



# HANAA

*Cookery Book*

*Special Recipes*



## Our Products



*Tomatoes*



*Tuna / Corn*



*Oats*





HANAA



## *Oatmeal Porridge with Peanut Butter*

### *Ingredients*

1/2 oats whole grain of henna

1 cup of milk

1/2 tsp cinnamon

Stevia sugar or honey for sweetening

Peanut butter for decoration

Nuts according to taste

Chia seeds or dried coconut for final decoration



### *How To Prepare*

Put a saucepan on medium heat

Put oatmeal, milk, cinnamon, sugar or honey,  
and continue stirring until the mixture  
is thickened, placed in a bowl, decorated with  
peanut butter, nuts, seeds.

serve hot.

# *Oatmeal Porridge with Peanut Butter*





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HANAA  
WHOLE  
TRADITIONAL  
OATS



Corn  
and Oat  
Soup



Corn  
and Oat  
Soup

## Ingredients

3/4 cup whole grain of Hana

3/4 cup corn

2 tsp flour

1 ltr milk

3 ltr broth of vegetables or water or water in which vegetable cube is dissolved

3/4 cheddar cheese, sprinkled

2 tsp olive oil

1 tsp paprika powder

1 tsp Oregano

Salt and black pepper as desired

Lemon juice as desired



## How To Prepare

In deep pot, put the olive oil and flour and cook for a minute.

Pour the milk and toss with for two minutes or until the flour blocks completely disappear and then put all the spices and vegetables, corn and oats and leave to boil for 15 minutes.

Put the cheddar cheese and stir well.

Put the lemon juice in the end with salt and pepper are per taste.

Serve Hot.





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OATS



Mini Pancakes  
with Strawberry



Mini Pancakes  
with Strawberry

## Ingredients

500g Organic white flour  
250g Hanaa oatmeal  
1 tsp Baking Powder  
1/4 tsp salt  
1 separated egg + white egg  
500g low fat milk  
2 TB Greek yogurt free of fat  
1 tsp Vanilla extract  
2 TB sugar cane



## How To Prepare

Mix the flour with Hanaa's oatmeal, salt and baking powder in a bowl and then leave them aside.

In another container, mix all liquid ingredients well (except the egg whites).

Add the liquid ingredients to dry and mix until mixed. In a clean bowl, beat the egg whites until the mixture thickens, add the sugar and continue to beat until we reach the strength of the bird's beak.

Add the egg whites to the mixture and mix them in a folding way (from under the top to get the air out).

Pour the pan over medium heat and sprinkle them with a little butter (1tb for each pancake) and leave until the bubbles form on its surface.

Then turn on the other side and leave until cooked.

Garnish the pancake with strawberries and bananas with melted chocolate on the top.





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HANAA  
OATS  
WHOLE  
TRADITIONAL



No. Wt. 1000g

## *Vegetable and Oatmeal Soup*

### *Ingredients*

- 1 small onion finely chopped
- 1 large potatoes cut into small cubes
- 1 carrot cut into small cubes
- 1 broccoli
- 1 tsp oats whole grain of Hana
- 1 boiled or skillet chicken
- 2 tsp tomato sauce
- 1 Coriander
- 2 tsp olive oil
- 5-6 cups of water
- Salt and black pepper as desired



### *How To Prepare*

Heat up a saucepan, put the olive oil and put the onions.

Turn up the heat put the correct spices and tomato sauce.  
Stir fry for about 30 seconds.

Add all the vegetables and chicken.

Add the vegetable cubes mixed in water.

Put the saucepan on high flame.

Leave it to boil for 20-25 minutes or until the carrots and vegetables are cooked well.

# *Vegetable and Oatmeal Soup*





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## Oatmeal Souffle

### Ingredients

- 1 1/3 tsp Oatmeal (oatmeal)
- 2 eggs in a warm room
- 3 tsp Cocoa Powder
- 1/2 Honey
- 1/4 cup of coconut oil
- 1/4 cup of milk, low fat
- 1 tsp for coffee preparation
- 1 tsp Baking Powder
- 1 ml vanilla
- Salt



### How To Prepare

In the bowl, place the oatmeal, the cocoa, the baking powder and the salt, stir well and set aside.

