken Shawarma, and Chicken Wings per package instructions.
2. Prepare the Falafel sauce by mixing together all ingredients and whisking well
3. Chop the cucumbers and peppers and place on serving board
4. Fill the pita pockets by adding 1 tsp of the garlic sauce, the chicken shawarma, and the shredded lettuce. Repeat for all pockets and place on serving board
5. Once cooked place chicken wings on serving board and garnish with greens. Serve with extra BBQ sauce on the side.
6. Assemble the Falafel by placing on pieces of lettuce and adding a teaspoon of the sauce on top. Garnish with parsley or cilantro



Makes: 4 wraps

Tropical Chicken Lettuce Wraps

These tropical chicken wraps pack a punch of flavor and are perfect for the summer time, served in lettuce boats for a healthy alternative.

INGREDIENTS:

- 4 Large iceberg lettuce leaves
- 1/3 Cup chopped parsley or cilantro
- Juice of 2 limes
- Dash of chilli powder
- 4 Mina Halal chicken strips
- 1/4 Cored and peeled pineapple
- 2 tbsp diced red onion
- 1/4 tsp salt
- 1 Avocado

INSTRUCTIONS:

1. Start by cooking the Mina Halal chicken strips per package instructions
2. Chop the pineapple into small pieces and combine with the chopped parsley/cilantro, diced onion, lime juice, salt and chilli powder. Mix well.
3. Slice the avocado into large slices
4. Assemble the wraps by laying a slice of avocado, the chicken strip, and adding a few spoonfuls of the pineapple salsa



Serves: 2 people

STUFFED CHICKEN PARMESAN WITH BUCATINI

Take the classic Chicken Parmesan recipe up a notch by using a Mozzarella stuffed chicken breast! This recipe comes together in under 30 minutes and will please all taste buds (including those picky eaters!).

INGREDIENTS:

- 2 Mina Halal Mozzarella stuffed chicken
- 1/2 pound dry Bucatini
- 3 cloves garlic
- 1/2 cup packed basil leaves
- 1/2 cup shredded mozzarella cheese
- 3 cups marinara sauce (ready or homemade)
- 1/2 Onion (large)
- 2 tablespoons vegetable oil
- 1/2 cup shaved parmesan

INSTRUCTIONS:

1. Start by placing the Mina Halal mozzarella stuffed chicken pieces on a glass baking dish and cook in the oven per package instructions.
2. Bring a large saucepan of salted water to a boil and add the Bucatini. Cook to al dente for about 6-7 minutes, or per package instructions. Drain and set aside.
3. Dice the onion and add to a non-stick pan with the vegetable oil. Sauté on medium-high heat for 5 minutes.
4. Add the crushed garlic to the onions and cook for another few minutes.
5. Add the marinara sauce to the skillet and cook for a further 2 minutes.
6. Chiffonade the Basil leaves by stacking them, rolling them and slicing using a sharp knife. Add half to the marinara sauce.
7. When chicken is cooked, remove from the oven and the baking dish and set aside. Pour the marinara sauce into the baking dish and then nestle the chicken back into the sauce. (Optional: if using a pan/skillet that is oven safe, simply place the chicken in the skillet)
8. Spoon a few tablespoons of sauce on top of the chicken, and sprinkle with both types of cheese.
9. Place it back into the oven for a few minutes to melt the cheese.
10. Garnish with the rest of the basil and parmesan cheese and serve over the Bucatini.



Mediterranean Chicken Shawarma Salad with Mint Lemon Couscous

Take The perfect summer time meal, this chopped mediterranean salad with lemon vinaigrette and topped with Chicken Shawarma is light and delicious. Especially with served with the Lemon Mint Couscous.

