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**RATION
CHALLENGE**



RATION CHALLENGE RECIPES



ACT FOR PEACE
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Since starting the Ration Challenge, we've met hundreds of people living in refugee camps and countless families that don't have enough to eat. They've left everything behind to stay safe. It is never any less shocking to hear their stories.

If everyone here in Australia was able to have a conversation with these families – sit facing them on the bare floor of a rundown apartment, or the cold ground in a makeshift tent – and hear their stories, I know their kindness and compassion towards them would grow.

Sharing stories, after all, is the way we connect to one another; they are powerful tools for empathy between people who were once strangers.

I've been lucky enough to do exactly this – sit down with people in their homes, and listen to what they have to say. The thing that has stuck out to me most after visiting so many Syrian families, is that most often people shared stories that weren't being told – stories of gatherings and celebrations of joy and love; of the rich Syrian culture weaving through everything they did before the war; of the beauty of their home they miss so dearly; and of traditional Syrian food and delicious family recipes that have been passed from generation after generation.

Through this recipe book, we hope to pass on some of these stories, and connect people here in Australia with those living in Jordan through something we all share in as one of life's greatest pleasures: food.

The rich memories contained in these pages of what life was like in Syria before the war also speak of what has been lost. It is in that contrast between hope and fear, joy and pain that we come to see more clearly the human story behind the harsh reality millions of refugees face every day.

When you use this book to cook your rations, when you sit down to eat your rice, take a moment to think about those families in Jordan who are doing the same.

We can never truly understand the resilience and perseverance needed to feed your family with these meagre rations, day in and day out, but your small act of solidarity does show that we care.

Karen McGrath
Ration Challenge Co-Founder



CONGEE

Rice (½ cup / 90g per serving)

Water (4-6 cups per serving)

If following the meal plan, adjust the quantities as instructed on the plan.



1 Add the water and rice to a pot and bring it to a boil.

2 Lower the heat and simmer, stirring occasionally to prevent burning. The cooking time will vary with the type of rice used.

3 Congee can also be cooked in a rice cooker by placing the rice and water into the cooker and then cooking it for 45 minutes to an hour.

4 Regardless of which method you use, you will need to check the consistency of the rice to tell when it's done. When the grains of rice begin to break up, the congee is cooked. You can cook it for a shorter or longer amount of time depending on your personal preference.

5 If you have earned rewards, then you can flavour your congee with a spice, salt or pepper or add some of your vegetable or protein.

Cooking safety:

Rice should be cooked to a temperature of at least 75°C. When your rice has been cooked, it should be eaten promptly, kept hotter than 60°C, or cooled, covered and stored in the fridge or freezer.

RICE & BEANS

Rice (1 cup)

Water (2 cups)

Kidney beans
(up to 80g per serving)

If following the meal plan, adjust the portions as instructed on the plan.



1 Heat a teaspoon of oil over medium heat in a large saucepan. Stir in kidney beans and reduce heat to low and let mixture simmer slowly while you cook the rice.

2 Bring the water to a boil and stir in rice. Return to a boil, reduce heat to low, cover and cook for 20 minutes without removing the lid. Remove from heat and let stand for 5 minutes.

3 Fold rice and beans gently together and transfer to a serving dish.

4 If you have a vegetable reward, sauté a small amount in the oil before adding the kidney beans for extra flavour.

5 If you have a spice reward, use this to season your rice and beans.

CREPES

Flour (½ cup / 57g per serving)

Water (½ cup)

Oil (1 tsp)



- 1 Stir together the flour and water to form a smooth thick paste.
- 2 Heat up 1 teaspoon of oil in a medium pan.
- 3 When the oil is hot, pour in ½ of the crepe batter. Spread the batter thinly in the pan.
- 4 When the top of the crepe looks dry, after about 30 seconds, flip over the crepe.
- 5 Cook for another 30 seconds until the crepe is done.
- 6 Remove the crepe from the pan, and repeat the process (steps 2-5) until all of the crepe batter is used. Serve immediately.