Put the coffee with the milk, stir well and set aside in a bowl.

Place the eggs and vanilla, and let go for a minute.

Then put the oil, milk and honey and mince, and then put the oatmeal and stir the mixture with the spoon until it is well mixed.

In ceramic moulds, pour the mixture.

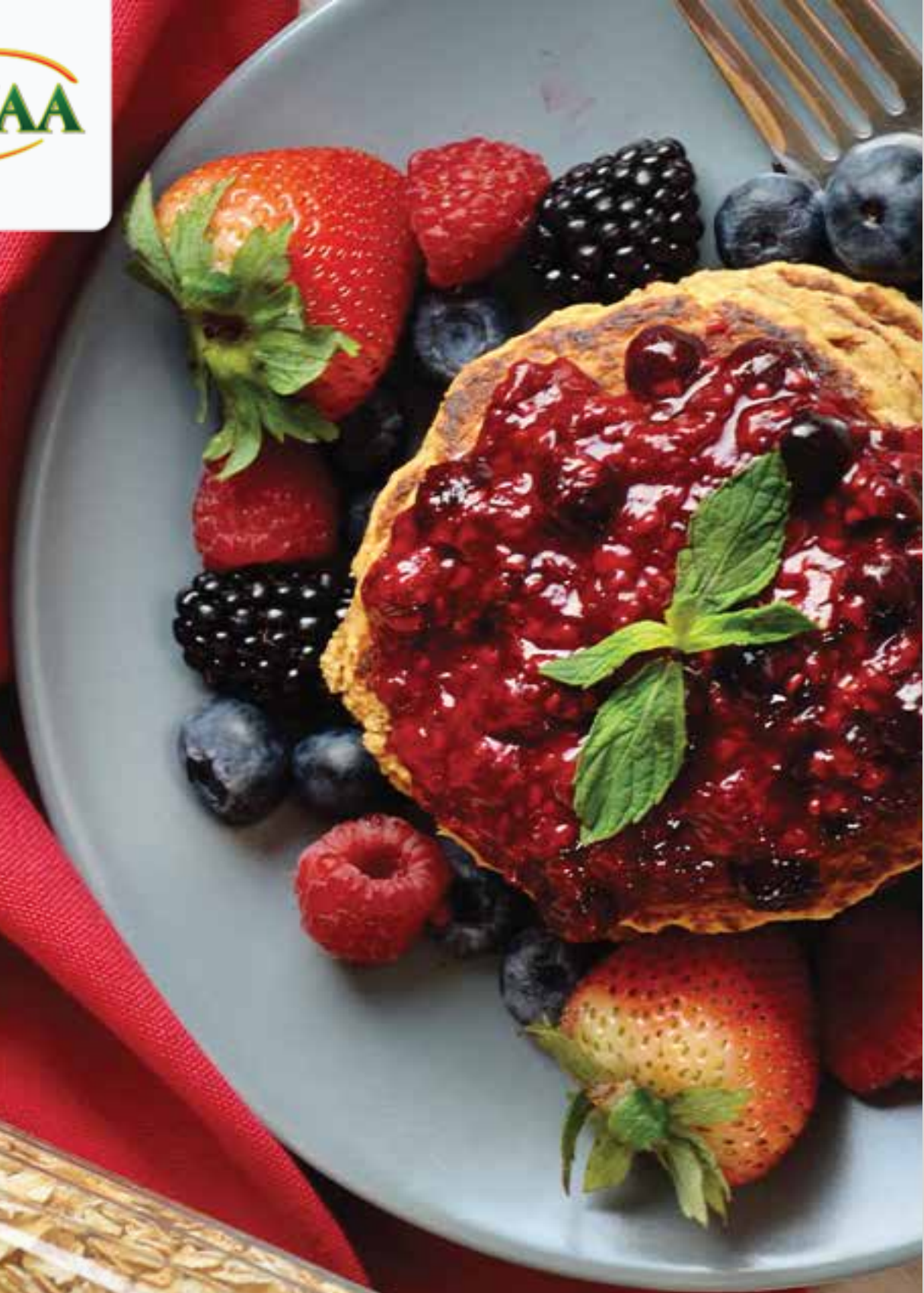
Pre heat the oven at 160 degrees and place the tray mould.

