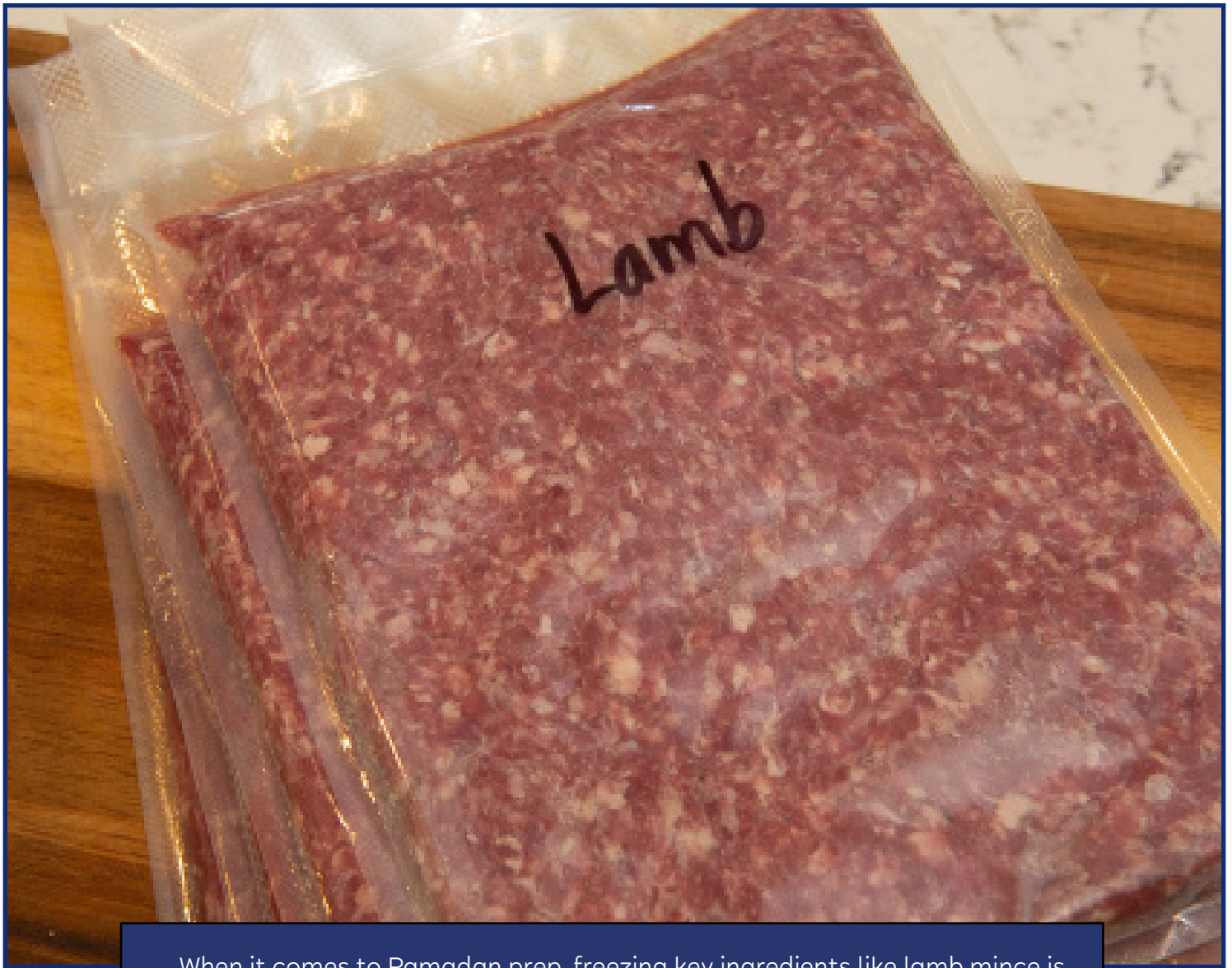


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RAMADAN PREPARATIONS

FREEZING THE KEY INGREDIENTS



When it comes to Ramadan prep, freezing key ingredients like lamb mince is a game-changer. Portion it into bags for quick and easy meals throughout the month. From comforting classics to flavourful crowd-pleasers, lamb mince is versatile and works beautifully in so many dishes.