Note: the hardest part of this recipe is getting the crepe batter right. The recipe quantities given here should serve as a guideline, and you should add small amounts of flour/water until you reach the correct consistency. Crepe batter is thinner than pancake batter, but you're still aiming for a fairly thick paste.

SIMPLE FALAFEL

Chickpeas (40g)

Flour (1 tbsp)

Oil (60ml)

Earned reward ingredients: you can add any earned spice or a small amount of an earned vegetable e.g. onion or capsicum.



- 1 Pour the chickpeas into a large bowl and cover them with 3 inches of cold water. Let them soak overnight.
- 2 Drain and rinse well with water. Pour them into your food processor or pestle and mortar along with any earned spice, and a small amount of earned vegetable.
- 3 Mix all ingredients together until you have made a coarse meal. Scrape the sides of the processor periodically and push the mixture down the sides. Process till the mixture is somewhere between the texture of couscous and a paste. You want the mixture to hold together, and a more paste-like consistency will help with that... but don't over-process, you don't want it turning into hummus.
- 4 Pour it out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chickpea chunks that the processor missed.
- 5 Heat the oil in a frying pan. Test one falafel in the centre of the pan. If the oil is at the right temperature, it will take 2-3 minutes per side to brown. If it browns faster than that, your oil is too hot and your falafels will not be fully cooked in the centre. Cool the oil down slightly and try again.
- 6 Let them drain on paper towels. Serve the falafels fresh and hot.

Like hummus and falafel? Halve the quantities in these recipes to get both meals out of a single ration of chickpeas.

FASOULIA (SPICED KIDNEY BEANS)

Kidney beans (200g)

Water (½ cup)

Oil (1 tbsp)

This recipe will become a lot tastier if you have earned a vegetable. We suggest tinned tomatoes.



- 1 In a large pot heat 1 tablespoon of oil over medium heat.
- 2 Add the kidney beans, drained and rinsed, the tinned tomatoes, and ½ cup water.
- 3 Stir to combine, and simmer until the sauce has thickened and the beans have softened slightly.
- 4 Add your earned spice and more water to adjust consistency, if needed.

KIDNEY BEAN DIP

Kidney beans (½ tin)

Oil (2 tbsp)

Earned reward ingredients: you can add an earned spice or a reward veg (if onion, spring onion or capsicum) to give an extra crunch!



- 1 Heat the oil and cook any reward veg (e.g. onion) until soft and golden. If you do not have a veg, go straight to step two.
- 2 Add the kidney beans and their liquid and stir in any earned spice and cook for a few minutes.
- 3 Take the pan off the heat and when it has cooled a little, blend the mixture until it is a puree. Let it cool and then enjoy!

Tip - this dip is delicious to put on your flatbreads.

FATIMA'S FLATBREAD BITES

Flour (57g per serving)

This is your entire flour allocation. We recommend making a mixture at the beginning of the week, dividing it up and then cooking the flatbreads in batches.

Water

Sardines (Optional - depending on when you decide to use them.)

Oil (to fry)

Earned reward ingredients: you can add any of your earned food rewards to flatbread bites.



- 1 Mix flour and cold water together until dough is soft and sticky. Use enough water so that the mixture feels like a dough. You can do this with a spoon, and then knead with your fingers for 2-3 minutes.
- 2 Lightly sprinkle a little bit of flour onto a chopping board or clean bench. Place the dough onto the board/bench and knead until the dough is no longer sticky.
- 3 Leave to rest for 10 minutes, covered with a damp cloth.
- 4 Separate the mixture into 2-3 parts (depending on how big you want your flatbreads to be) and flatten with your hand or a rolling pin.
- 5 Heat a frying pan to a medium-high temperature. Cook flatbread bites by putting approximately 1 teaspoon of oil into the pan and then adding a portion of the dough. Cooking time will vary depending on the consistency of the mixture and size of the flatbread.
- 6 Cut into small triangles and enjoy your gourmet flatbread bites.

Note: If you want to add reward ingredients such as a spice or a vegetable, do this after cooking the first side of the flatbreads. Place additional flatbread mixture over the top of ingredients and allow to cook in the pan until partially set then flip the flatbread over and cook the second side.