Bake it for 13 minutes.



# Oatmeal Souffle





## Healthy Oatmeal Pancake

## Ingredients

- 1 cup of Flour of Oatmeal from Hana
- 1/2 cup of Oats from Hana (full grain)
- 3 tsp coconut sugar
- 2 cup of coconut oil
- 1 egg
- 3/4 cup of milk low fat
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp vanilla
- Pinch of salt



## How To Prepare

In a bowl put all the dry ingredients and mix well.

In another bowl place all the liquid ingredients and mix well.

Put the liquid ingredients in the dry ingredients and mix well.

Leave to rest for 15 minutes.

Put the oven on medium heat until heated thoroughly

Put a quarter Cup or one scoop ice cream pancake mixture.

Serve the cake with fruit or Maple syrup.

# Healthy Oatmeal Pancake







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*Healthy  
Oatmeal Bar*

## *Ingredients*

3/4 Peanut, crushed, coarsely ground

1 1/2 cup of oats whole grain, roasted from Hana

1 tablespoon peanut butter with chocolate or plain

1/3 grated roasted coconut

2 tsp coconut oil

1/2 maple syrup (Mebel Cerp)

2 tsp honey

1 ml vanilla

Salt as per taste



## *How To Prepare*

In a saucepan over medium heat, place peanut butter, oil, maple syrup, vanilla and honey and stir well until they are mixed together.

Put the oats, peanuts, salt and coconut, stir well and turn off the heat.

Sprinkle butter on a tray and line it up with the mixture.

Place this tray in the fridge for about one hour or more.

This should set up the mixture well and once it is ready, cut it into bars and serve



*Healthy  
Oatmeal Bar*





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*Healthy and Fast  
Oatmeal Parfait*

## *Ingredients*

1 whole oat grains from Hana  
3/4 cup of mixed nuts to taste  
2 tsp coconut sugar  
1 tsp cinnamon  
Greek yoghurt  
Fruit for the decoration  
Honey



## *How To Prepare*

Put the tawa (frying pan) on medium heat,  
put the oatmeal and nuts.

Heat up the oatmeal well,  
keeping mind not to overheat them.

Switch off the flame and  
put them into serving cups.

Pour the milk then the oatmeal.

Decorate with fruit and honey and serve.



*Healthy and Fast  
Oatmeal Parfait*





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# Oatmeal Chocolate Balls

## Oatmeal Chocolate Balls

### *Ingredients*

- 1 1/2 cup of oats whole grain from Hana
- 4 tsp peanut butter
- 4 ml milk low fat
- 1/2 cup of chocolate or semi-sweet chocolate (100 g)
- 1 tsp honey
- 1/2 tsp cinnamon



### *How To Prepare*

Place the chocolate in the microwave oven until completely dissolved.

Heat a saucepan over medium heat.

Put peanut butter, milk, honey, cinnamon and chocolates until they are mixed well.

Turn off the fire, put oatmeal, and stir well.

Ready to be served.





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*Healthy  
Oat Cookies*

## *Ingredients*

- 1 cup (250 g) peanut butter
- 1/2 cup (90 g) Coconut Sugar
- 1 egg
- 3/4 cup (70 g) Oats Hanaa whole grain
- 1 tea spoon Sodium bicarbonate soda
- 1/2 tea spoon Crushed cinnamon
- 1/4 tea spoon salt (don't use if the peanut butter is salty)
- 1/3 cup of dark chocolate



## *How To Prepare*

Heat the oven to 170 c t from the bottom and cover the pan with baking paper.

Mix oats with bicarbonate of soda, cinnamon and salt. Mix the butter with the sugar until the mixture is creamy, add the egg and continue mixing until the mixture is homogenized.

Add the mixture of oatmeal and mix a little and finally add the chocolate pills and knead the mixture by hand until the chocolate sticks.

