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RATION CHALLENGE RECIPES



Ben Littlejohn/Ration Challenge

RECIPES

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IMPORTANT NOTE ABOUT YOUR HEALTH

We only recommend taking part in the Ration Challenge if you are in good health and have no underlying health conditions. The calorie content of the food eaten during the challenge (i.e. the contents of the ration pack provided plus the specified additional rice and flour) is below 1738 kcal/person/day. This does not meet the Sphere Minimum Standard of 2,100 kcal/person/day*. It is also not consistent with the daily calorie requirements of an average adult. You can also take a regular multi-vitamin supplement during the challenge. If you have any doubts about taking part, please seek medical advice.

*<https://www.spherestandards.org/wp-content/uploads/Sphere-Handbook-2018-EN.pdf>

Welcome to the Ration Challenge! For most of us, living off rations (even for a week) is incredibly difficult. To help, we've pulled together a collection of recipes to help you plan your week.

Many of the recipes in this book have been shared with us by refugees we've met when visiting refugee camps in Jordan.

We've also included some ideas from past Ration Challenge participants, whose ideas might help inspire your cooking during Ration Challenge week, as well as suggestions on rewards that you might want to consider using in various recipes, if you earn them.

It's a privilege to be able to share these recipes with you. Food is something that we all have in common, and when you use these recipes or when you sit down to eat your meals, we encourage you to pause and think about those families in Jordan, and around the world, who are doing the same.

We hope that through this experience, you'll get a small, yet powerful glimpse into one of the struggles that many refugees face. We're so grateful that you've decided to show refugees we are with them, not against them, and we can't wait to share the 2020 Ration Challenge with you.

EARN REWARDS

Refugees are resourceful people who work hard to find additional ways to provide for their families, such as working in a community garden or selling handicrafts. To mirror this, we've set up a system of rewards where you can earn the opportunity to add extra ingredients to your rations by working hard on your fundraising. These are optional and you will need to source them yourself. Find out more about rewards in the toolkit or online.

You can also earn rewards by being part of a team. See the toolkit or visit our website for more details.



RAISE £850
for a bonus item up to £3



RAISE £600
for 330ml of a drink



RAISE £400
for 120g of protein



RAISE £250
for 170g of a vegetable



RAISE £125
for unlimited salt



ASK 5 FRIENDS TO SPONSOR YOU
for 1 teabag

SPONSOR YOURSELF
for a single dried spice

CONGEE

Prep Time: 5 minutes | Cook Time: 1 hour | Total Time: 1 hour 5 minutes

INGREDIENTS:

- ½ cup of rice (97.5g)
- 4-6 cups of water

METHOD:

1. Rinse the rice under cold water very briefly to remove any impurities. You want to keep the starch in the rice to help thicken the porridge and create a smooth and creamy consistency.
2. Add ½ cup of rice and 4 cups of water to a saucepan for a thicker final consistency, or 6 cups for a smoother, silkier consistency, and bring to a boil.
3. Reduce to a simmer and stir occasionally.
4. The rice grains will slowly release more starch and break down, forming a creamier consistency.
5. Remove from the heat and serve. The congee will thicken the longer it stands, so serve immediately.

TOP TIP

Congee can be eaten as porridge for breakfast. Consider adding cinnamon as your reward spice.

COOKING SAFELY

Rice should be cooked to a temperature of at least 75°C. Once cooked, it should be eaten promptly, kept hotter than 60°C, or cooled, covered and stored in the fridge for a maximum of three days, or frozen for a maximum of one month.

RICE AND BEANS

Prep Time: 10 minutes | Cook Time: 25 minutes | Total Time: 35 minutes

INGREDIENTS:

- 1 cup of rice (195g)
- 1 tablespoon of oil
- ½ cup of red kidney beans (90g)
- 2 cups of water

METHOD:

1. Heat 1 tablespoon 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.
3. Remove rice from heat and let stand for 5 minutes.
4. Fold rice and beans gently together and transfer to a serving dish.

REWARD IDEAS!

Add your chosen reward spice to the rice while cooking to add some extra flavour. You can also sprinkle it on top afterwards if you prefer.