FATIMA'S STORY

Fatima is a proud and strong Syrian woman. The first time we met her, we were amazed by her perseverance in the face of adversity. Fatima fled Syria as a single mother, and it took seven days of walking through the day and night to arrive safely in Jordan.

Fatima has now been trained as a volunteer to help with food distribution to ensure it is fair and safe, and she also plays a vital role in educating other women on self-empowerment and business skills.

She will never forget the humiliation and powerlessness she felt when she first became a refugee. She now lives in Jordan with her children where, with more and more refugees arriving every day, life is hard and very expensive. They mainly depend on coupons and packages distributed through the support of people like you taking the Ration Challenge.



Karen McGrath / Act for Peace



Karen McGrath / Act for Peace

"People who come here are already shy and broken on the inside. We should not add to this. I've made big changes to help people keep their dignity. I want to distribute packages with love and a smile."

FATIMA'S MUJADARA

Lentils (45g per serving)

Rice (½ cup / 90g per serving)

If following the meal plan, adjust the quantities as instructed on the plan.

- 1 Wash lentils and cover with water in a pot.
- 2 Boil for 20-30 mins until soft and keep the cooking water in the pan.
- 3 Wash the rice and add it to the lentils and cooking water.
- 4 Leave on a medium heat until most of the water evaporates. Before all the water boils away, cover the mixture and turn it down to a very low heat for another 15 minutes.
- 5 Add your earned spice, mix and serve.



Fatima loves cooking for her family and was extremely proud of cooking her family's Mujadara recipe for us when we visited. As we sat together sharing a meal, she told us how difficult it is to cook without the vegetables and spices she would use back home in Syria before the war began.

"We make do with all we can, but we can only enjoy traditional Syrian dishes once every two or three weeks. As a mother it is so hard knowing I am not giving my sons the nutrition they need. It is very difficult feeling like I can't provide for my family, but I always cook for them with all my love."

FRIED RICE

Cooked rice (90g per serving)

Sardines (1 tsp)

Oil (to fry)

Earned reward ingredients: add any extra rewards – vegetables, flavouring etc.



- 1 Heat oil in a wok on a high heat. Add a teaspoon of fish and fry for a minute.
- 2 Add reward ingredients such as protein, vegetables or flavourings to the pan.
- 3 Add cooked rice and toss for a few minutes more until all ingredients are combined and rice is completely heated through.

SIMPLE HUMMUS

Chickpeas (45g)

Water (½ cup)

Oil (to drizzle)

Earned reward ingredients: you can add an earned spice or reward ingredients to jazz up your hummus.



- 1 Place the dry chickpeas in a large bowl or pot and fill with water to an inch or two above the peas. Soak overnight in the fridge.
- 2 Drain the chickpeas. Place in a pot and fill with fresh water. Bring to the boil, then lower the heat to simmer. Cook the chickpeas for an hour until they can easily be smushed with your fingers.
- 3 Drain the chickpeas and let them cool. Mix using a food processor, slowly adding the water while the food processor is running. Check the texture and thickness regularly and add more water if needed to reach your desired consistency.
- 4 To serve, scoop into a bowl and drizzle with oil.

MAYA'S LENTIL SOUP

Lentils (45g per serving)
Water

Earned reward ingredients: spice.

- 1 Wash the lentils in water before starting to cook. Place in a pot, fill with water and bring to the boil.
- 2 Simmer and cook for 30 minutes.
- 3 Once lentils are soft, drain water and place mixture in food processor. Mix until it makes a soup-like consistency. Add water if needed.
- 4 Add any earned spice or bonus ingredients for flavour.



MAYA'S STORY

Maya's favourite memories of Syria were spending time with her family, sunset strolling in the park with her husband and meals every night with the kids.

"It was a simple life and such a beautiful one."

Before coming to Jordan, Maya and her husband moved their whole family by motorbike from village to village, trying to stay ahead of the bombings. "We wanted so desperately to stay, Syria was our home and we continued to move to stay safe, but the day came when we couldn't risk our family's lives anymore."

Since fleeing to Jordan four years ago, Maya and her husband Elias say they continue to make sure that the family always eats together. "It's tradition and we didn't want the war to take the moments we share together. There is not enough food to go around, but we make the food last by making the dishes smaller and sharing between us."



