

Fasting Feasts: A Collection of 45+ Recipes for Lent



<https://roubashahin.com.au/>

INTRODUCTION

Welcome to my Lent quick recipe book, filled with delicious vegan recipes to help you observe the tradition of fasting during this time of year. Lent is a period of reflection and sacrifice for many people, and one way to honour this tradition is by abstaining from certain foods such as meat and dairy.

In this recipe book, you will find a variety of vegan dishes that are not only healthy and nutritious but also satisfying and delicious. I have included some recipes that call for feta cheese, but I have made notes throughout the book on how to omit or substitute this ingredient to make the dish vegan-friendly.

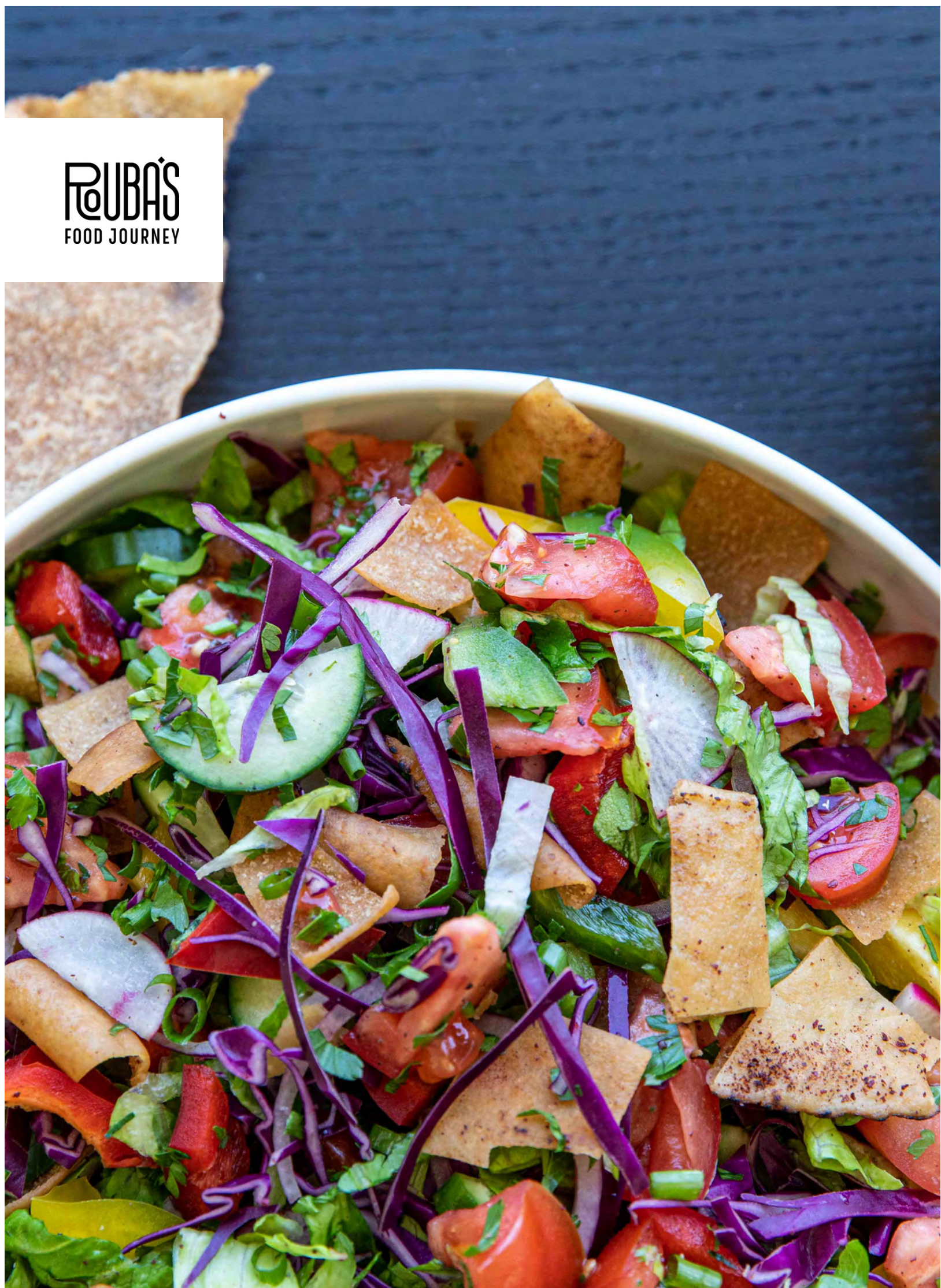
As someone who is new to the concept of Lent fasting, I have done my best to research and understand the traditions associated with this time of year. I hope that this recipe book can be a helpful resource for those who are also new to this practice, as well as for those who are experienced in observing Lent.