CREPES

Prep Time: 10 minutes | Cook Time: 5 minutes | Total Time: 15 minutes

INGREDIENTS:

- ½ cup of flour (97.5g)
- ½ cup of water
- 1 teaspoon of oil

METHOD:

1. Stir together flour and water to form a smooth, thick paste.
2. Heat 1 teaspoon of oil in a medium-sized pan on low heat.
3. When the oil is hot, pour in half of the crepe batter, turn the pan in a circular motion quickly to spread the batter around the pan, and place on a medium heat.
4. When the top of the crepe looks dry, after roughly 30 seconds, flip the crepe over using a spatula.
5. Cook the crepe on the other side for 30 seconds until the second side also looks dry.
6. Remove the crepe from the pan and repeat steps 3-5 until all the batter has been used. Serve immediately while warm.



REWARD IDEAS!

Add a pinch of salt to the batter for flavouring, and top with cinnamon if that's your reward spice!

KIDNEY BEAN DIP

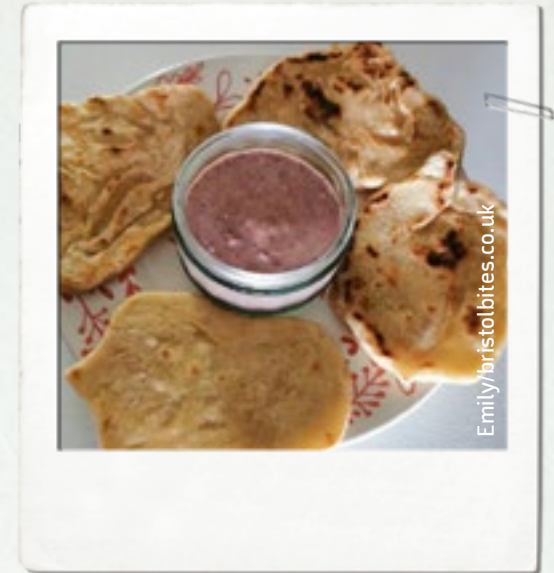
Prep Time: 10 minutes | Cook Time: 5 minutes | Total Time: 15 minutes

INGREDIENTS:

- ½ cup of kidney beans (90g)
- 2 tablespoons of oil

METHOD:

1. Heat the oil and cook any reward vegetable (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!



TOP TIP

Serve with flatbreads (page 16), or rice crackers (page 26).

SIMPLE HUMMUS

Prep Time: **Overnight*** | Cook Time: 1 hour | Total Time: 12 hours

INGREDIENTS:

- ⅓ cup of chickpeas (70g)
- ½ cup of water
- 1 teaspoon of oil to drizzle

METHOD:

1. Place the dry chickpeas in a large bowl or pot and fill with water to an inch or two above the chickpeas. Soak overnight in the fridge.
2. Drain the chickpeas. Place in a pot and fill with fresh water. Bring to a boil, and then lower the heat to simmer. Cook the chickpeas for an hour until they can easily be mashed 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.



TOP TIP

Add a pinch of salt to the mix before adding to the food processor.

SIMPLE FALAFEL

Prep Time: **Overnight*** | Cook Time: 5 minutes | Total Time: 12 hours

INGREDIENTS:

- ¼ cup of chickpeas (53g)
- 1 tablespoon of flour
- 4 teaspoons of oil

METHOD:

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. Process until the mixture is somewhere between the texture of couscous and a paste. You want it to hold together, and a more paste-like consistency will help with that. Make sure you don't over-process the mixture - you don't want it to turn into hummus!
4. Make small ball shapes with the mix in your hand.
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.



*REMINDER

Your chickpeas need to be soaked overnight, so prep this the day before!

FRIED RICE

Prep Time: 5 minutes | Cook Time: 20 minutes | Total Time: 25 minutes

INGREDIENTS:

- ½ cup of rice (97.5g)
- 1 tablespoon of oil
- 1 teaspoon of chopped up sardines

METHOD:

1. Rinse the rice under cold water for 1 minute.
2. Place water and rice in a saucepan with ½ tablespoon of oil, stir and bring to a boil.
3. Reduce the rice to a simmer for a further 12 minutes, keeping the lid on. Small holes should start to appear across the surface of the rice letting you know when it's getting close to being cooked. Remove from the heat, remove the lid and allow to sit for 5 minutes.
4. Heat oil in a wok on a high heat. Add a teaspoon of sardines and fry for a minute.
5. Add reward ingredients like peas to the pan.
6. Add the cooked rice and toss for a few minutes more until all the ingredients are combined and the rice is completely heated through.



