

INTRODUCTION

What do you think it means to be healthy?

Many different things affect our health, including what we eat and how active we are. We need nutritious and balanced food to power our brain to study and to keep our body fit to play football, cycle around the park or run around with friends. Without the right food, our body gets tired and we lose our ability to keep up with our peers.

One has to eat a variety of foods that belong to different groups, with each of these groups bringing a special benefit to our body. To keep the diet balanced and enriched, we need to know how much of each food group we should eat daily. We have included 12 different recipes to help you learn about the food groups through the six Food Heroes:

1. Mufeed
2. Saleem
3. Nasheet
4. Lateef
5. Jamila
6. Ghalia

The Food Heroes Plate will help you understand the importance of making the right choices when it comes to making a balanced dish of carbohydrates, proteins, fats, vitamins, minerals, and water.

Enjoy preparing these dishes with your parents!

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MUFEEED



Dairy

Tip:

Mufeed is a source of protein and calcium; he helps with strengthening your bones and helps you focus more. He provides us with dairy and milk products. Low fat milk and milk products are preferred over full fat milk.

Milk Pudding with Barley

Yield: 2 Portions

INGREDIENTS

Milk **2 cup**
Barley **4 tbsp**
Cardamom (Powder) **1 tsp**
Maple Syrup **4 tbsp**
Dates (Chopped) **½ cup**

GARNISH

Almonds - As required

METHOD

1. In a sauce pan boil the barley in the milk on low heat until softened and cooked.
2. Add the cardamom powder and maple syrup and stir well.
3. Add the chopped dates and stir into the mixture. If the mixture is too thick add more milk and stir.
4. Garnish with few almonds for crunch.



Spiced Gouda and Barbecue Bites

Yield: 12 mini Burgers

INGREDIENTS

Spiced Gouda **500 gm**
Chicken breast (grilled) **500 gm (12 pcs)**
Salad Leaves **½ box**
Yogurt **80 ml**
Mustard **4 tbsp**
Black pepper (Powder) **1 tsp**
Whole meal bread rolls (mini) **12 pcs**

METHOD

1. In a bowl mix yogurt and mustard with black pepper and set aside
2. Cut bread rolls into half and spread with yogurt mustard mixture on each roll.
3. Add the salad leaves and the chicken breast. Place a generous slice of the spiced Gouda cheese and top with the other half of the bread roll.



Legumes & Meat

Tip:

Saleem is rich with omega 3 that helps to increase your memory. It is recommended to choose boiled and grilled lean meats over fried.

SALEEM



Beefed up Scotch Quail Eggs

Yield: 12 pcs

INGREDIENTS

Lean ground beef 250 gm	Quail eggs (hard boiled) 12 nos
Worcestershire sauce 1 tbsp	Egg (beaten) 1 pc
Parsley (chopped) 1 tbsp	All purpose flour 1 cup
Salt ½ tsp	Seasoned breadcrumbs 1 cup
Fresh ground pepper ½ tsp	Vegetable oil for frying 1.5 litter

METHOD

1. In a small mixing bowl, combine the ground beef, Worcestershire sauce, parsley, salt, fresh ground pepper and mix well with your hands. Divide the mixture into 12 equal parts and shape them into small balls.
2. Place a ball on your work surface and press it out flat with a rolling pan. Lay a hard boiled quail egg on top of the meat mixture and roll it up, completely covering the egg with the meat mixture. Repeat with the remaining eggs and beef.
3. Place the flour, beaten egg and breadcrumbs in three separate bowls. Dredge the now shaped and quail egg stuffed meatballs in the flour, roll it around in the egg and cover it with the breadcrumbs, ensuring the entire surface is evenly coated. Place the eggs in a plate and store in fridge until ready to cook.
4. Heat 2 - 3 inches of oil in a medium skillet or wok set over medium heat. Add the meat coated eggs and cook on all sides until the breadcrumbs are golden brown, about 8 - 10 minutes total. Transfer the cooked scotch eggs to paper towel-lined plate to drain the excess oil. Serve when warm.