"Check out these four delicious recipes to inspire your Ramadan cooking!"





Prepping chicken pieces in advance is a Ramadan time-saver. Cut them based on the dishes you plan to make—strips for stir-fries or cubes for curries, - and portion them into bags for easy use. With everything ready to go, you'll have quick, stress-free meal prep all month.

"Check out these four recipes for inspiration!"

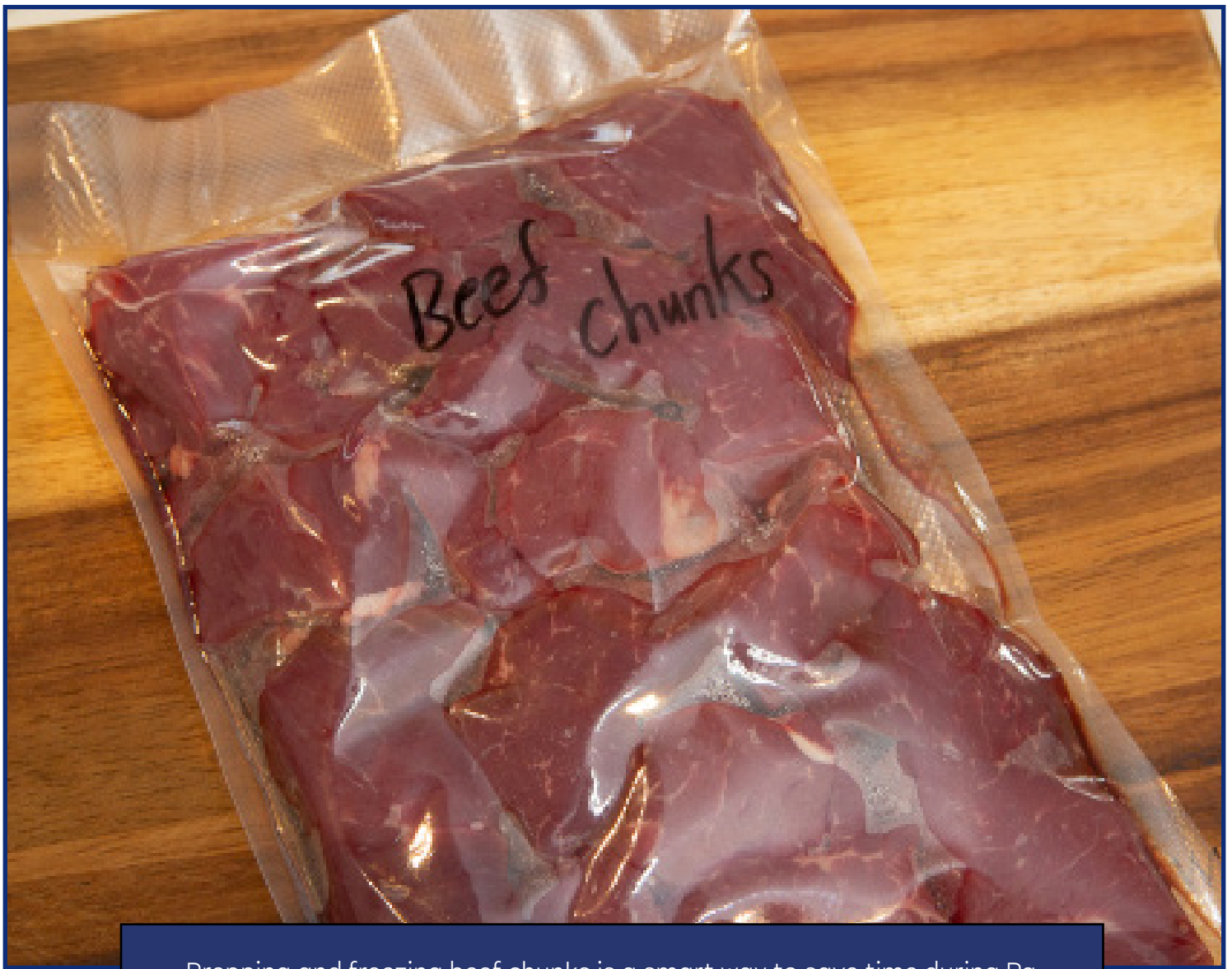




Did you know you can freeze kafta? Simply mix all the ingredients, portion into freezer-safe bags, flatten, and freeze. On busy iftar nights, just defrost, shape, and cook—it's quick and stress-free!

"Check out these recipes for delicious ways to enjoy kafta."





Prepping and freezing beef chunks is a smart way to save time during Ramadan. Portion them into freezer-safe bags based on the recipes you plan to cook. Whether for stews, curries, or stir-fries, having beef ready to defrost and use makes iftar meals so much easier. Check out these recipes for inspiration!

"TWO OF MY FAVOURITE BEEF RECIPES"