Please forgive me if one of the recipes is not suitable for Lent fasting. I have tried my best to ensure that all the recipes in this book are appropriate, but I am still learning and open to feedback.

If you enjoy these recipes, I encourage you to subscribe to my website as a means of supporting my work. Thank you for joining me on this journey, and I hope you find these vegan and fish recipes to be a delicious and satisfying addition to your fasting practices. Please note that I have included a couple of fish recipes in this book for those who enjoy fish on Fridays during Lent. As always, I am open to feedback and suggestions for improvement, and I hope that this recipe book can help you find new and tasty ways to observe this meaningful tradition.

SALADS

These refreshing salad recipes are perfect for your Lenten fast. They're easy to make and packed with delicious and healthy ingredients that will keep you satisfied and energized throughout the day.



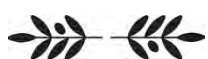
RUBA'S
FOOD JOURNEY

SUPER HERB SALAD

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/SUPER-HERB-SALAD/](https://roubashahin.com.au/recipes/super-herb-salad/)



Note From Rouba



Omit the feta



GREEN BEANS AND LENTIL SALAD

<https://roubashahin.com.au/recipes/green-bean-and-lentil-salad/>

GREEN CHICKPEA
SALAD

salads

<https://roubashahin.com.au/recipes/green-chickpea-salad/>





CRUNCHY FATTOUSH SALAD

<https://roubashahin.com.au/recipes/crunchy-fattoush-salad/>



★★★
**HOME
MADE.**
♥

Note From Rouba
— —
Omit the feta

SPINACH AND PASTA SALAD

<https://roubashahin.com.au/recipes/spinach-and-pasta-salad/>

TABOULI ON HUMMUS

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/TABOULI-SALAD/](https://roubashahin.com.au/recipes/tabouli-salad/)



A Note From Rouba

Turn the simple tabouli salad into a wholesome meal. Serve it over hummus and drizzle it with pomegranate molasses



Note From Rouba
— —
Omit the feta



PEARL COUSCOUS AND CHICKPEA SALAD



POTATO AND SUMAC SALAD

<https://roubashahin.com.au/recipes/potato-and-sumac-salad/>

ROASTED CHICKPEA AND HUMMUS SALAD

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/ROASTED-CHICKPEA-AND-HUMMUS-SALAD/](https://roubashahin.com.au/recipes/roasted-chickpea-and-hummus-salad/)



Note From Rouba



Omit the feta



EGGPLANT POMEGRANATE SALAD

<https://roubashahin.com.au/recipes/eggplant-pomegranate-salad/>

VEGETABLES

Looking for tasty and nutritious ways to get your daily dose of veggies during Lent? These easy vegetable recipes are the perfect solution. There's something for everyone in this collection.