Divide the mixture in the pan with ice cream scoop for equal size, decorate with a piece of chocolate (optional) and bake for about 12 minutes . Take it out of the oven and leave in the tray until completely cooled.



*Healthy  
Oat Cookies*





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*Marinara*

## *Marinara*

### *Ingredients*

1 can of Hanaa's tomatoes with basil  
0.5L water  
2 TB Olive oil  
3 sliced garlic cloves  
4 fresh Italian basil leaves  
 $\frac{1}{4}$  tsp Crushed pepper  
1 tsp sugar (optional)  
Salt  
Black pepper



### *How To Prepare*

Fry the garlic with olive oil until it starts to fade. Add the tomatoes and then season them with salt and pepper and stir for 2 minutes on high heat until they start to boil.

Add water with basil and leave it on a low heat, keep stirring from time to time until the mixture thickens.

Add sugar and stir well.

You can keep the marinara sauce in the freezer and it can be used with pasta and pizza.





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*Spaghetti A La  
Votaniska*

## *Ingredients*

Spaghetti A La Votaniska  
Olive oil  
1 clove garlic  
Sprinkle of Pepper  
1 cup black and green olives  
1/3 cup of pickles  
3 fish fillets  
Half can of Hanaa tomatoes  
Pack of Spaghetti



## *How To Prepare*

Sprinkle garlic with olive oil on medium heat, and add crushed pepper and stir.

Add the tomatoes and the rest of the ingredients and leave until boiling and then reduce heat and leave for 10 min.

Fill a deep pot of hot water with boiling water and season with salt.

Place the pasta and leave for 8 min.

Sprinkle pasta with half a cup of boiling water and add pasta to the sauce, stir for 3-4 min and then serve.

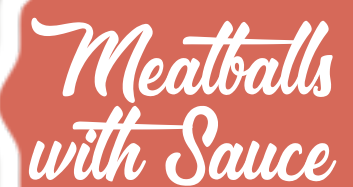


*Spaghetti A La  
Votaniska*





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*Meatballs  
with Sauce*

## *Ingredients*

500g of ground beef  
250g of ground beef bacon  
250g of bread crumbs  
333g of parmesan cheese  
1 egg  
Salt  
Black Pepper

For the sauce:

1 can of Hanaa's chopped Tomato, garlic & onion.  
1 peeled carrot  
1 laurel leaf  
4 Italian basil leaves



## *How To Prepare*

Add all the beef together in a bowl and mix them up. You can divide the meatballs using the ice cream scoop.

Heat the oil in a large frying pan over a medium heat, add the meatballs and cook until they turn to red.

To check if they're cooked, cut one opening – there should be no sign of pink.

In a different pan, you pour Hanaa's garlic, onion & tomato can sauce to the same pan along with the peeled carrot, laurel leaf and Italian basil and wait until they boil.

Once they boil, you add the meatballs again to the sauce and leave them on a low heat for 40 to 45 min.

You could serve them with pasta or rice.



*Meatballs  
with Sauce*





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Shakshuka

## Shakshuka

### Ingredients

1 TB olive oil  
1 can of Hanaa of tomatoes with onion and garlic  
1 tsp Paprika  
500g Crushed mortar  
Sprinkle of sugar  
Salt  
Black pepper  
3 eggs



### How To Prepare

Heat the olive oil in a frying pan, then add the tomatoes with all the spices and keep steering at them continuously until the mixture thickens.

We hatch the eggs in the tomato after we take off what's inside it.

We leave it uncovered for 2 minutes then cover and leave it on a low heat until cooked.

Garnish it with coriander or parsley and serve.





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*Gathapacho*

## *Ingredients*

1 can of Hanaa tomatoes  
1/2 Cucumber  
1/2 Green turkey pepper  
1/2 small onion  
1 clove garlic  
1 TB Olive oil  
2 TB vinegar  
Salt (up to taste)  
A sprinkle of Cayenne Pepper



## *How To Prepare*

Put all the ingredients in the blender until they are well grinded and thick like a heavy juice, cold water can be added to relieve.