Sticky Chicken Winglet with 3 Bean Casserole

Yield: 4 Serving

INGREDIENTS

Sticky Chicken Winglet:

Smoky barbecue sauce **100 ml**
 Sweet chili sauce **100 ml**
 Dark soy sauce **3 tsp**
 Chicken winglets **20 pcs**
 Spring onions (finely sliced) **1 tbsp**
 Freshly ground black pepper **½ tsp**
 Cilantro (for serving) **2 tbsp**
 Limes wedges (for serving) **3 pcs**
 Oil or cooking spray, **for greasing tin**

3 Bean Casserole:

Whole onion (medium) **1 pc**
 Brown sugar **¼ cup**
 Ketchup **½ cup**
 Worcestershire sauce **2 tbsp**
 White beans
 (rinsed and drained) **1 can**
 Black beans
 (rinsed and drained) **1 can**
 Baked beans (do not drain) **1 can**

METHOD

1. Preheat the oven to 200;c and lightly grease a roasting tin with oil or cooking spray.
2. In a large bowl, mix together the barbecue sauce, chili sauce, soy sauce and black pepper. Add the chicken and mix until fully coated.
3. Transfer the mixture to the prepared roasting tin and spread into 1 even layer. Bake until the winglets are cooked through and golden, 15 to 20minutes.
4. Transfer to a large serving platter and garnish with spring onions, cilantro and line wedges and set aside.
5. To make 3 bean casserole, preheat the oven at 140°C.
6. In a sauté pan add minced onions and sauté for 5-7 minutes.
7. Combine sautéed onions, brown sugar, ketchup, Worcestershire sauce and three beans together in an oven proof casserole dish, gently mix.
8. Bake for 30mins, uncovered when ready to eat, serve with the garnished chicken winglets.

Note: Red kidney beans could be used in place of black kidney beans.



Vegetables

Tip:

Nasheet provides us with fiber that helps with digestion, and it contains vitamin C that helps fight infections. It is recommended to consume 1 cup of raw leafy vegetables.

NASHEET



Broccoli Waffles with Yoghurt Sauce

Yield: 4 Portions

INGREDIENTS

Broccoli Waffles:

Broccoli **2 cups**
Whole wheat flour **½ cup**
Baking powder **1 tsp**
Salt **1 tsp**
Black Pepper **½ tsp**
Olive Oil **2 tbsp**
Milk (Low fat) **½ cup**
Eggs **2 pcs**

Yogurt Sauce:

Plain Greek yogurt **½ cup**
Lemon juice **1 tbsp**
Chopped dill **2 tbsp**
Garlic clove (finely Minced) **1 small**
Mustard **¼ tsp**
Black Pepper **¼ tsp**
Honey **1 tbsp**

METHOD

1. Heat the waffle iron.
2. Cut broccoli into bite size pieces and pulse in a food processor until rice like consistency.
3. In a large bowl combine broccoli, flour, baking powder, salt and black pepper, stir to evenly distribute.
4. Add in olive oil, milk and eggs and gold together with dry ingredients until well combined.
5. Spoon the broccoli batter to the waffle iron and cook until it becomes crisp in the outside.
6. In a bowl add yogurt, lemon juice, dill, garlic, salt and pepper, whisk until combined to make the yogurt sauce. Refrigerate until ready to eat.
7. Drizzle the sauce over the warm waffles and serve.



Vegetable Whole Meal Pizza

Yield: 5 Pizza

INGREDIENTS

Whole Wheat Pizza Dough:

Lukewarm water **120 ml**
 Sugar **½ tsp**
 Olive oil **1 tbsp**
 Yeast **1 tsp**
 Whole wheat flour **180 gm**
 Parmesan cheese (grated) **1 tbsp**
 Sea salt **½ tsp**

Toppings:

Peeled Tomatoes **500 gm**
 Dried oregano **2 tbsp**
 Olive oil **250 ml**
 Mozzarella cheese **3 kg**
 Coloured capsicum (Sliced) **½ cup**
 Zucchini (sliced) **¼ cup**
 Onions (sliced) **¼ cup**
 Corn **4 tbsp**
 Mushroom (Sliced) **¼ cup**

METHOD

1. Preheat oven to 275°C.
2. Whisk water, sugar, oil and yeast in a liquid measuring cup to dissolve.
3. Combine flour, parmesan, and salt in food processor until combined. Slowly pour in the water mixture and combine to make a soft dough.
4. Move the dough onto a floured work surface and quickly knead dough a few times until it comes together.
5. Breakdown the dough into 70gm balls and leave on a tray to prove.
6. In a sauce pan crush the tomatoes for the pizza sauce and combine with oregano and half of the olive oil. Season as required.
7. Roll out the dough balls into round discs and layer the sauce over the pizza dough. Add the toppings and sprinkle cheese on top.
8. Bake the pizza with sauce and the toppings on the top of the rack of the oven until the crust and cheese are lightly golden, drizzle with olive oil. Cut into wedges and serve.



LATEEF



Fats & Oils

Tip:

Although Lateef is small, he is a source of healthy fats, vitamin B, vitamin E, and minerals such as iron, zinc, potassium, and magnesium. Lateef recommends you to consume a fistful of unsalted nuts every day.

