

FASTING FEAST

A COLLECTION OF 40+ RECIPES FOR LENT



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 recipes to be a delicious and satisfying addition to your fasting practices.



SOUP

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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.



SPINACH AND LENTIL SOUP

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



HEARTY CAULIFLOWER SOUP

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

LEBANESE RED LENTIL SOUP

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



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.

SUPER HERB SALAD

HTTPS://ROUBASHAHIN.COM.AU/RECIPES/SUPER-HERB-SALAD/





GREEN BEANS AND LENTIL SALAD

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

GREEN CHICKPEA SALAD

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



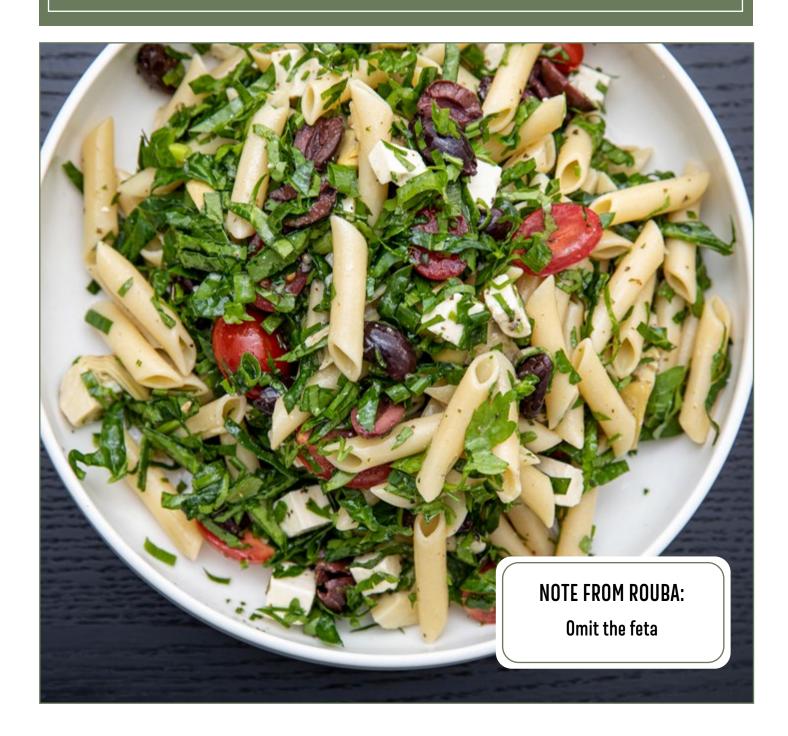


CRUNCH FATTOUSH SALAD

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

SPINACH AND PASTA SALAD

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





TABOULI ON HUMMUS

HTTPS://ROUBASHAHIN.COM.AU/RECIPES/TABOULI-SALAD/

PEARL COUSCOUS AND CHICKPEA SALAD

https://roubashahin.com.au/recipes/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/





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.

BRUSSEL SPROUTS DRIZZLED W/ CREAMY TAHINI

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





BAKED EGGPLANT W/ TANGY TAHINI SAUCE

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

WHOLE BAKED CAULIFLOWER W/ TAHINI SAUCE

HTTPS://ROUBASHAHIN.COM.AU/RECIPES/WHOLE-BAKED-CAULIFLOWER-WITH-TAHINI-SAUCE/



SAUTEED GREEN BEANS W/ RED CAPSICUM

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



MAIN



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.

NOTE FROM ROUBA:

Serve this with a tahini sauce instead of yogurt

LENTIL AND HERB BAKED CAULIFLOWER

HTTPS://ROUBASHAHIN.COM.AU/RECIPES/LENTIL-AND-HERB-BAKED-CAULIFLOWER/

BAKED FALAFEL QUICHE

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



CHICKPEA AND EGGPLANT RICE PILAF

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



RED CABBAGE RICE W/ 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/

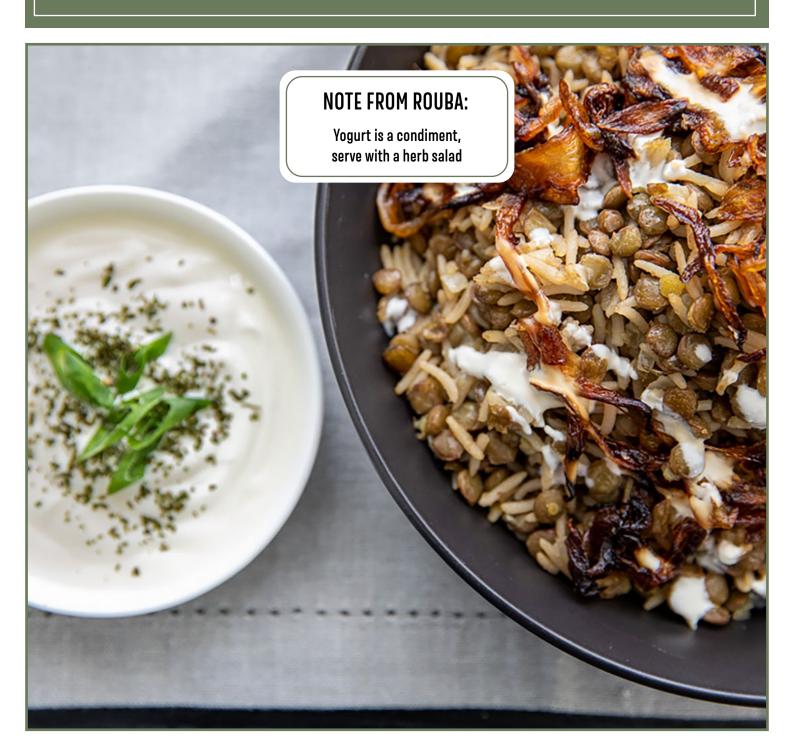
VERMICELLI RICE PILAF

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



MIDDLE EASTERN LENTIL RICE MJADARA

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





GREEN FALAFEL WRAP

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

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/



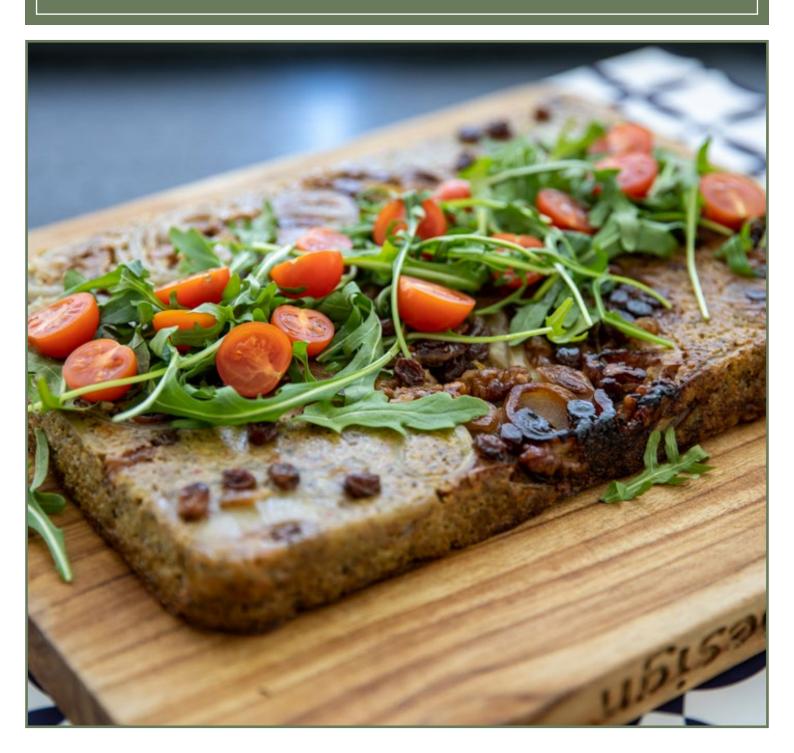


EGGPLANT AND CHICKPEA STEW (MNAZALEH)

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

CARAMELISED ONION AND WALNUT POTATO (KIBBET BATATA)