Leave the soup in the refrigerator for a full night until the flavor is enhanced and then served cold



*Gathapacho*





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Granola

## Granola

### Ingredients

- 3 cups Hanaa oats whole grain
- 1 cups pecan
- 1 almonds, peeled and sliced
- 1 cup coconut slices
- 2 Table spoon coconut sugar
- 2/3 cup of Honey or Mabel Syrup (or both together)
- 1/3 cup of coconut oil
- 1 tea spoon Vanilla
- 1 tea spoon crushed cinnamon
- 1/2 tea spoon sea salt



### How To Prepare

Mix all dry ingredients together.

Heat the honey with coconut oil until softened, then mix the vanilla with them and pour them over the dry ingredients.

Keep stirring until all dry ingredients are covered with liquid Ingredients.

Sprinkle the mixture on a tray covered with baking paper evenly.

Bake in the oven at 160 ° C for about 20 minutes without stirring.

Remove from the oven and leave it without stirring until it becomes crunchy.





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Granola  
Bars

## Granola Bars

### Ingredients

- 1/2 cup Hanaa oats
- 1/2 cup pecan
- 1/2 cup of mashed dates
- 1/4 cup honey or maple syrup
- 1/4 cup peanut butter
- 1 tea spoon Vanilla Salt spray



### How To Prepare

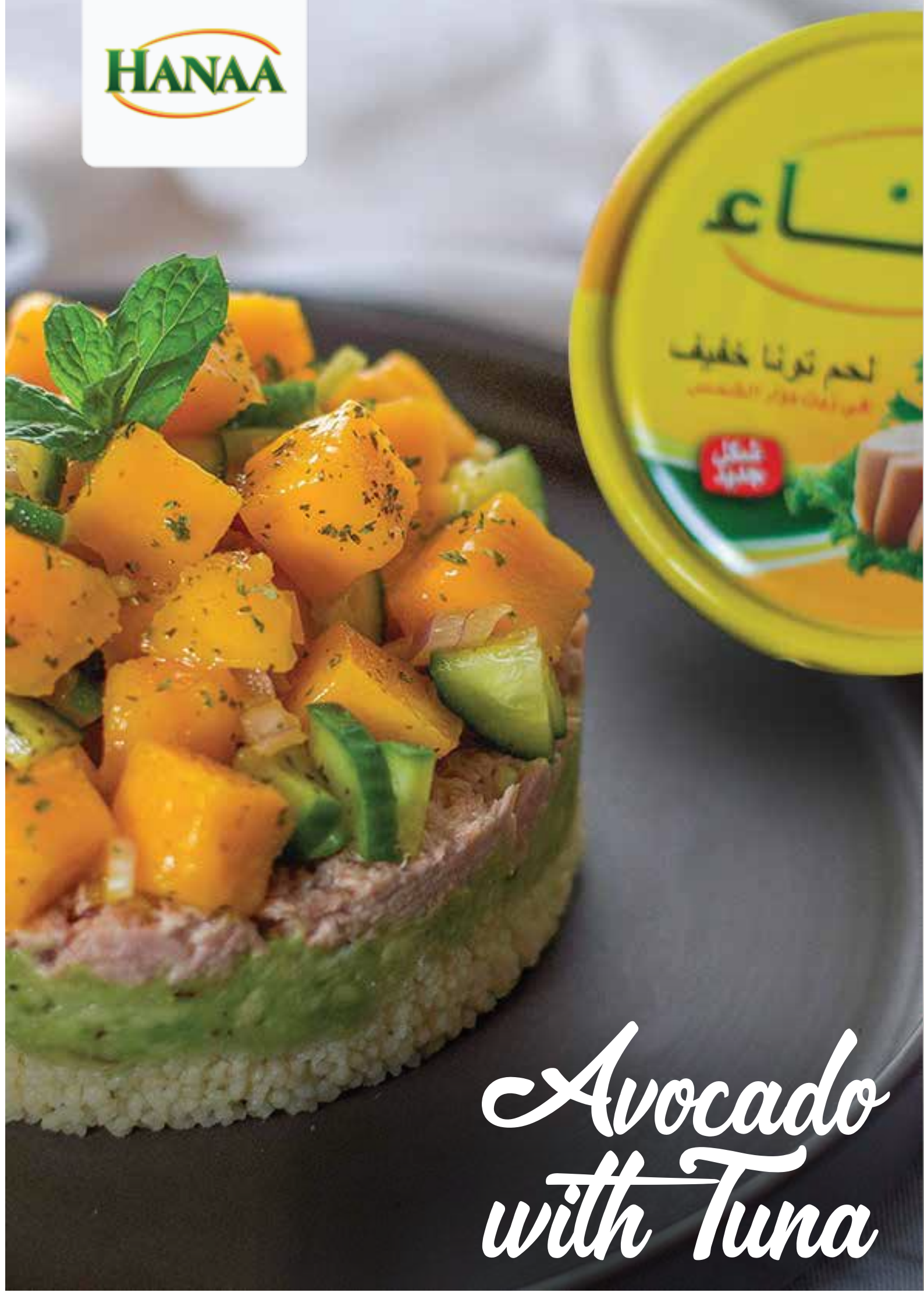
In the oven tray, separate the oatmeal with the walnuts and sauté in the oven until golden brown.