Nut Oat Apple Muffins

Yield: 10 Muffins (Regular Size)

INGREDIENTS

Cooking spray	Canola Oil 1 tbsp
Quick-cooking oats 1 ½ cup	Vanilla extract 1 tsp
Unsweetened almond milk 1 ¼ cup	White whole wheat flour ½ cup
Dark brown sugar (packed) ½ cup	Baking powder 1 tsp
Apples (grated) 1 cup	Baking soda ½ tsp
Egg white 2 pcs	Salt ½ tsp
Honey 2 tbsp	Chopped walnuts ¾ cup

METHOD

1. Preheat the oven to 200°C.
2. Line a standard muffin tin with 10 liners and lightly spray the liners with oil.
3. Put the oats onto a large bowl, add almond milk and mix well, soak for about 30 minutes.
4. Add the brown sugar, grated apples, egg white, honey oil and vanilla to the oats and mix well.
5. In a medium bowl, whisk together the flour, baking powder, baking soda and salt. Slowly add the flour mixture ingredients to the oats mixture, mix with a spatula until just incorporated. Fold in the walnuts. Transfer the batter into the prepared muffin tin.
6. Bake the muffins for 24 to 28 minutes, when a toothpick in inserted into the muffin it should come out clean. Let the muffins cool before serving.



Peanuts Butter Pops

Yield: 20 Pops

INGREDIENTS

Chickpea flour **1 cup**
Peanut butter **200 gm**
Jaggery **$\frac{3}{4}$ cup**

GARNISH

Chocolate melted – **as required**
Coca powder – **as required**
Dry coconut – **as required**
Chopped nuts – **as required**

METHOD

1. Roast the chickpea flour in a wok or pan on a low flame until a light brown and nutty aroma emanated from the flour.
2. When done, remove the pan from the heat and add the peanut butter, mix well with spatula. As the mixture gets warm use your hands to mix.



Fruits

Tip:

Jameela provides us with vitamins and minerals, such as potassium and B6. She represents fruits, such as strawberries, oranges, and apples. Jameela recommends us to eat 1 banana a day to boost our energy.

JAMILA



Fruit Filo Cups with Fruit Conserve Ricotta Cheese and Honey

Yield: 12-14 Pcs

INGREDIENTS

Filo pastry dough sheet **1 sheet**
Vegetable oil (to brush the pastry) **5 tbsp**
Ricotta cheese **100 gm**
Honey **20 gm**
Fresh mixed berries **100 gm**

FRUIT CONSERVE

Fruit puree (strawberry, raspberry) **100 gm**
Water **30 ml**

METHOD

1. Preheat the oven to 160°C
2. To make the fruit conserve, in a sauce pan cook together water and berried on low heat, until the mixture reached a ticker consistency.
3. In mixing bowl soften up the ricotta cheese and then mix in the honey.
4. For the filo Cups, brush the filo pastry dough sheet with veg oil and place another sheet on top.
5. Cut the layered sheets into 4x6 square shaped pieces and place them into the mini muffin tins.
6. Bake them for about 8 -10 minutes or until golden brown.
7. Fill up the baked filo pastry cups with the berry conserve, Ricotta cheese filling and decorate with fresh berries.



Banana Bread with Banana Chia Yogurt

Yield: 8 Slices

INGREDIENTS

For Banana Bread:

Bananas **2 pcs**
 Butter (melted) **40 gm**
 Whole grain flour **100 gm**
 Egg **50 gm**
 Vanilla extract **½ tsp**
 Baking soda **½ tsp**
 Baking powder **¼ tsp**
 Dark brown sugar **80 gm**
 Salt **1/8 tsp**

Banana Yogurt Chia Seed Pudding:

Banana **½ pc**
 Yogurt **½ cup**
 Chia seeds **1 tbsp**
 Walnut **(optional)**

METHOD

1. Preheat the oven to 160°C. melt the butter and keep aside. Line the small loaf tins with baking paper
2. In a mixing bowl sift together flour, baking powder & baking soda and add salt.
3. Mix melted butter and bananas in another large mixing bowl with an electric mixer until smashed.
4. To the butter and banana mixture add in the sugar, egg and vanilla and mix until smooth.
5. Finally to the above mixture add in the sifted flour mixture and mix on the lowest speed until smooth.
6. Pour the cake mixture into the loaf pan. Bake for 30 -40 minutes.
7. Allow the cakes to cool down outside of the tin.
8. To make the banana yogurt chia seed pudding, blend all the ingredients until smooth and transfer to a bowl, set aside until it is cooled.
9. For presentation, slice or leave it whole and add a spoon of the pudding mixture over the top.
10. Can be decorated with banana slices or walnuts.



