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Healthy Halal Recipes

ISSUE 01



We've chosen a selection of our favourite recipes, all of which are healthy and easy to prepare...

Enjoy!

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FATTOUSH SALAD

INGREDIENTS:

Serves: 4

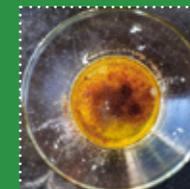
- 2 small naan breads
- Sunflower oil
- ½ tsp sumac
- 1 heart of Romaine lettuce, chopped
- 1 zucchini or celery, chopped
- 5 cherry tomatoes, chopped
- 5 green onions (both white and green parts), chopped
- 5 radishes, stems removed, thinly sliced
- 1 cup chopped fresh parsley leaves, stems removed

Lime-vinaigrette

- 1½ lime, juice of
- 50-75ml olive oil
- Salt and pepper
- 1 tsp ground sumac
- ½ tsp ground cinnamon

METHOD:

1. Toast the naan bread in your oven until it is crisp but not browned. Heat 3 tbsp of olive oil in a large pan. Break the naan bread into pieces, and place in the heated oil. Fry briefly until browned, tossing frequently. Add salt, pepper and ½ tsp of sumac. Remove the naan pieces from the heat and place on paper towels to drain.
2. In a large mixing bowl, combine the chopped lettuce, zucchini or celery, tomatoes, green onions with the sliced radish and parsley.
3. To make the lime vinaigrette, whisk together the lime juice, olive oil and spices in a small bowl.
4. Dress the salad with the vinaigrette and toss lightly. Finally, add the naan pieces and toss one more time. Transfer to small serving bowls or plates.





MEATY TAGINE WITH PRUNES & CASHEWS

INGREDIENTS:

Serves: 4

- 250g prunes
- 500g lamb or beef
- 2 teaspoons ground cinnamon
- 1 large onion, sliced
- 80g butter
- salt and pepper
- 5 tablespoons honey
- 1 tablespoon ground cinnamon
- 100g split cashews
- 3 tablespoon olive oil
- coriander for garnish

METHOD:

1. Soak the prunes in water for 30 minutes. Cut the meat into 5 or 6 pieces. Put the meat in a saucepan with the 2 teaspoons cinnamon, the sliced onion, butter, a pinch of salt and 1 glass of water. Cover and cook slowly for one hour. Remove the meat, set it aside and keep it warm.
2. Squeeze out the prunes and put them into a pan along with 5 tablespoons honey, 1 tablespoon cinnamon and caramelize over a moderate flame.
3. Toast the cashews in the pan with olive oil.
4. Serve the meat with the prune sauce and garnished with the toasted cashews and coriander.





CHICKEN SHAWARMA

INGREDIENTS:

Serves: 3-4

Chicken

- 2 tablespoons fresh lemon juice
- 1 teaspoon curry powder
- 2 teaspoons extra virgin olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon ground cumin
- 3 garlic cloves, minced
- 1 pound skinless, boneless chicken breast, cut into 16 (3-inch) strips

Sauce

- 1/2 cup plain yogurt
- 2 tablespoons tahini
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon salt
- 1 garlic clove, minced
- 1 teaspoon paprika
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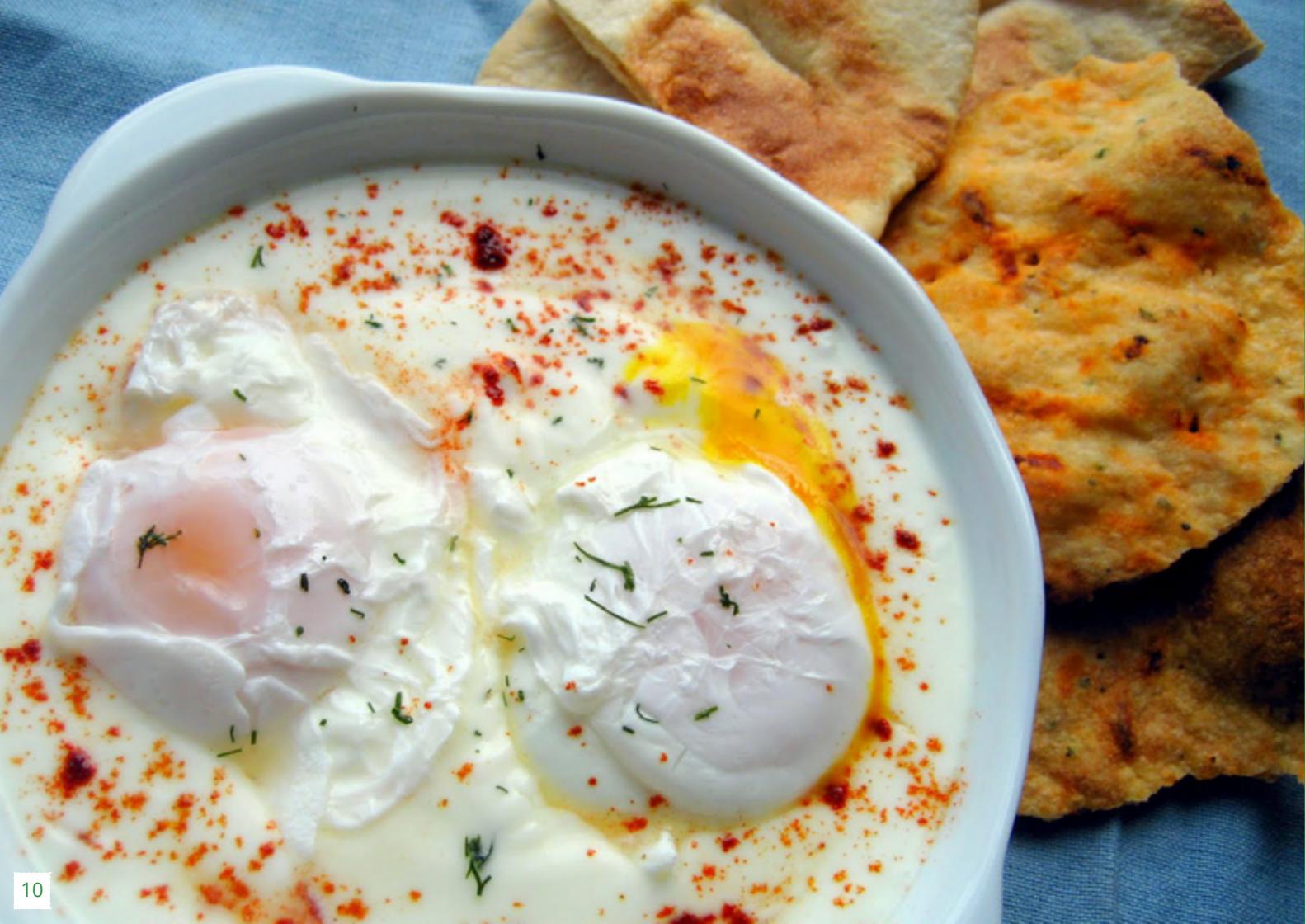
Remaining ingredients

