

# Ramadan Quick Bites

## Flavorful Recipes for Students



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Welcome to "Ramadan Quick Bites: Budget-Friendly Flavors from Around the Globe"! This recipe book is designed with international students in mind, offering a delightful array of affordable and flavorful dishes perfect for the Ramadan season.

Whether you're craving a taste of home or eager to explore new culinary traditions, these recipes provide a perfect blend of simplicity and taste to keep you nourished throughout your studies. Get ready to embark on a culinary journey that celebrates the rich diversity of Ramadan cuisine while catering to the student budget.





# TABLE OF CONTENTS

01 SAUTÉED VEGETABLES  
WITH RICE 1

02 PITA PIZZA 2

03 FUL MEDAMES MADE  
WITH BEANS 3

04 ROASTED VEGGIES  
AND CHICKEN 4

05 MINCE SAMOSAS MADE  
WITH PUFF PASTRY 5



# 01 SAUTEED VEGETABLES WITH RICE

## Ingredients

- 1 cup rice
- 2 cups water
- 2 tsp olive oil
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 zucchini, sliced
- 1 carrot, sliced
- 1 Egg
- Salt and pepper to taste
- 1 tsp cumin powder
- 1 tsp paprika
- Fresh parsley or cilantro for garnish

**Servings:** 2-4



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## Instructions:

- Rinse rice until clear, cook in water until done, let sit covered.
- Sauté onion until translucent, add bell pepper, zucchini, carrot, and egg, cook until tender.
- Season with salt, pepper, cumin, and paprika.
- Serve over rice, garnish with parsley or cilantro.

**Cooking Time:** 30 mins

**Cost of Ingredients:** USD \$14-16

## Equipment:

Saucepan with lid  
Large skillet  
Stirring utensil  
Knife and cutting board

Rice: \$3

Eggs: \$2

Vegetables: \$3 to \$5

Olive oil: \$2 to \$3

Fresh herbs (optional): \$1 to \$2

# 02 PITA PIZZA



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## Ingredients

- Pita bread rounds
- Tomato sauce or pizza sauce
- Shredded mozzarella cheese
- Your choice of toppings (e.g., pepperoni, sliced bell peppers, onions, olives, mushrooms, etc.)
- Italian seasoning or dried oregano)
- Red pepper flakes

**Servings:** 2-4 pita pizza's



## Instructions:

- Preheat oven to 400°F (200°C).
- Place pita on baking sheet.
- Spread sauce, add cheese, toppings, seasonings.
- Bake 10-12 minutes until bubbly.
- Cool briefly, slice, and serve.



**Cooking Time:** 15 mins

### Equipment:

Baking sheet  
Parchment paper  
(optional)  
Oven

**Cost of Ingredients: USD \$10-12**

Pita bread rounds: \$2 to \$3

Tomato/pizza sauce: \$1 to \$2

Shredded mozzarella cheese: \$2  
to \$3

Toppings (e.g., pepperoni,  
vegetables): \$2

# 03 FUL MEDAMES



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## Ingredients

- 1 can (15 oz) of fava beans
- 2 cloves of garlic, minced
- 2 tablespoons of olive oil
- Juice of 1 lemon
- Salt, to taste
- Cumin, to taste
- Chopped parsley or cilantro, for garnish
- Pita bread or flatbread, for serving

**Servings:** 2-4

## Instructions:

- Rinse and drain canned fava beans.
- Heat olive oil in saucepan over medium heat, add minced garlic and cook until fragrant.
- Add fava beans to saucepan, mash slightly.
- Season with salt and cumin, cook for 5-7 minutes.
- Remove from heat, stir in lemon juice.
- Transfer to serving bowl, garnish with parsley or cilantro.
- Serve hot with pita or flatbread, and optional chopped tomatoes, onions, and cucumbers on the side.



**Cost of Ingredients: USD \$10-12**

Canned fava beans: \$1 to \$2

Garlic: \$0.50 to \$1

Olive oil: \$1 to \$2

Lemon: \$0.50 to \$1

Salt, cumin, parsley/cilantro: \$1 to \$2

Pita bread or flatbread: \$2 to \$3

**Cooking Time:** 25 mins

## Equipment:

Saucepan

Spoon or spatula for stirring

# 04 ROASTED VEGGIES AND CHICKEN



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## Ingredients

- 4 boneless, skinless chicken breasts
- 4 cups of mixed vegetables chopped into bite-sized pieces
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1 tsp dried rosemary
- Salt and pepper, to taste
- Lemon wedges, for serving

**Servings:** 2-4

## Instructions:

- Preheat oven to 400°F (200°C).
- Place chicken breasts on lined baking sheet.
- Toss mixed vegetables with olive oil, garlic, thyme, rosemary, salt, and pepper.
- Arrange vegetables around chicken.
- Roast for 20-25 minutes until chicken is cooked and vegetables are tender and caramelized, stirring halfway.
- Let chicken rest before slicing.
- Serve with lemon wedges for squeezing, if desired.

**Cooking Time:** 30 mins

## Equipment:

Baking sheet  
Parchment paper or aluminum foil  
Mixing bowl  
Knife and cutting board



**Cost of Ingredients: \$14-16**

Chicken breasts: \$6

Mixed vegetables: \$5

Olive oil, garlic, dried herbs, salt, pepper: \$3



# 05 MINCE SAMOSAS



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## Ingredients

- 1 package of puff pastry sheets
- 1 lb (450g) minced meat (beef, lamb, or chicken)
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 1 tsp ginger paste or minced ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric powder
- 1/2 tsp chili powder (adjust to taste)
- Salt, to taste
- 2 tsp vegetable oil
- 1 egg, beaten (for egg wash)

## Instructions:

- Preheat oven to 400°F (200°C).
- In a skillet, cook onion until soft, then add garlic, ginger paste, and minced meat, cooking until browned.
- Stir in spices and let cool. Roll out puff pastry, cut into squares, and fill with meat mixture.
- Fold and seal edges. Brush with beaten egg.
- Bake for 15-20 minutes until golden. Serve hot with dipping sauce.

**Servings:** 2-4



**Cooking Time:** 30 mins

### Equipment:

Skillet  
Baking sheet  
Parchment paper  
Rolling pin  
Pastry brush



**Cost of Ingredients:** \$14-16

Puff pastry sheets: \$3  
Minced meat: \$4  
Onion, garlic, ginger, spices: \$2  
Vegetable oil, egg: \$1 to \$2



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