REWARDS TO WORK TOWARDS!

Peas, onion or carrot and your chosen spice can be added to your fried rice.

COOKING SAFELY

Rice should be cooked to a temperature of at least 75°C. Once cooked, it should be eaten promptly, kept hotter than 60°C, or cooled, covered and stored in the fridge for a maximum of three days, or frozen for a maximum of one month.

FASOULIA

Prep Time: 5 minutes | Cook Time: 10 minutes | Total Time: 15 minutes

INGREDIENTS:

- ¾ cup of kidney beans (140g)
- ½ cup of water
- 1 tablespoon of oil

METHOD:

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



REWARDS TO WORK TOWARDS!

Add a pinch of salt, your earned spice (we suggest cumin or coriander) and some earned tomatoes or tinned tomatoes to make this more like a stew.

MAYA'S LENTIL SOUP

Prep Time: 5 minutes | Cook Time: 35 minutes | Total Time: 40 minutes

INGREDIENTS:

- ⅓ cup of lentils (65g)
- 3 cups of water

METHOD:

1. Wash the lentils in water before starting to cook. Place them in a pot, fill it with the 2 cups of water and bring to the boil.
2. Simmer and cook for 30 minutes.
3. Once the lentils are soft, drain the water and place the mixture in a food processor. Mix until it makes a soup-like consistency. Add more water if needed.

REWARDS TO WORK TOWARDS!

Add a pinch of salt and a spice like cumin or paprika after step 1.

Maya's favourite memories of Syria are 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." Maya



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MAYA'S STORY

Before the war, Maya and her family lived in a small village in Syria. Her husband Elias worked in construction, and she looked after their home and children. Her favourite memories are family dinners and walks together in the park to watch the sunset, something they did every evening back home in Syria.

But everything changed when the bombs came to their village in 2014.

"At night we would go to other people's houses to sleep, then would come back to our house in the daytime. It was unsafe to be in our house at night as the bombings were so close."

One day I woke up at my parents' house. Usually you hear the sound of the bomb before it comes. Firstly, we heard it and looked up at the sky to see

where it would fall but it was coming towards our house. I was so scared but the bomb hit the house next door. I was with my whole family. When we went outside we found the whole building destroyed. It was very tragic, everything was destroyed, all of their belongings and their home. But thank God no one died, they all had left the building in time."

That day they decided they had to leave, and they made a long, and difficult journey to Jordan, where they now live in a small apartment. Maya told us that water often leaks through the ceiling in winter, and that it gets very hot in the summer. They make the most of what they have, but long for the day they can return home.

"We hope for Syria to be stable and secure again. We want to go back to Syria again and live in security and stability with our family. Our hometown is very precious to us and we just want our home again."



Ben Littlejohn / Ration Challenge

FATIMA'S STORY

Fatima is a strong Syrian woman, but she will never forget the humiliation and powerlessness she felt when she first became a refugee. When we first met her, she bravely shared with us how she had fled her home in Halib, Syria as a single mother with her children.

"When the war started, the Syrian army wanted to take my son, and force him to kill fellow Syrians. The army knew we'd refuse for our son to be conscripted, so we had to leave Syria. We couldn't get passports, so we had to pay to be smuggled out. It was a very hard journey. The smugglers drove us in pickup trucks across the desert."

Fatima did find safety in Jordan, where she still lives with her children. And while they are safe, life is still incredibly hard. With no ability to earn an income to support her family, she was reliant on support such as the rations that you are helping to provide through the Ration Challenge.

"We mainly depend on coupons and packages distributed by NGOs. They're getting fewer all the time. So we are trying to adapt. We no longer have breakfast, the children just have milk. I never thought this would happen to Syrian people who were living in prosperity and dignity."

Despite all she has been through, Fatima remains positive and

is determined to help her fellow refugees. She has been trained as a volunteer and helps with food distributions. She also plays a vital role in educating other women on self-empowerment and business skills.

"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 is grateful for the support she and her family have received as a result of the Ration Challenge, and she wanted to share two of the meals she makes



Karen McGrath/Ration Challenge

for her family with you. You can find Fatima's recipes on the following two pages of this recipe book. She also wanted to share some of her personal photos with you, so that you can get a glimpse into her life and show you how the money you raise is making a difference for her family.