RICE MILK BREAD

STEP 1: MAKE RICE MILK

155g of rice (1 cup)
1 litre of water (4 cups) and extra for soaking

- 1 Soak rice in 2 cups of hot water for 2-3 hours, until soft but still raw.
- 2 Drain rice and add to a blender with 4 cups of room temperature water.
- 3 Blend on high for 2 minutes.
- 4 Strain through cheesecloth or muslin.
- 5 Store in the fridge in an airtight container.

STEP 2: MAKE YOUR BREAD

2 cups of flour
 $\frac{3}{4}$ cup of rice milk

- 1 Sift flour and make a well.
- 2 Add the rice milk and stir until dough forms. (Don't knead or overwork the dough.)
- 3 Form a small loaf and place on a lined baking tray.
- 4 Bake in a 220 degree oven for 30 minutes.
- 5 Remove from the oven and eat warm or store in an airtight container.



Thanks to Ration Challenge Ambassador Amy Murr (My Kitchen Rules 2017 Winner) for providing this great recipe!

MIDDLE-EASTERN SPINACH

If you want to make this recipe, then you will need to earn a few rewards - the more the better!

Oil

Earned reward ingredients:

170g spinach (vegetable reward)

2 teaspoons of chosen spice

Salt

Yoghurt (\$5 reward item)



- 1 Place the baby spinach in a bowl and pour boiling water over the spinach until it is covered. Drain and rinse with cold water.
- 2 Squeeze out all the excess water from the spinach and chop coarsely.
- 3 Heat a few teaspoons of oil over a medium heat in a saucepan.
- 4 Add the spices and salt to the oil. When they begin to sizzle, cook the spices for a further 30 seconds.
- 5 Add the spinach and stir until it is coated in the oil and spices and has wilted.
- 6 If you have earned a \$5 bonus item, choose yoghurt and add to the top of your hot spinach and stir in before you enjoy!

KOFTAS

Earned reward ingredients:

120g minced lamb (can be replaced with 120g of soy mince)

2 teaspoons spice (we recommend cumin or paprika)

1 teaspoon salt

2 teaspoons oil



- 1 Place mince, spice and salt in a bowl. Mix and knead together with hands until all ingredients are combined.
- 2 Shape golf-ball sized koftas with your hands and pierce through the middle with a skewer. Shape the kofta ball over the skewer into a sausage shape.
- 3 Brush the koftas with oil.
- 4 Heat saucepan on a medium heat and fry koftas, rotating them to cook on all sides until completely cooked through.

Top tip: Koftas taste much better cooked on a BBQ as it adds a smoky flavour!

TRADITIONAL SYRIAN RECIPES

Food plays a central role in Syrian culture by bringing together the whole family. Food is not only about the rich, mouth-watering, and lovingly-prepared dishes, but about coming together every day to share jokes, stories and laughter. Holding close values of hospitality and generosity, the host makes every guest feel welcome, comfortable and appreciated.

The war not only took Syrian people away from their physical homes and communities, it separated families and stripped people of their livelihoods. It took away moments where families could share food with close friends; a source of pride and dignity.

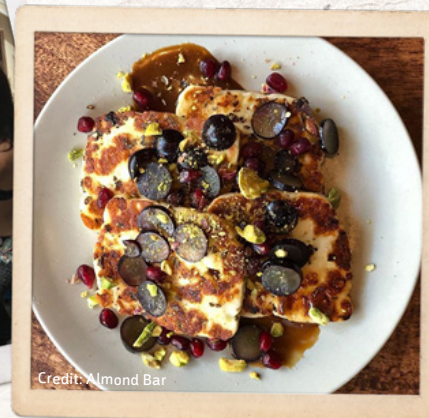
The following recipes celebrate Syrian food - rich in flavour and diverse in its ingredients.

We've teamed up with the wonderful Sharon Salloum from Almond Bar in Sydney, a family-run Syrian restaurant with a mouth-watering menu. Sharon has shared with us some of her favourite recipes for bringing her and her family together.