INGREDIENTS:

FOR THE SALAD:

- 1/2 Head romaine lettuce
- 1/4 Bell pepper
- 2-3 Radish
- 1/2 Cup cherry tomato
- 1 box Mina Halal Chicken Shawarma
- 1 Cup lightly packed arugula
- 2 Small cucumbers
- 1/4 Red onion
- 1/3 Cup olives

FOR THE DRESSING:

- Juice of 2 lemons
- 1/4 tsp Salt
- 2 tbsp Olive oil
- Pepper to taste

FOR THE COUSCOUS:

- 1 1/4 Cup boiling water
- 1 Sprig of mint
- 1/2 tsp salt
- Juice of 1 lemon
- 4 tbsp Olive oil
- 1 Cup couscous

INSTRUCTIONS:

1. Start by cooking the Mina Halal Chicken Shawarma per package instructions
2. Place the couscous in a bowl and pour the boiled water on top. Cover and let stand.
3. Chop up the lettuce, bell pepper, cucumber, radish, onion and tomato
4. Layer all the vegetables in a serving dish and add the cooked chicken Shawarma on top
5. Mix the dressing ingredients together and serve on the side or mix with the salad
6. Fluff up the couscous with a fork and add the lemon juice, chopped mint, olive oil and salt. Mix well and serve with the salad



Chicken & Onion Stuffed Pita Bread

Crunchy on the outside, with delicious caramelized onions and chicken on the inside! These stuffed pitas are so easy to make and feature a delicious middle eastern spice that will take them to the next level: Sumac!

INGREDIENTS:

FOR THE SALAD:

- 1 Red Onion
- 1/2 tsp salt
- 3 tsp sumac
- 3 tbsp vegetable oil
- 1 tbsp pomegranate molasses (optional)
- 1/4 cup olive oil
- 1 and 1/2 8" pita rounds
- 1 box Mina Halal Shawarma Chicken
- Parsley for garnish

INSTRUCTIONS:

1. Start by preheating your oven to 400F.
2. Thinly slicing the red onion and adding it to a non-stick pan coated with the vegetable oil on medium heat.
3. Cook the onions for 5 minutes until soft, and add the sumac, salt and pomegranate molasses if using. Mix together and cook for a further 5 minutes.
4. Meanwhile, in a non-stick pan, heat up the chicken shawarma per package instructions. Once ready, add to the onions and mix together. Taste and adjust for seasoning.
5. Cut up the pita bread into equal quartered pieces and lay on a parchment lined baking sheet.
6. Brush the inside of the pita bread with some olive oil.
7. Stuff the pita pieces with the chicken and onion mixture and lay on the baking sheet. Once all pitas have been stuffed, rush the outside of the pita generously with olive oil on both sides.
8. Place in the oven for roughly 10-15 minutes until golden in colour.
9. Serve with the Mina Halal shawarma sauce and hot chilli sauce.



Chicken Nuggets with Sweet Potato Wedges and Garlic Yoghurt Sauce

Make the classic chicken nuggets a nutritious meal for your children by adding a delicious side of sweet potato wedges and an easy yoghurt-tahini sauce for dipping!

INGREDIENTS:

- 8-10 Mina Halal Chicken Nuggets
- 2 Sweet Potatoes
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried basil
- 2 tbsp olive oil

FOR THE SAUCE:

- 1/4 Cup yoghurt
- Juice of 1/2 lemon
- 1.5 tbsp Tahini
- 1/4 tsp Garlic powder
- Dash of salt and pepper

INSTRUCTIONS:

1. Start by cooking the Mina Halal Chicken Nuggets per package instructions
2. Preheat the oven to 400F
3. Peel the sweet potatoes and wash well
4. Cut into large wedges and add to a mixing bowl
5. Combine the potato wedges with all the spices and the olive oil and mix well until all wedges are well coated
6. Bake the potatoes in the oven for about 25-30 minutes until soft and golden
7. Add all sauce ingredients in a bowl and mix well
8. Serve the nuggets, sweet potato wedges, and yoghurt sauce with sliced vegetables



Amina Al-Saigh



Amina is a passionate food blogger who is determined to help busy moms figure out dinner!

As a full time working mom, Amina knows the struggles that come with balancing everything – so she creates easy and healthy recipes that come together quickly in the kitchen and will be a hit with the whole family.

She is also a food stylist and photographer who loves getting creative using food.
For more from her, follow her food blog on Instagram @Hungrypaprikas.