



5 EASY-ON-THE-TUMMY MEALS FOR SEHRI

THE MILLENNIAL COOK
FARIHA AMBER



A few things signify the arrival of Ramadan and one of them is sehri. Ramadan sehri is one of the most important meals we consume as it is the last one before iftar. Sehri should be fulfilling and healthy at the same time.

Thus, here are 5 sehri ideas that are both healthy and easy on the stomach.

DUMPLING SOUP

To make the broth, to two cups of chicken stock, add slices of fresh ginger along with a tablespoon of soy sauce and a teaspoon of dark soy sauce. Also, add a dash of vinegar and your preferred hot sauce. You can also add shredded cabbage and carrots to make it more fulfilling. In a separate pot, add frozen dumplings to boiling water and cook them until tender. Remove them and add



some bok choy to the water until they wilt. To the broth, add a teaspoon of white pepper powder and sesame oil. Give it one last stir and remove from the heat. Pour this into your serving bowl and top with boiled egg, bok choy, dumplings, and sliced mushrooms.

GRILLED CHICKEN SALAD

Marinate two pieces of chicken breast with half teaspoon of each – smoked paprika, garlic powder, black pepper, mixed herbs, salt, and chilli flakes along with one tablespoon of each — olive oil and lemon juice. Massage the chicken pieces with this mixture and let it sit. Meanwhile, chop lettuce, cucumber, tomato, and onion.

Brush a grill pan over heat, and place the chicken slices. Once both sides are cooked, remove from heat and let them rest. To make the dressing, mix together one tablespoon finely chopped coriander and a garlic clove, along with one tablespoon mustard and lemon juice, three tablespoons olive oil,