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BRUSSEL SPROUTS DRIZZLED WITH CREAMY TAHINI

<https://roubashahin.com.au/recipes/brussel-sprouts-drizzled-with-creamy-tahini/>



BAKED EGGPLANT WITH TANGY TAHINI SAUCE

<https://roubashahin.com.au/recipes/baked-eggplant-with-tangy-tahini-sauce/>

WHOLE BAKED CAULIFLOWER WITH TAHINI SAUCE

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/WHOLE-BAKED-CAULIFLOWER-WITH-TAHINI-SAUCE/](https://roubasha.com.au/recipes/whole-baked-cauliflower-with-tahini-sauce/)



S A U T E E D G R E E N B E A N S
W I T H R E D C A P S I C U M

sides

<https://roubashahin.com.au/recipes/sauteed-green-beans-with-red-capsicum/>



MAINS

Whether you're abstaining from meat or just looking for some new ideas for Lenten meals, these main dish recipes are sure to please. From hearty vegetarian stews to flavourful seafood dishes, these recipes are easy to make and full of flavour.



LENTIL AND HERB BAKED CAULIFLOWER

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/LENTIL-AND-HERB-BAKED-CAULIFLOWER/](https://roubasha.com.au/recipes/lelntil-and-herb-baked-cauliflower/)



A Note From Rouba



Serve this with a tahini sauce
instead of yogurt



BAKED FALAFEL QUICHE

<https://roubashahin.com.au/recipes/baked-falafel-quiche/>

CHICKPEA AND
EGGPLANT RICE
PILAF

mains

<https://roubashahin.com.au/recipes/chickpea-and-eggplant-rice-pilaf/>



RED CABBAGE RICE WITH ORZO

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/RED-CABBAGE-RICE-WITH-ORZO/](https://roubashahin.com.au/recipes/red-cabbage-rice-with-orzo/)





WHOLEGRAIN CRACKED WHEAT IN TOMATO SAUCE

<https://roubashahin.com.au/recipes/wholegrain-cracked-wheat-in-tomato-sauce/>

Note From Rouba



**serve with Tabouli
instead**



VERMICELLI RICE PILAF

<https://roubashahin.com.au/recipes/vermicelli-rice-pilaf/>



Note From Rouba



yogurt is a condiment,
serve with a herb salad

MIDDLE EASTERN LENTIL RICE MJADARA

<https://roubashahin.com.au/recipes/middle-eastern-lentil-rice-recipe/>



G R E E N F A L A F E L
W R A P

mains

<https://roubashahin.com.au/recipes/green-falafel-wrap/>

BROAD BEAN AND BULGUR PILAF

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/BROAD-BEAN-AND-BULGUR-PILAF/](https://roubashahin.com.au/recipes/broad-bean-and-bulgur-pilaf/)





CARAMELISED LENTIL PILAF

<https://roubashahin.com.au/recipes/caramelised-lentil-pilaf/>



BROAD BEAN RICE PILAF

<https://roubashahin.com.au/recipes/broad-bean-rice-pilaf/>

E G G P L A N T A N D
C H I C K P E A S T E W
(M N A Z A L E H)

mains

<https://roubashahin.com.au/recipes/eggplant-and-chickpea-stew-mnazaleh/>



CARAMELISED ONION AND WALNUT POTATO BAKE (KIBBET BATATA)

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/CARAMELISED-ONION-AND-WALNUT-POTATO-BAKE-KIBBET-BATATA/](https://roubashahin.com.au/recipes/caramelised-onion-and-walnut-potato-bake-kibbet-batata/)





PESTO SPAGHETTI WITH SUNDRIED TOMATOES

<https://roubashahin.com.au/recipes/pesto-spaghetti-with-sun-dried-tomatoes/>



HUMMUS DINNER ROLLS

<https://roubashahin.com.au/recipes/hummus-dinner-rolls/>

SIDES

No meal is complete without some tasty sides, and these Lenten-friendly recipes are sure to hit the spot. From roasted potatoes to savoury grains and legumes, these sides are the perfect complement to any main dish.