Coming from a traditional Syrian household, family and hospitality are so important to Sharon. She started her restaurant with her sister, Carol, with the intention to replicate their family's love of food and connecting people.



Did you know? Eid-al-Fitr marks the end of Ramadan and the Muslims around the world will come together to share delicious food with friends and family, and celebrate the end of the fast. **Why not host a fundraising dinner with Sharon's recipes to celebrate Syrian culture, fundraise and raise awareness for Syrian refugees?**



Carol and Sharon, along with an amazing team, are currently working to educate and train Syrian refugees. They help refugees find employment, and help to make refugees feel welcome in the country that they and their family call home.



Treat yourself. Visit Sharon at the Almond Bar in Sydney to taste and experience authentic Syrian flavours.

TRADITIONAL SYRIAN RECIPES

MUHAMMARA (CHARGRILLED RED CAPSICUM DIP)

Ingredients

- 3 red capsicums
- 2 cloves garlic, peeled and left whole
- 1 tablespoon ground cumin
- 1 tablespoon sweet paprika
- 1 teaspoon dried chilli flakes
- ¼ cup (60ml) lemon juice
- 2½ tablespoons extra virgin olive oil
- 2½ tablespoons pomegranate molasses
- ⅓ cup (35g) walnut kernels
- ¼ cup (25g) dried breadcrumbs
- Middle Eastern bread, to serve



METHOD

- 1 Place the whole capsicums under a hot grill and cook, turning, until the skin is almost black. Remove from the grill and allow to cool completely. Pull the skin away from the flesh and remove the stalks and seeds.
- 2 Place the capsicum flesh, garlic, spices, lemon juice, olive oil and pomegranate molasses in a food processor. Pulse until the ingredients are combined but not completely smooth.
- 3 Finally, add the walnuts and breadcrumbs and pulse briefly until combined. The walnuts need to remain chunky. The dip should be thick and moist, and a deep, earthy red colour.
- 4 Serve with Middle Eastern bread. Store in an airtight container in the fridge for up to 5 days.

For muhammara labne, add 1 cup (280g) labne to the above recipe and mix until creamy orange in colour and well combined.

SYRIAN FEAST: MEZZE

BABA GHANOUJ (SMOKED EGGPLANT DIP)

2 large eggplants

½ cup (140g) tahini

¼ cup (60ml) lemon juice

1 clove garlic, crushed

¼ teaspoon salt flakes

Ground sumac, finely diced tomato and
olive oil, to garnish

Middle Eastern bread, to serve



METHOD

- 1 Prick each eggplant with a fork in three places. Using tongs, turn the eggplants over an open flame until they are charred all over and the skin is starting to crack. The point is to burn the skin so don't worry when this happens.
- 2 Place the charred eggplants in a bowl of cold water to cool for about 10 minutes, then hold them under running water and remove the stalks and peel off the blackened skin.
- 3 Open the eggplants and remove as many seeds as possible from the centre. This will help rid the eggplant of any bitterness. Once cleaned, place the eggplants in a colander to drain.
- 4 Place the eggplants, tahini, lemon juice, garlic and salt in a food processor and blend for 3–4 minutes or until well combined. The baba ghanouj should not be completely smooth – slightly lumpy is good. Scrape down the sides of the bowl and pulse a couple of times.
- 5 Spoon the baba ghanouj into a shallow bowl and garnish with a sprinkling of sumac, some finely diced tomato and a drizzle of olive oil. Serve with Middle Eastern bread.
- 6 Store in an airtight container in the fridge for up to 5 days.

SYRIAN FEAST - MAIN COURSE

FREEKEH A JEJ "FLAME GRILLED WHEAT WITH CHICKEN"

- 1 whole chicken (size 15 or 16)
- 2 teaspoons sea salt
- 3 tablespoons seven spices
- 2 pieces cassia bark
- 1 celery stick
- 1 carrot stick
- 1 small lemon, cut in half
- 2 dried bay leaves
- 3 cups Freekeh (flame grilled wheat)
- 3 small brown onions
- 130g butter
- ½ cup blanched almonds
- ¼ cup pine nuts
- 3 grey zucchini (marrow) cut into half rounds about 0.5cm thick
- 3 medium ripe tomatoes, roughly chopped