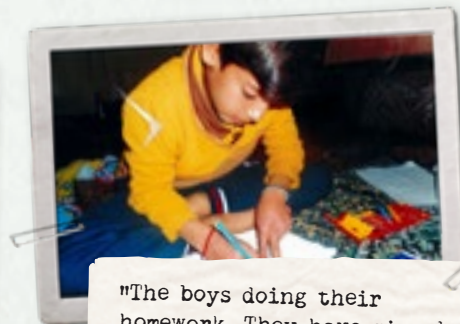
"I am a volunteer who distributes food rations for other refugees. I distribute the packages in a way not to humiliate, with love and a smile."



"Dinner for us and our neighbours, made from our food rations."



"As a mum, I try and always make sure we eat together as a family. Meal times were very different back in Syria, but it's still my favourite time."



"The boys doing their homework. They have missed so much school because of the war, but I make sure they have activities to do every week to keep them practicing."

FATIMA'S FLATBREAD BITES

Prep Time: 5 minutes | Cook Time: 10 minutes | Total Time: 15 minutes

INGREDIENTS:

- 1 cup of flour (150g)
- 2 tablespoons of oil
- $\frac{1}{3}$ cup of water

METHOD:

1. Place the flour in a bowl and add cold water in small increments until the dough is soft and sticky. The dough should stick a little bit to the side of the bowl, but come away without leaving too much dough stuck to the sides.
2. Lightly sprinkle a bit of flour onto a chopping board or clean bench. Knead the dough by pushing it down and then outward, only using the heels of your hands. Fold the dough in half and press down. Then using the heels of your hands, push down and outward, lengthening and stretching the strands of gluten and dough fibres. Turn the dough about 45 degrees and knead again. If it is getting sticky, add a little more flour. Continue to knead, until it is smooth.
3. 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.
4. Heat a frying pan to a medium-high temperature. Cook the 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.



FATIMA'S MUJADARA

Prep Time: 5 minutes | Cook Time: 25-35 minutes | Total Time: 35 minutes

INGREDIENTS:

- $\frac{1}{3}$ cup of lentils (65g)
- $\frac{3}{4}$ cup of rice (146g)
- 6 cups water

METHOD:

1. Wash the lentils and cover with water in a pot.
2. Boil for 20-30 minutes 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 (approx 5 min). Before all the water boils away, cover the mixture and turn it down to a very low heat for another 10 minutes.
5. Add your earned spice, mix and serve.



REWARDS TO WORK TOWARDS!

If you've chosen onion as your reward vegetable, you can slice $\frac{1}{4}$ of an onion into 1 teaspoon of oil on a medium-high heat until the slices of onions turn golden brown. Serve on top of the Mujadara.

AIDA'S RICE WITH MILK

Prep Time: 5 minutes | Cook Time: 15-20 minutes | Total Time: 25 minutes

INGREDIENTS:

- ½ cup of rice (97.5g)
- 4 cups of water
- 1 cup of milk

METHOD:

1. Add 4 cups of water to a saucepan. Then add 1 cup of milk. Stir occasionally to prevent the milk from burning and bring to a boil.
2. Rinse the rice briefly under cold water. Don't rinse for too long because that will remove the starch.
3. Add the rice to the saucepan of water and milk.
4. Cook for 15 minutes or longer to get the consistency you'd like. Cooking for longer will produce a thicker consistency.

COOKING SAFELY

Rice should be cooked to a temperature of at least 75°C. Once cooked, it should be eaten promptly, kept hotter than 60°C, or cooled, covered and stored in the fridge for a maximum of three days, or frozen for a maximum of one month.



AIDA'S STORY

Aida lives in a small apartment with her husband and their young son. Despite having very little, she welcomed us into her home, made us a cup of tea, and bravely told us how she came to be living in Jordan.

Back in Syria, Aida and her husband lived a happy life. Her husband worked as a pharmacist while she looked after their home. But they lost everything when their village was bombed. It broke Aida's heart to leave but she told us that they had no choice *"because escape is better than death."*

For Aida – being separated from her family has been heartbreaking. When her mother suffered a heart attack she was unable to attend the funeral because of the shelling. And she has also lost further family members to the war.