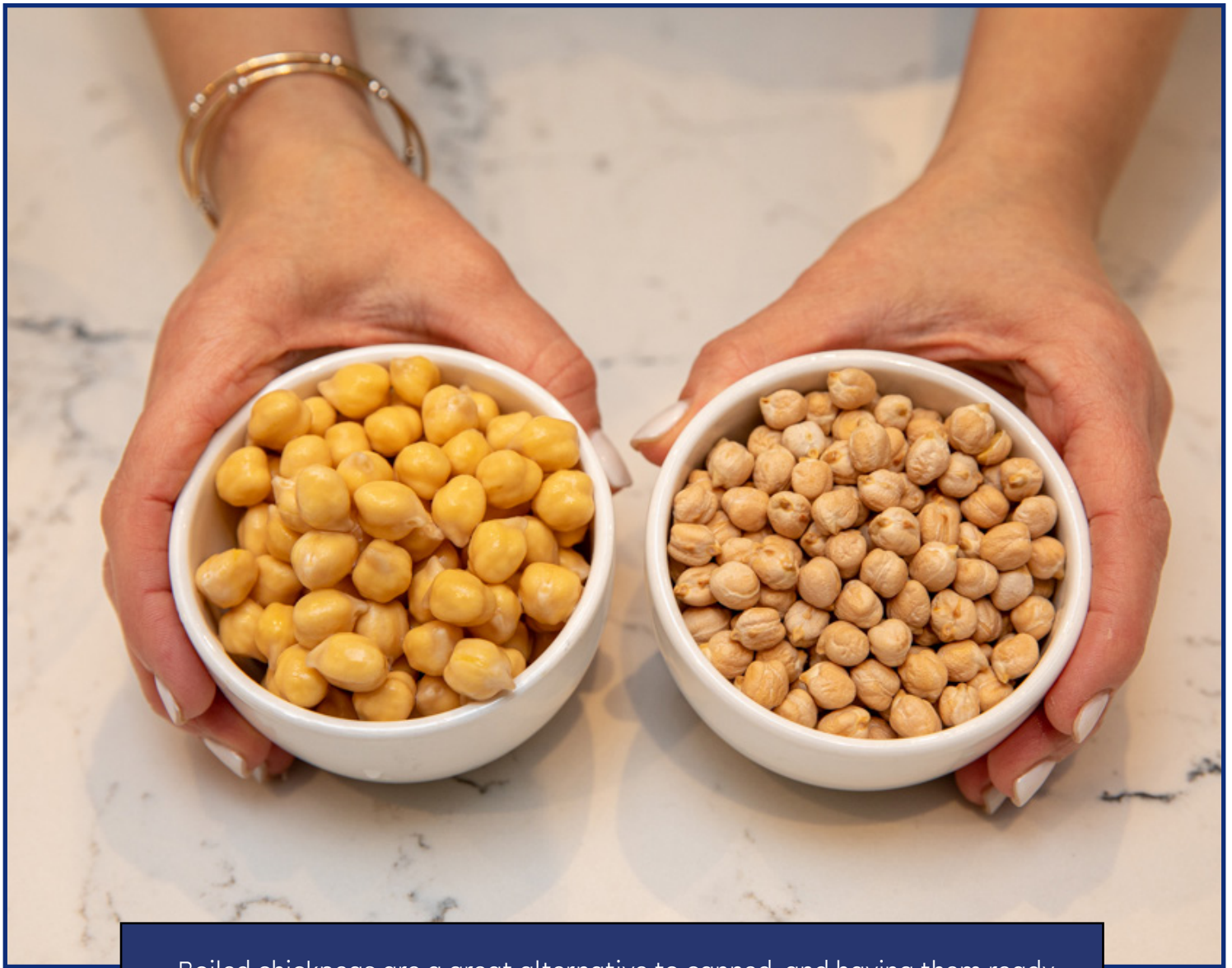




Freezing chicken stock is a must for Ramadan prep! Whether you store it in containers or freezer-safe bags, having it portioned and ready makes cooking so much easier. Use it to whip up soups, stews, or flavourful rice dishes in no time. Defrost as needed, and you're good to go!

"THESE ARE MY FAVOURITE STOCK RECIPES"