Then move to a bowl and add seeds.

Heat the honey with peanut butter in the microwave or water bath until the mixture is homogenized and then add the vanilla and salt.

Pour the liquid mixture over the oatmeal mixture, then add dates





## Avocado with Tuna

### Ingredients

- 1 avocado
- 1 Hanaa smoked tuna
- 2 table spoons lemon juice
- 1 table spoon cream cheese low fat
- 1/2 table spoon chopped dill
- salt
- black pepper



### How To Prepare

Discard the avocado from the middle and cut the pulp into small cubes.

Season the tuna and mix all the ingredients together, stir in the avocado and decorate with fresh basil, lemon cuttings and chives

# Avocado with Tuna





## *Tuna Balls in Potatoes*

### *Ingredients*

2 Hanaa tuna cans  
3 medium potatoes peeled & chopped into cubes.  
1 large sliced onion  
5 smashed garlic cloves  
1 chopped green onion  
250g chopped parsley  
Olive oil  
Salt  
White pepper

For decoration:

Egg yolk  
Cornflakes



### *How To Prepare*

In a non-stick pan, heat the olive oil over medium heat, stir the onion and garlic until it starts to fade and then leave them aside.

Stir the potatoes in the oven tray and lightly season them with olive oil and grill them until cooked.

Use the mixer to stir the potatoes with onions, garlic, salt and pepper until you get a homogeneous mixture.

Rinse the tuna and mix in a bowl with the potato mixture, then add the green onion and parsley.

Flake the mixture using the ice-cream scoop and dip each ball in the egg mixture and then cornflakes and fry them in the oil until browned from the outside.

# *Tuna Balls in Potatoes*





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## *Tuna Wrap with Pomegranate*

### *Ingredients*

- 1 can of Hanaa tuna sandwiches drained
- 1 small white onion finely chopped
- 1 tablespoon Mayonnaise
- 1 tablespoon Mustard
- 1 tablespoon Ketchup
- 4 tablespoons pomegranate or as desired
- Lemon juice as desired
- Salt and black pepper as desired
- Tortilla bread to serve
- Lettuce for presentation
- Cheese slices for serving



### *How To Prepare*

In a bowl, stir all the ingredients.

Prepare the tortilla bread

Put two slices of cheese and then lettuce.  
Then place the tuna filling in it.

Serve and enjoy these delicious tuna wraps!

## *Tuna Wrap with Pomegranate*





*Tuna Tacos  
with  
Walnuts*

*Tuna Tacos  
with  
Walnuts*

## *Ingredients*

1 can of Hanaa Smoked tuna drained

1 tablespoon mustard

1 tablespoon pickled cucumber

3 tablespoons of crushed walnuts

Lemon juice as desired

Salt and black pepper as desired

Small tortilla bread for serving

Tomatoes chopped for serving

Chopped onions for serving

Parsley for presentation



## *How To Prepare*

In a bowl, stir all the ingredients well and fill the tortilla bread.