RUBA'S
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A V O C A D O H U M M U S

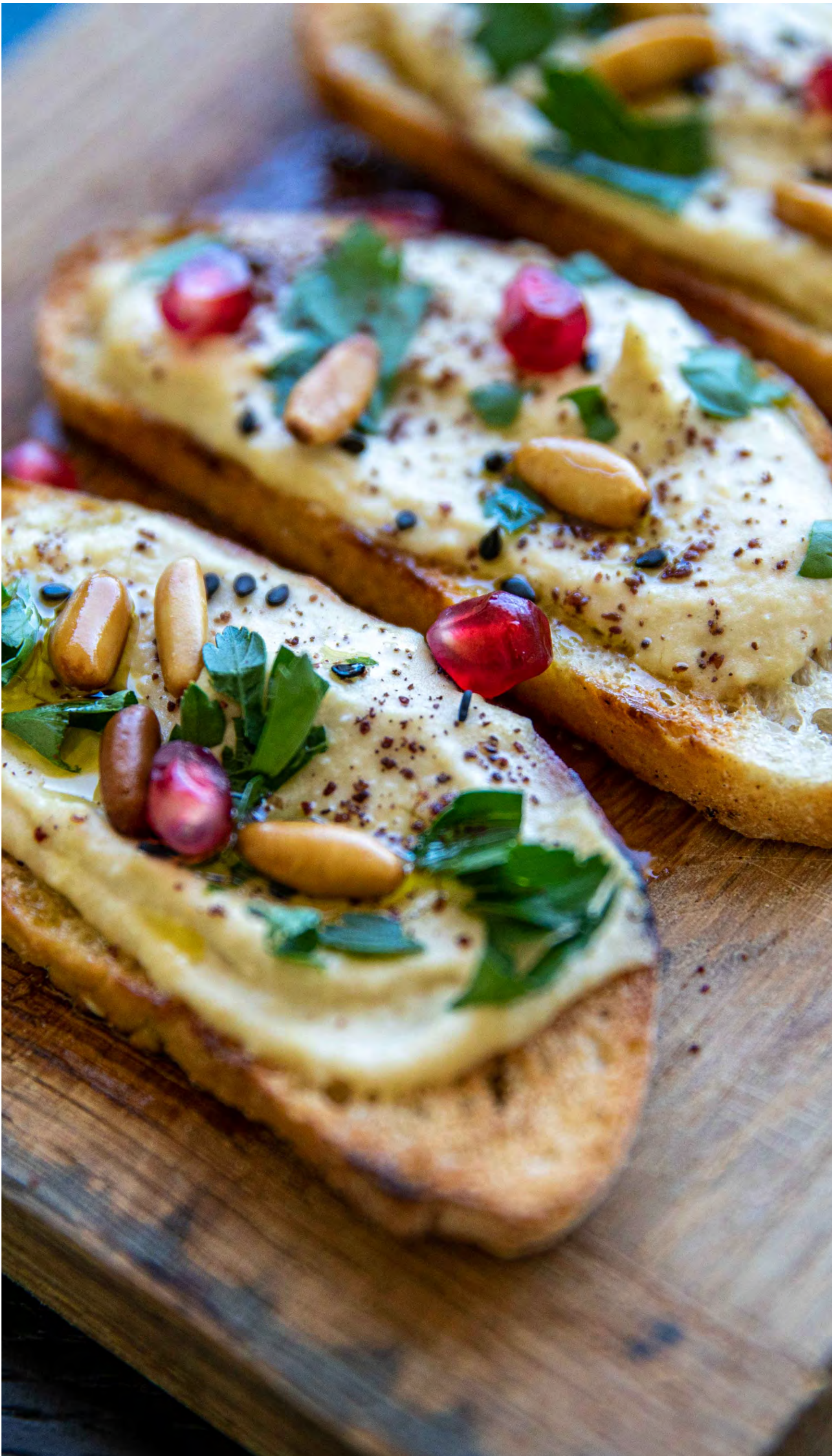
sides

<https://roubashahin.com.au/recipes/simply-hummus-4-more/>



HUMMUS BRUSCHETTAS

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/HUMMUS-BRUSCHETTAS/](https://roubasha.com.au/recipes/hummus-bruschettas/)