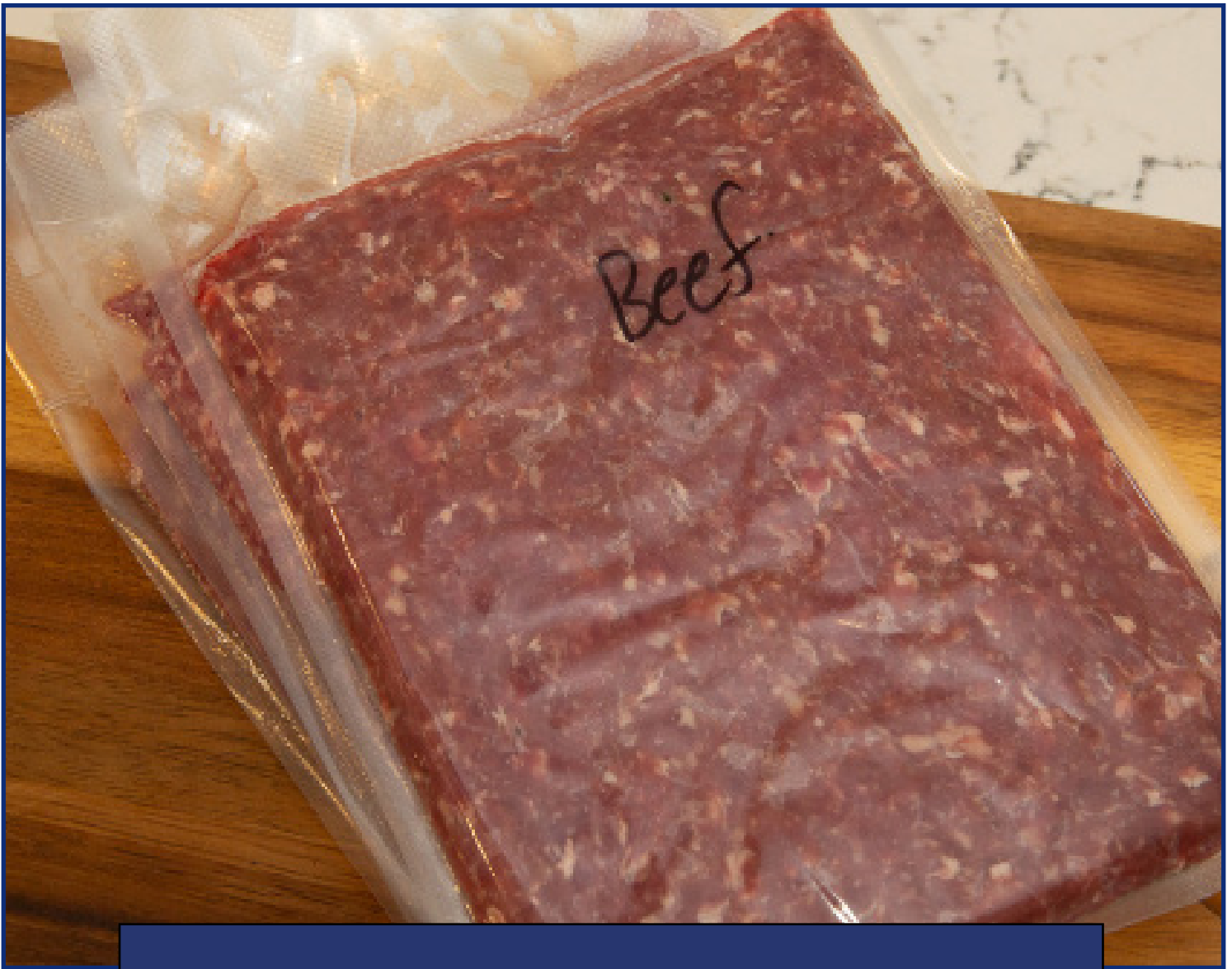




Boiled chickpeas are a great alternative to canned, and having them ready in your freezer is incredibly convenient for Ramadan. Soak overnight, boil, cool, and portion into freezer-safe bags. They freeze well and defrost quickly, making them perfect for soups, salads, fatteh or hummus whenever you need them!

"THESE ARE MY FAVOURITE CHICKPEA RECIPES"





Beef mince is one of the most essential ingredients to freeze for Ramadan prep. Portion it into freezer-safe bags, flatten for easy storage, and defrost as needed. It's perfect for whipping up quick dishes like pasta, stews, or pies during those busy iftar nights.

"Check out these recipes for inspiration!"

"





Pearl couscous mixed with chickpeas is a Ramadan prep favourite in my kitchen. Both are cooked and ready to go, making dishes like moghrabieh or my pearl couscous salad so easy to whip up. Portion into freezer-safe bags, and you'll have a versatile base ready for those special Ramadan meals.

"Check out the recipe ideas below!"





Diced lamb pieces are a Ramadan must-have! Think about the dishes your family loves and prep the cuts accordingly—whether for stews, curries, or grills. Portion into freezer-safe bags for easy use throughout the month.

"Check out these four recipes for inspiration!"





Bolognese sauce is a freezer essential that makes Ramadan cooking so much easier. Cook a big batch, let it cool, and store it in portioned freezer-safe bags or containers. Defrost when needed and enjoy it with pasta, potato, or a bake for a quick and hearty Iftar meal.

"THESE ARE MY FAVOURITE BOLOGNESE RECIPES"



Ramadan is a time to pause, reflect, and come together over meals that nourish both body and soul. Every dish we prepare carries the warmth of tradition and the love of family.

ROUBA'S
FOOD JOURNEY

Thank you so much for your unwavering support—it means the world to me. Ramadan Mubarak to all! For those observing this holy month, may your fasting and prayers bring you peace and strength, and may you find joy in every moment. For those who don't, I wish you a season filled with love and happiness. My passion for culture, family, and tradition continues to guide my cooking, and the memories we share around the table are treasures I cherish deeply.

FOLLOW MY JOURNEY



**DON'T FORGET TO SEARCH MY
WEBSITE FOR MORE RECIPES**

