



along with salt, black pepper, and chill flakes to taste. Slice the chicken pieces and toss with the vegetables, and drizzle over your dressing.

SHAKSHUKA

This dish is of North African and Middle Eastern origin and comprises poached eggs in spicy tomato sauce.

In a pan, heat two tablespoons oil and add one diced onion, one garlic clove, and a red bell pepper – season with salt and stir. Add one cup of diced tomatoes to this followed by spices including one teaspoon cumin powder, black pepper, red chilli powder, and paprika. Cook this mixture for five minutes and then make dents on the surface.

Crack one egg on top of each dent and let this cook on medium-heat for 10 – 15 minutes. Once the eggs are fully cooked,

garnish with fresh coriander leaves or spring onions. You can have this with rice, bread, or naan.

FRUIT SMOOTHIE BOWLS

Take out the pulp of one dragon fruit and slice one banana. Soak three tablespoons of oat with half a cup of milk. Blend these three elements together along with a tablespoon of desiccated coconut and a teaspoon of honey. Pour this into a bowl and top with your favourite toppings. Some healthy options include sliced bananas, chia seeds, granola, and chopped nuts.

You can replicate the recipe with strawberries as well since they are in season now. Just swap the dragon fruit for strawberries, and use one cup of diced strawberries in this case. You can top your strawberry smoothie bowl with strawberry



slices along with blueberries and shredded coconut.

OATS JAR WITH FRUITS

Pour half cup milk to half cup rolled oats and add a quarter cup of Greek yoghurt along with one tablespoon chia seeds and one teaspoon honey. Stir everything together and leave it in the fridge overnight. You can prepare this after iftar and by the time of sehri, it should be ready.

Once chilled, it should be firm to the touch. Top this with a variant of fruits of your choice. You may include diced strawberries, kiwi, banana, blueberries, pomegranate, and dragon fruit. For added fruitiness, you may also drizzle over some fruit syrup to top it off.

By Fariha Amber
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