MUSHROOM AND SPINACH STUFFED POTATO CROQUETTES

<https://roubashahin.com.au/recipes/mushroom-and-spinach-stuffed-potato-croquettes/>



SPICY POTATO MASH (KIBBET BATATA)

<https://roubashahin.com.au/recipes/spicy-potato-mash-kibbet-batata/>



T A N G Y B R O A D B E A N
D I P

sides

https://www.instagram.com/reel/CkVZiiUOzqV/?utm_source=ig_web_copy_link

CHICORY WITH SAUTEED ONIONS (HINDBI)

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/CHICORY-WITH-SAUTEED-ONIONS-HINDBI/](https://roubasha.in.com.au/recipes/chicory-with-sauteed-onions-hindbi/)





SIMPLY HUMMUS

<https://roubashahin.com.au/recipes/simply-hummus-4-more/>



EASY SEEDED CRACKERS

<https://roubashahin.com.au/recipes/easy-seeded-crackers/>

S P I C Y G A R L I C R O A S T
P O T A T O E S
(B A T A T A H A R A)

sides

<https://roubashahin.com.au/recipes/spicy-garlic-roast-potatoes-batata-hara/>



CHILLI AVOCADO HUMMUS

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/SIMPLY-HUMMUS-4-MORE/](https://roubasha.com.au/recipes/simply-hummus-4-more/)



SOUP

Warm up with these delicious soup recipes during your Lenten fast. Whether you're looking for a hearty lentil soup or a creamy vegetable puree, these recipes are easy to make and will keep you full and satisfied throughout the day.



RUBAS
FOOD JOURNEY



SPINACH AND LENTIL SOUP

<https://roubashahin.com.au/recipes/spinach-and-lentil-soup/>

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HEARTY CAULIFLOWER SOUP

<https://roubashahin.com.au/recipes/hearty-cauliflower-soup/>

LEBANESE RED LENTIL
SOUP

soups

<https://roubashahin.com.au/recipes/lebanese-red-lentil-soup/>



DESSERT

Just because you're fasting doesn't mean you have to give up dessert. These sweet treats are perfect for Lenten fasting, and are made with wholesome ingredients that won't leave you feeling guilty.



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SESAME SLICE (SEMESMIEH)

<https://roubashahin.com.au/recipes/sesame-slice-semesmieh/>



CARAWAY SPICE PUDDING (MOGHLI)

<https://roubashahin.com.au/recipes/caraway-spice-pudding-moghli/>

FRUIT

Even though Lent requires us to abstain from certain foods, there are still plenty of delicious options available. Fresh fruit is a nutritious and tasty way to satisfy your cravings for something sweet, while still honouring the tradition of fasting.



C O C O N U T A N D N U T
S T U F F E D D A T E S

desserts

<https://roubashahin.com.au/recipes/coconut-and-nut-stuffed-dates/>



SWEET MAKAROONS

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/SWEET-MAKAROUNS/](https://roubashahin.com.au/recipes/sweet-makarouns/)



CRUNCHY DATE TREATS

[HTTPS://ROUBASHAHIN.COM.AU/RECIPES/CRUNCHY-DATE-TREATS/](https://roubashahin.com.au/recipes/crunchy-date-treats/)



A Note From Rouba



Substitute honey with
Maple Syrup

Try this vibrant berry fruit salad that combines a variety of juicy and antioxidant-rich fruits like strawberries and dragon fruit for a burst of flavour in every bite. It's a great way to change up your fruit routine and stay nourished during this period of fasting



FRUIT SALAD



PAN SEARED FISH WITH TOMATO AND CAPERS)

<https://roubashahin.com.au/recipes/pan-seared-fish-with-tomato-and-capers/>



WHOLE BAKED FISH

<https://roubashahin.com.au/recipes/whole-baked-fish-with-vegetables/>