METHOD

- 1 Place the whole chicken in a large pot and cover with water. Add the salt, seven spices, cassia, celery, carrot, lemon, bay leaves and one of the onions cut in half. Cook covered, on a medium heat for about 30 minutes, removing any fat skim that comes up on the surface. Cook for a further 30 minutes on a simmer until the chicken is cooked.
- 2 Remove the chicken from the pot and allow to cool slightly. Remove chicken skin and bones, trying to leave pieces intact as much as possible. Drain the stock through a sieve and reserve the liquid to cook the freekeh. Discard of stock vegetables, cassia and leaves.
- 3 Wash the freekeh in warm water and remove any burnt grains. Drain and set aside.
- 4 Chop the two remaining onions. In a medium-sized pot, melt about 80g of the butter and add the onions. Cook until slightly softened on a medium heat. Follow with the tomatoes and zucchini and cook for another 3 minutes. Add the freekeh to the pot and coat lightly with the melted butter whilst mixing the ingredients well together.
- 5 Slowly add 6 cups of stock to the pot, leaving the heat on medium until the stock starts to boil. Reduce the heat to low and cook covered for approximately 25-30 minutes. Stir every 10 minutes or so to loosen the grains from one another.
- 6 Just before the freekeh has soaked up all the stock, give it a final stir and place chicken pieces in the pot, cooking for another 10 minutes on a low heat. The freekeh will be a little moist.
- 7 In the final 10 minutes of cooking the chicken and freekeh, melt the remaining butter in a medium pan. Add the almonds and pine nuts and fry until golden but not too close to brown in colour. Do not drain the nuts on paper towel as you will need the excess butter.
- 8 Dish out the freekeh and chicken onto a large serving plate and pour fried nuts straight out of the pan on top. Serve immediately.

SYRIAN FEAST - DESSERT

NAMOURA (SWEET SEMOLINA & COCONUT)

2 tablespoons tahini
800g semolina
200g desiccated coconut
2 cups sugar
250g unsalted butter, melted
2 cups natural yoghurt
1 tablespoon baking powder
50g blanched almonds, halved (if they are still whole)

For the syrup:

2 cups sugar
1 cup water
Juice of a lemon
2 tablespoons orange blossom water



METHOD

- 1 In a bowl, mix the semolina with the coconut, sugar, butter, yoghurt, and baking powder, to obtain a smooth dough. Cover with cling wrap and let it rest for 6 hours at room temperature.
- 2 Grease a baking tin with measurements of approximately 20cm x 8cm x 2.5cm by rubbing the tahini all over the tin with the tips of your fingers. Pour the dough mix into the tahini-greased baking tin. Spread evenly into the tin.
- 3 Before baking, cut 5cm squares into the dough to create a cutting guide once the namoura is cooked. Place half an almond in the centre of each square.
- 4 Cook in a preheated oven at 180 degrees for 40 minutes.
- 5 Meanwhile begin preparing the syrup. Place the water and sugar in a small saucepan. Boil the water and sugar over a high heat, and when it reaches a good thick syrup consistency, add the lemon juice and orange blossom water and combine. Let it cool for about 15-20 minutes before using.
- 6 Once the surface of the namoura is golden and crispy, take it out of the oven and pour the syrup over the namoura. Whilst it's still hot, the namoura will soak in all the syrup. Leave to cool for about 15 minutes.
- 7 Divide the portions into the pre-marked squares. Namoura can keep for up to 10 days in an airtight container. It is best stored in the fridge, but removed a few minutes prior to consumption to soften the dough before eating. Makes about 30 pieces.

"I only ever saw this cake in the Middle Eastern sweet stores growing up. I often wondered how the cake could be so yellow; not understanding what turmeric actually was at the time. Eventually I figured out what made this cake such a stand out from the other cakes on display and decided to trial it myself." - Sharon

RATION CHALLENGE MEAL PLAN

Use the meal plan below as a base for your Ration Challenge week. All of the recipes we have used are much more tasty and enjoyable when adding reward ingredients! You can keep earning rewards throughout the Ration Challenge week. We recommend preparing food in larger quantities, refrigerating the leftovers and then having that specific meal for a run of 2-3 days. Make sure you don't re-heat the rice more than once and always keep it in a closed container in the fridge (for health and safety reasons).