Despite all the hardship's she's faced, Aida still has hope. She dreams of a better future for her six-year-old son, who was born in Jordan. This life is the only one he knows, but her hope is that one day he will grow up to be a pharmacist and help people, in the same way his father did in Syria.

Aida kindly shared one of her son's favourite recipes with us – rice with milk.



"The most important thing in life is that a person has their family around them." Aida

ASSALA'S LENTIL AND ONION SOUP

Prep Time: 5 minutes | Cook Time: 20 minutes | Total Time: 25 minutes

INGREDIENTS:

- ⅓ cup of lentils (65g)
- 3 cups of water
- ⅛ diced onion
- 1 teaspoon of oil

METHOD:

1. Chop the onion and cook it in a saucepan with the teaspoon of oil for 2-3 min.
2. Add the lentils, water and reward spice and bring to a boil.
3. Reduce to a simmer and cook for 15 minutes stirring occasionally.



REWARDS TO WORK TOWARDS!

Use pepper or cumin as your reward spice and go for onion for your reward vegetable. If you don't like onion, you can use peppers, too.

"I feel relieved receiving the food pack because it contains the food we eat and cook from. Sometimes we don't have enough food to feed our family, or money to buy it. We're thankful to those people who are helping us. It gives me a great feeling and I thank God so much for this." Assala

ASSALA'S STORY

Assala, her husband and young son fled their home in Syria when it was bombed eight years ago. It took them two days to reach Jordan and Assala told us when we met her that she cried every step of the way, grieving for her beautiful life that she was leaving behind.

In Syria, her family owned a chicken farm and had olive trees. But now, eight years after leaving her home behind, she is living in a modest tent, doing the best she can to create a life for her husband and her teenage son Naser.

Assala shared some of her favourite memories from Syria, which revolved around being with her family and friends. She has not seen the rest of her family since she left and she longs for the day when they can be together again.

It was a cold, wet day when we visited Assala, and she generously made this soup for us, with food from her rations, and a few other ingredients she was able to find. It meant so much for her to be able to share this recipe with you.



AMY'S RICE MILK

Prep Time: 2-3 hours | Total Time: 2-3 hours

INGREDIENTS:

- 1 cup of rice (195g)
- 4 cups of water

METHOD:

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



Thanks to some past Ration Challengers for providing the amazing recipes found on the following pages!

AMY'S RICE BREAD

Prep Time: 10 minutes | Cook Time: 30 minutes | Total Time: 40 minutes

INGREDIENTS:

- 2 cups of flour (300g)
- $\frac{3}{4}$ cup of rice milk

METHOD:

1. Sift the 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 at 220 degrees in an oven for 30 minutes.
5. Remove from the oven and eat warm or store in an airtight container.

REWARDS TO WORK TOWARDS

Add a pinch of salt to the dough to bring out a bit more flavour.



WINSOME'S RICE CAKES

Prep Time: 10 minutes | Cook Time: 30 minutes | Total Time: 40 minutes

INGREDIENTS:

- 1 cup of rice (195g)
- 1 ½ cups of water
- ½ tablespoon of oil

METHOD:

1. Rinse the rice under cold water for 1 minute.
2. Place the water and rice in a saucepan with ½ tablespoon of oil, stir and bring to a boil.
3. Reduce to a simmer for a further 12 minutes, keeping the lid on. Small holes should start to appear across the surface of the rice letting you know when it's getting close to being cooked. Remove from the heat, remove the lid and allow to sit for 5 minutes.
4. Place the cooked rice into a muffin tin, filling each hole about halfway.
5. Sprinkle a pinch of reward spice across the cakes.
6. Bake in the oven at 180 degrees for 10 minutes (or until crispy on the outside).



REWARDS TO WORK TOWARDS

Winsome suggests cumin as a great spice to use with this recipe, but paprika and chilli also work well.

JESSICA'S SPINACH PANCAKES

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

INGREDIENTS:

- 1 cup of spinach (reward vegetable)
- 3 tablespoons of rice milk (see recipe on page 22)
- 1 teaspoon of oil
- 1-2 tablespoons of flour
- Salt
- Your reward spice
- 20g tofu (vegetarian alternative to sardines)



METHOD:

1. Place the spinach, rice milk, salt, spice and tofu in a blender and blend.
2. Add the flour and whisk until it forms a thin batter.
3. Place a teaspoon of oil in a frying pan and place on a low-medium heat.
4. Once the oil is warm, add the batter in small circles to the pan. Cook for 5 minutes on each side or until each side is golden brown.
5. Remove from the heat and serve.