GHALIA



Grains, Cereal & Starch

Tip:

Ghalia is our main source of carbohydrates in our diet. She provides us with rice, bread, and pasta. Ghalia is a source of fiber and vitamin B. It is recommended that half of the grains come from whole wheat, such as brown rice, whole wheat bread, and whole-wheat pasta.

Whole Wheat Pasta with Tomato Sauce

Yield: 8 Portions

INGREDIENTS

For the Tomato Sauce:

Olive oil **2 tsp**
 Garlic (finely chopped) **1 tbsp**
 onion (Finely Chopped) **¾ cup**
 fresh tomato pulp **1 ½ cup**
 Sugar **1 tsp**
 Chilli Powder **½ tsp**
 Salt **as required**
 Corn flour **2 tsp (dissolved in 2 tsp water)**
 Low fat milk **¾ cup**

Other Ingredients:

Whole wheat pasta (pre cooked) **2 ½ cups**
 Olive oil **1 tsp**
 Garlic (finely chopped) **2 tsp**
 Dried oregano **1 tsp**
 Chopped capsicum **¼ cup**
 Mushroom **¼ cup**
 Dry red chili flakes (paprika) **1 tsp**
 Parmesan cheese **¼ cup**
 Salt **as required**

FOR THE TOMATO SAUCE

1. Heat the olive oil on a broad pan, add the garlic and sauté on a medium flame for a few seconds.
2. Add the onions to the pan and sauté in a medium flame for 1 minute.
3. Add the fresh tomato pulp, sugar, chili powder to the pan, season with salt, mix well and cook on a medium flame for 2 to 3 minutes while stirring occasionally.
4. To the tomato sauce in the pan add the corn flour water mixture and milk, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally. Once the cooking is over keep the sauce aside.

FOR THE PASTA

1. Heat the oil in a broad sauce pan, add the garlic and oregano and sauté on a medium flame for few seconds.
2. To the above pan add the capsicum, mushroom and chilli flakes. Mic well and sauté on a medium flame for 1 minute.
3. Add the cooked pasta and salt, mix well and cool on a medium flame for another 1 to 2 minutes, while stirring occasionally.
4. Add the tomato sauce, mix well and cook on a medium flame for 1 to 2 more minutes, while stirring occasionally.
5. Quinoa and oats pancake with corn salsa is ready to serve.



Quinoa & Oats Pancake with Corn Salsa

Yield: 10 Pcs (10cm Diameter)

INGREDIENTS

For Quinoa Oats Pancake:

Oats powdered **½ cup**
 Corn meal **½ cup**
 White quinoa powdered **1/3 cup**
 Rice flour **¼ cup**
 Zucchini **1 nos.**
 Butter milk **1 cup**
 Green chillies fine chopped **2 nos.**
 Coriander leaves chopped **1/3 cup**
 Ginger paste **1 tbsp**
 Baking soda **1 tsp**
 Lemon juice **1 tsp**
 Salt **to taste**
 Oil **for cooking**

For Corn Salsa:

Corn kernels **2 cups**
 Red onion chopped **½ cup**
 Red bell pepper chopped **½ cup**
 Green bell paper **½ cup**
 Black pepper powder **½ tsp**
 Olive oil **2 tbsp**
 Lemon juice **½**
 Fresh coriander leaves **½ cup**
 Salt **as required**

METHOD

1. Grind oats and quinoa separately and make a fine powder and set aside. Grate the zucchini and chop the coriander leaves and green chillies and set aside.
2. In a mixing bowl, combine all flours listed, grated zucchini, chopped green chilli, salt, ginger paste, chopped coriander leaves and butter milk (little by little) and make a semi thick batter. Keep the batter aside for 25-30 minutes.
3. Meanwhile for the salsa chop the onion, coriander leaves, red bell pepper, and green bell pepper. Place them in a mixing bowl with corn kernels. Add olive oil, salt, black pepper and lemon juice into it and mix together.
4. Corn salsa is ready. Keep it aside.
5. After 30 minutes, add baking soda and lemon juice into batter and mix it nicely.
6. Heat a non-stick pan at medium to high heat. Once it is hot, reduce the heat at low to medium heat. Sprinkle some oil in a pan, pour 1/2 cup batter, and spread it slowly in a circular form. Do not make it very thin. Sprinkle some corn salsa on top. Let the pancake cook until bottom part gets a golden colour and the top of the pancake looks dry.
7. Flip the pancake very carefully and sprinkle some oil on it. Let it cook for 1.5 mins. Flip it again, it should have a golden colour, if not, flip it again and let it cook until it has a golden colour.
8. Quinoa and Oats pancake with corn salsa are ready to serve.