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Day 1: Sunday

Make 3 servings of congee, 2 servings of mujadara and 180g of rice for the next 3 days.

Day 2: Monday

No meal prep needed.

Day 3: Tuesday

Prepare lentil soup and rice meals. Soak chickpeas overnight for Day 4 falafel.

Day 4: Wednesday

Prepare crepes fresh. Make falafel with pre-soaked chickpeas.

Day 5: Thursday

Prepare crepes fresh. Make rice and beans for the next 3 days.

Day 6: Friday

Prepare congee/rice for your final two days. Prepare flatbreads and hummus (hummus will taste like a luxury!)

Day 7: Saturday

No meal prep needed.

Prep

Breakfast

Lunch

Dinner

Snacks

Day 1: Sunday	Day 2: Monday	Day 3: Tuesday	Day 4: Wednesday	Day 5: Thursday	Day 6: Friday	Day 7: Saturday
Congee OR rice Make 3 portions for Day 1/2/3. 270g rice + water	Rice left-overs Second serving of congee made on Day 1. 90g rice + water (1/3 of portion cooked day 1)	Rice left-overs Third serving of congee made on Day 1. 90g rice + water (1/3 of portion cooked day 1) + rewards	Crepes Use mixture to make small crepes. 57g flour + oil + rewards <small>Tip: More water makes the rations go further</small>	Crepes Use mixture to make small crepes. 57g flour + oil + rewards <small>Tip: More water makes the rations go further</small>	Congee OR rice Make 2 portions for today/tomorrow. 180g rice + water (90g/serving)	Rice left-overs Second portion from yesterday. 90g rice + water (1/2 of portion cooked yesterday)
Fatima's mujadara Make 2 portions for Day 1-2. 180g rice, 80g lentils + rewards	Fatima's mujadara Second serving from Day 1 + rewards	Maya's lentil Soup Make 2 portions for Day 3-4. 90g lentils	Maya's lentil Soup Second serving from Day 3.	Rice + beans Make 5 portions for Day 5/6/7. 450g rice + 400g beans	Rice + beans Portion 2 of 5 from rice + beans mix. 90g rice, 80g beans (1/5 of portion cooked day 5)	Rice + beans Portion 4 of 5 from rice + beans mix. 90g rice, 80g beans (1/5 of portion cooked day 5)
Plain rice Make 2 portions for Day 1-2. 180g rice + water	Plain rice Second serving from Day 1.	Fried rice Make 3 portions for Day 3/4/5. 270g rice + oil	Fried rice Second serving from Day 3 90g rice + water	Fried rice Third serving from Day 3 90g rice + water	Rice + beans Portion 3 of 5 from rice + beans mix. 90g rice, 80g beans (1/5 of portion cooked day 5)	EVERYTHING LEFT Portion 5 of 5 from rice + beans mix and then go nuts . Eat everything you have left :)
Flatbreads Make flatbreads for Day 1/2/3. 170g flour + oil	Flatbreads Second serving from Day 1.	Flatbreads Third serving from Day 1 (if you haven't eaten them all!)	Falafel Make 2 portions for Day 4-5. 40g chickpeas + oil	Falafel Second serving from Day 4. + rewards	Flatbreads + hummus Make flatbreads with hummus spread. 114g flour, 45g chickpeas + oil	Flatbreads Any left over.

Adding earned team rewards (sugar and milk) to congee turns it into a sweet treat!

Earning a vegetable can make Fatima's mujadara that extra bit more tasty.

Add an earned spice to congee or rice. Our top suggestions are cumin or chilli flakes.

Add a protein to your crepes to make a savoury delight.

Add an earned vegetable to the falafel mix to add flavour.

You've made it so far! Enjoy an arvo cuppa (if you earned it!) to finish off a good week.

MY MEAL PLAN

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	Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:	Day 7:
Prep							
Breakfast							
Lunch							
Dinner							
Snacks							



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