HTTPS://ROUBASHAHIN.COM.AU/RECIPES/CARAMELISED-ONION-AND-WALNUT-POTATO-BAKE-KIBBET-BATATA/





PESTO SPAGHETTI W/ SUNDRIED TOMATOES

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

HUMMUS DINNER ROLLS

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



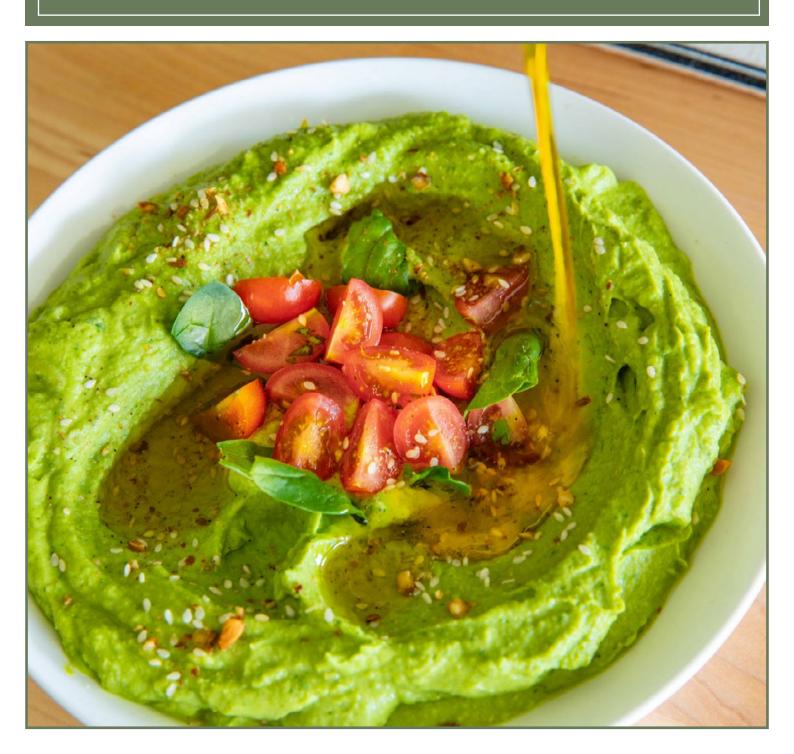
SIDES



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.

AVOCADO HUMMUS

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





HUMMUS BRUSCHETTAS

HTTPS://ROUBASHAHIN.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/





TANGY BROAD BEAN DIP

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

CHICORY W/ SAUTEED ONIONS (HINDBI)

HTTPS://ROUBASHAHIN.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/



SPICY GARLIC ROAST POTATOES (BATATA HARA)

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



CHILLI AVOCADO HUMMUS

HTTPS://ROUBASHAHIN.COM.AU/RECIPES/SIMPLY-HUMMUS-4-MORE/



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.

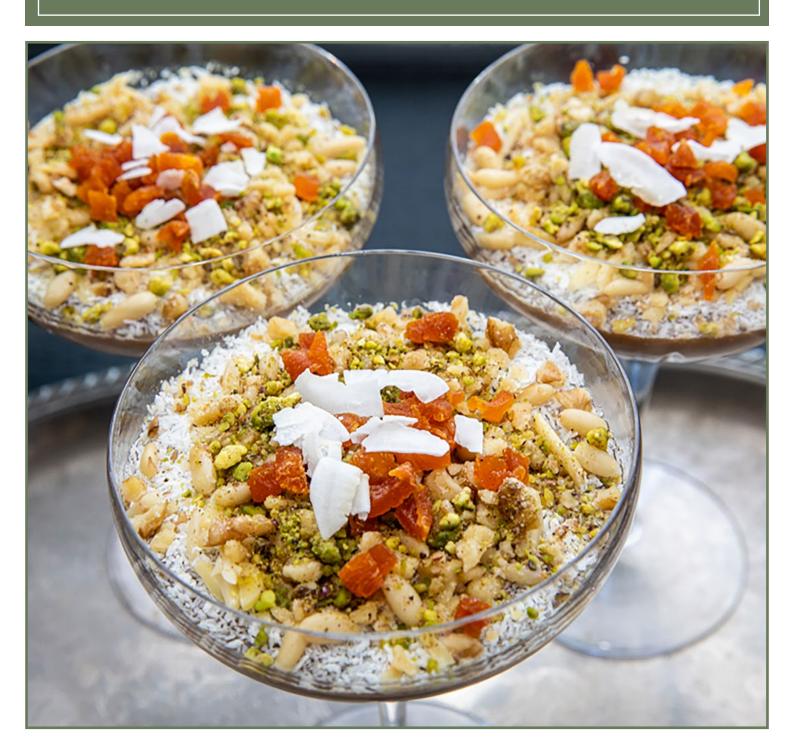


SESAME SLICE (SEMESMIEH)