- Olive Oil 4 (6-inch) pittas
- 1 cup chopped iceberg lettuce
- 8 (1/4-inch-thick) tomato slices

METHOD:

1. Preheat grill to medium-high heat.
2. To prepare chicken, combine first 6 ingredients in a medium bowl. Add chicken to bowl; toss well to coat. Let stand at room temperature 20 minutes.
3. To prepare sauce, combine yogurt and next 5 ingredients (through 1 garlic clove), stirring with a whisk.
4. Thread 2 chicken strips onto each of 8 (12-inch) skewers. Place kebabs on a grill rack coated with cooking spray; grill 4 minutes on each side or until done.
5. Place pittas on grill rack; grill 1 minute on each side or until lightly toasted. Place 1 pita on each of 4 plates; top each serving with 1/4 cup lettuce and 2 tomato slices. Top each serving with 4 chicken pieces; drizzle each serving with 2 tablespoons sauce.





TURKISH STYLE POACHED EGGS

INGREDIENTS:

Serves: 2

- 3 cloves garlic, peeled and minced
- 1 1/2 cups plain yogurt
- 1 pinch salt
- 4 cups water
- 1 tablespoon vinegar
- 1 teaspoon salt
- 6 eggs
- 2 tablespoons butter
- 1 teaspoon paprika

METHOD:

1. Combine the garlic, yogurt and pinch of salt in a bowl; and mix together well.
2. In a large saucepan or stockpot, combine water, vinegar and 1 teaspoon salt; bring to a boil over high heat. When the water is boiling hard, reduce the heat and gently break the eggs into the water, spacing them well apart. Cook until the whites have set over the yolks, immediately remove the eggs with a slotted spoon and place on a serving dish.
3. Melt butter in a small skillet or saucepan. Stir in paprika.
4. Pour yogurt sauce over eggs and top with paprika butter.





RICE PUDDING WITH DATES

INGREDIENTS:

Serves: 3-4

- 2 cups cooked white rice
- 2 cups whole milk
- 3 tablespoons white sugar
- 15 dates, pitted and chopped

METHOD:

1. Place the rice into a food processor or blender, and process until coarse, but not pureed.
2. Transfer to a saucepan, and stir in the milk, sugar and dates.
3. Cook over low heat, stirring occasionally until the dates are tender, about 20 minutes.
4. Serve warm or cold.





SAFFRON RICE WITH VEGETABLES

INGREDIENTS:

Serves: 2

- 1 2/3 cups chicken broth or chicken stock made from cubes
- 3/4 cup basmati rice
- 1/2 teaspoon saffron
- 2 medium sized red bell peppers, cut into 1-inch pieces
- 1 bunch asparagus, cut into 1-inch pieces
- 1 cucumber, cut into 1-inch pieces
- 1 teaspoon capers v1/4 cup slivered almonds

METHOD:

1. Steep saffron in 5 tablespoons of warm water.
2. In a large saucepan, over high heat bring chicken broth to a boil. Add rice. Add saffron water.
3. Reduce heat to low, cover, and simmer for 20 minutes until rice is fluffy.
4. Spray a grill pan with cooking spray. Grill vegetables over medium-high heat. Use tongs to remove from heat; set aside.
5. In a serving bowl combine rice, grilled veggies, capers, and slivered almonds. Toss. Serve warm.



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