MANDY'S RICE CRACKERS

Prep Time: 10 minutes | Cook Time: 30 minutes | Total Time: 40 minutes

INGREDIENTS:

- ½ cup of cooked rice
- ½ cup of water
- Pinch of salt

METHOD:

1. Add the cooked rice and water to a bowl and mix until it forms a sticky, thick batter. Add more water if needed.
2. Add a pinch of salt and mix.
3. Spread the mixture in a thin layer on a baking sheet.
4. Bake at 150 degrees for 15 minutes.
5. Remove from the oven and use a sharp knife to score the sheet into sizes you'd like.
6. Return to the oven and bake for a further 15 minutes until lightly browned.

TOP TIP

This is a great snack instead of another bowl of rice! It goes great with hummus. And you could also add your chosen spice for extra flavour.



These rice crackers are great for adding a bit of crunch to your Ration Challenge week!

LIDIJA'S BEAN AND LENTIL BURGER

Prep Time: 10 minutes | Cook Time: 45 minutes | Total Time: 55 minutes

INGREDIENTS:

- ½ cup of beans (90g)
- ¼ small onion (vegetable reward)
- ½ cup of lentils (100g)
- 2 cups of water
- Pinch of salt
- Reward spice
- 2 tablespoons of flour
- 1½ tablespoons of oil
- Flatbread to serve

METHOD:

1. Wash the lentils in water before starting to cook. Place in a pot, fill with 2 cups of water and bring to the boil.
2. Simmer and cook for 30 minutes.
3. Place the beans and your reward onion (if you have it) in a frying pan with ½ tablespoon of oil and fry for 10 minutes.
4. Transfer the cooked beans (and onion or other reward vegetable) and lentils to a bowl, add a pinch of salt, your reward spice, the flour and mash all the ingredients together using a fork.
5. Create balls of mix using your hands, and then flatten out to form a burger shape.
6. Add the burgers to the pan and fry on a low heat for 3-4 minutes on each side, or until the burgers are golden brown on the outside.



REWARDS TO WORK TOWARDS

Cumin or paprika would be a great reward spice to add to your burgers.

CHANTELLE'S BURRITO

Prep Time: 20 minutes | Cook Time: 40 minutes | Total Time: 60 minutes

INGREDIENTS:

- ½ cup of flour
- 2-3 teaspoons of oil
- ¼ of a cup of water
- ¼ cup of rice (49g)
- 1 cherry tomato thinly sliced (vegetable reward)

METHOD:

1. Mix the flour and cold water together in a large bowl until it is soft and sticky. Use enough water so that the mixture feels like dough. Massage the dough with your fingers for 2-3 minutes.
2. Lightly sprinkle some flour onto a chopping board or clean bench. Place the dough onto the board/bench and knead the dough by pushing it down and then outward, only using the heels of your hands. Fold the dough in half towards you and press down. Then use the heels of your hands again to push down and outward, lengthening and stretching the strands of gluten and dough fibres. Turn the dough about 45 degrees and knead again with the heels of your hands. If it's getting sticky, add more flour. Continue to knead, folding and turning the dough, until it's smooth and supple.



3. Leave to rest for 10 minutes, covered with a damp cloth. 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.
4. Rinse the rice under cold water for 1 minute.
5. Place the water and rice in a saucepan with ½ tablespoon of oil, stir and bring to a boil.
6. Reduce the rice to a simmer for a further 12 minutes, keeping the lid on. Small holes should start to appear across the surface of the rice letting you know when it's getting close to being cooked. Remove from the heat, remove the lid and allow to sit for 5 minutes.
7. Heat a frying pan to a medium-high temperature. Cook the 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.
8. Place rice and tomatoes on top of the flatbread and serve.



REWARD IDEAS!
You can replace tomatoes with any other reward vegetable, like peas!

MY MEAL PLAN

You can use this planner to map out your Ration Challenge meal plan. Making a plan will help to ensure you don't run out of ingredients. Believe us – a little planning goes a long way! For inspiration, you can check out the sample meal plan in the resources section of the Ration Challenge website (rationchallenge.org.uk), or visit the Facebook group for recipe ideas from other Ration Challengers.



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



CONCERN worldwide

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