Garnish with tomatoes, onions and parsley.





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*Tuna  
Triangle Puffs*

## *Ingredients*

- 1 small tuna tin for sandwiches from Hana
- Small onion chopped
- 2 cloves of Garlic, chopped
- 1 small carrots, peeled
- 2 tsp corn
- 2 tsp sauce tomato
- 1/4 Cup of water
- 1 tsp paprika
- salt and black pepper as desired
- 2 tsp olive oil
- 1 baguette paste Bistro
- Sesame and the Pill of the Bar for decoration



## *How To Prepare*

In a pot of fire, put the olive oil and onions and turn until it is slightly cooked.

Place the garlic and turn for 30 seconds. Place the tuna, carrots, corn, tomato sauces and spices, and turn for 1 minute.

Put water and leave for 5 minutes, then leave to cool completely, fill the pieces with a bit of white, and bake according to the instructions found in the package and offer and his livelihood.



*Tuna  
Triangle Puffs*





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## Tuna Salad

### Ingredients

1 Hanaa Tuna in sunflower oil

Lettuce

Corn

Red beans

Green onion

Pumpkin seeds

Ingredients of sauce:

2 teaspoon Mayonnaise

1 teaspoon mustard

1 teaspoon sour cream

1 teaspoon pickled cucumber (sweet rice)

2 teaspoon Olive oil

Lemon juice as desired

Salt and black pepper as desired



### How To Prepare

Mix the ingredients well according to the desired quantity or serve as layers  
lettuce/tuna/corn/tuna/red beans