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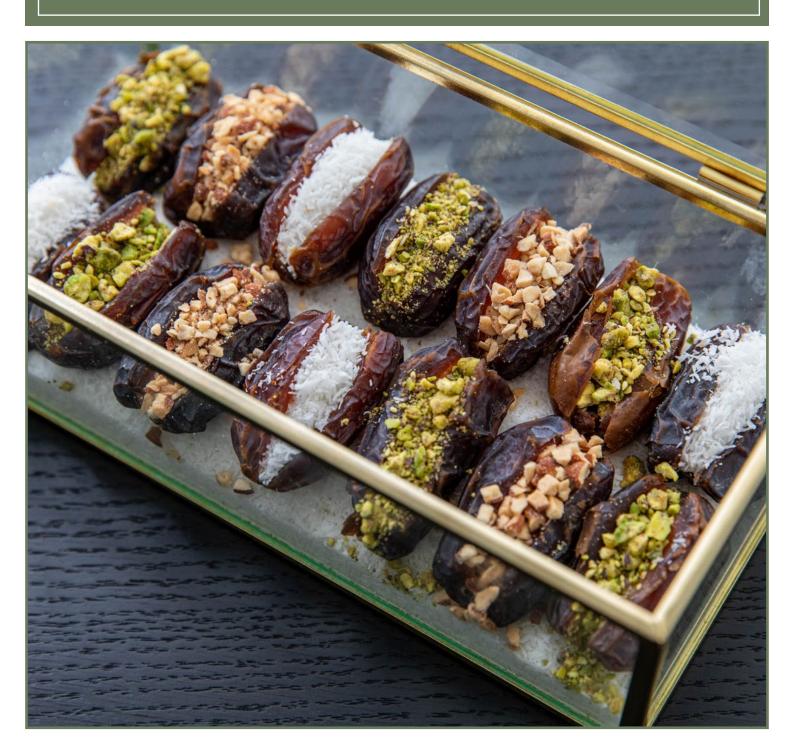
CARAWAY SPICE PUDDING (MOGHLI)

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



COCONUT AND NUT STUFFED DATES

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





SWEET MAKAROUNS

HTTPS://ROUBASHAHIN.COM.AU/RECIPES/SWEET-MAKAROUNS/

CRUNCHY DATE TREATS

HTTPS://ROUBASHAHIN.COM.AU/RECIPES/CRUNCHY-DATE-TREATS/



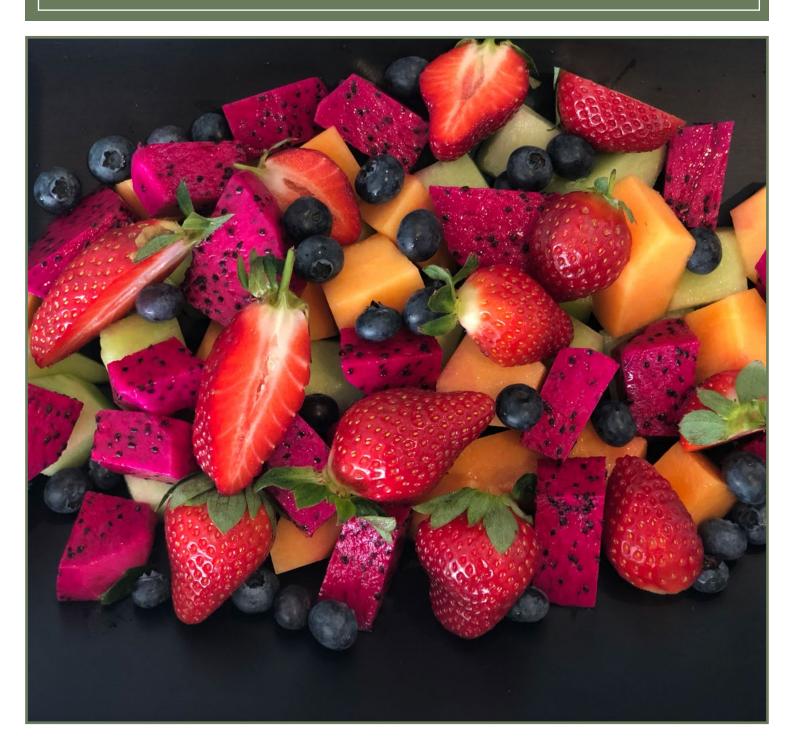
FRUIT

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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.

FRUIT SALAD

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



It's been all about diving into Lent traditions and coming up with some good eats that anyone can try, no matter if you're new to this or familiar with it. I really hope these recipes make your fasting days a bit more flavourful and a lot more fun.

And, for Good Friday, I've got you covered with some seafood dishes too. I picked these to make sure you have something special that's easy to whip up and tastes great.

I hope these recipes add a little extra to your Lent, making those moments around the dinner table a bit more special.

SEAFOOD/FISH RECIPE OPTIONS

Whole Baked Fish with Vegetables



Anchovy Soldiers



Pan Seared Fish with capers



Crab Soldiers