On top add green onions and pumpkin seeds

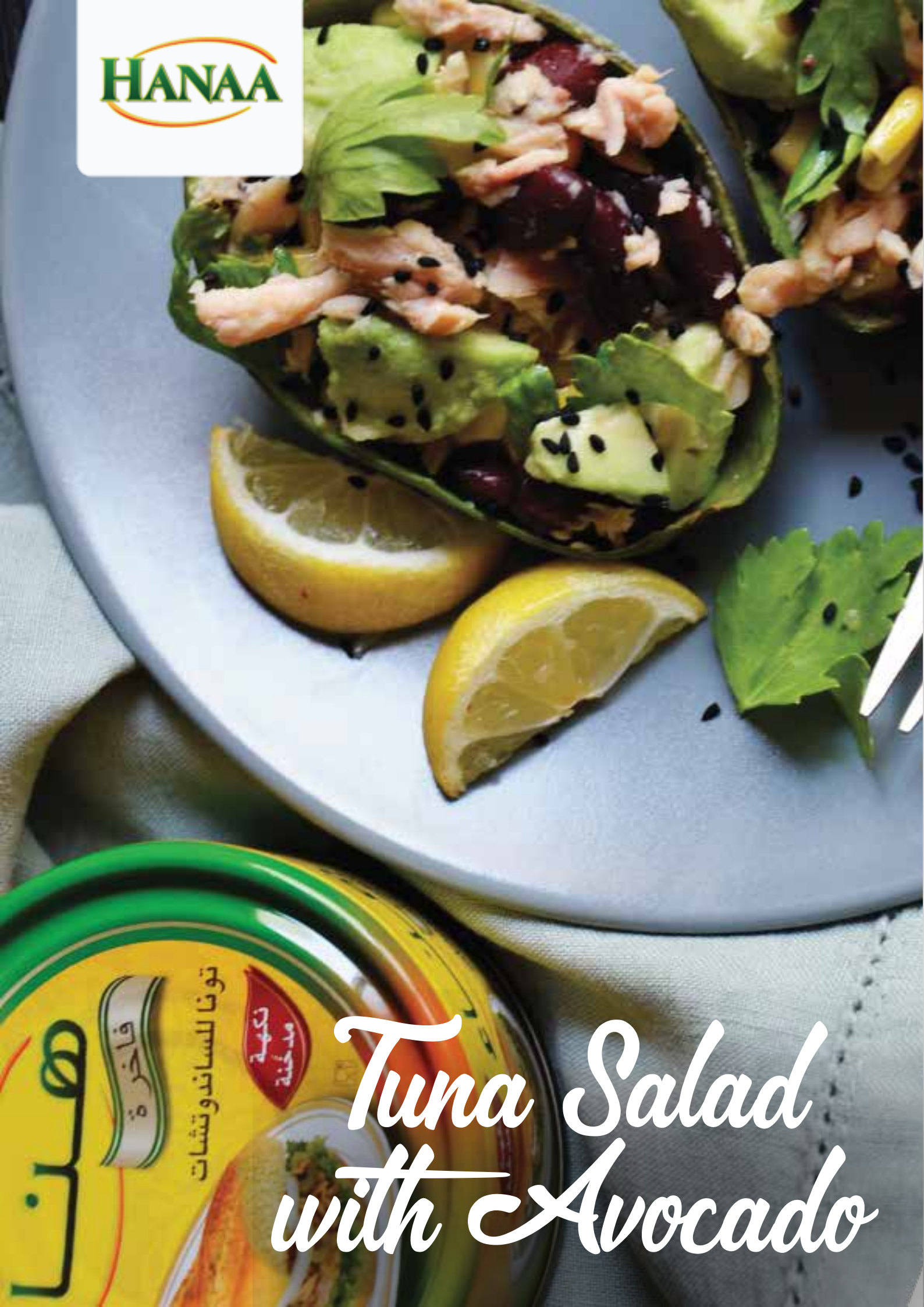
Then finalize with the sauce and serve



Tuna Salad



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## *Tuna Salad with Avocado*

### *Ingredients*

1 Smoked Tuna Tin in Hana oil

1/2 cup of bean

1/2 cup of corn

1 avocado seed ripe

Parsley as desired

For the dressing:

3 tsp lemon juice

2 g olive oil

Salt and Black pepper as desired



### *How To Prepare*

Cut the Avocado into cubes and set aside.

Put all the ingredients of salad in a bowl and stir well with the sauce

Add the avocado and adorn with the parsley.

*Tuna Salad  
with Avocado*





HANAA

هنا

لحم تونا خفيف  
في زيت دوار الشمس

شكل  
جديد

## Tuna Rolls

### Ingredients

- 1 Tuna in sunflower oil from Hana
- Small onion, chopped fine
- 1/2 grated carrots
- 3 garlic cloves
- 2 chopped green onion
- 1 tsp soya sauce
- 1 tsp Chinese spices
- Pinch white pepper
- 2 tsp Olive Oil
- Special Spring Rolls paper/wrapper
- Oil for frying



### How To Prepare

Put the olive oil on wrapper and heat up a bit.  
Then put the onions into it and cook.

Stir the mixture for 30 seconds and put the carrots,  
spices, soya sauce, tuna and stir for two minutes.

Leave the filling to cool down completely. Take this  
mixture and stuff it in the Spring roll wrapper.

Fry in oil and serve with sweet Chile sauce.

Tuna  
Rolls



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# Tuna Potato Salad

## Tuna Potato Salad

### Ingredients

- 1 Tuna can in refined oil from Hana
- 3 medium potatoes, diced
- 1 frozen baked bean
- 1 stick celery, chopped fine
- 1 chopped green onion chopped fine
- Dill, chopped to taste

For the Sauce:

- 3 tsp Mayonnaise
- 1 tsp Mustard
- 1 tsp pickled cucumber (sweet)
- 1 tsp Paprika powder
- 1 tsp Apple cider vinegar
- 1 tsp Maple syrup
- Salt and black pepper as per taste



### How To Prepare

In a saucepan, put Olive oil, garlic pepper and stir for 30 seconds.

Place the Tuna, tomato sauce, Tomato Juice, season with salt and pepper, stir for 2 minutes.

Place the Boiled pasta with little water.

Turn and toss well so that the pasta mixes well with all the ingredients.

Garnish and serve with the Parmesan Cheese.





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## Tuna Pizza Moulds

### *Ingredients*

1 pack of premium Tuna sandwiches from Hana

Pizza sauce ready or home cooked

Additions to taste such as

olives - ground pepper - corn - onions

mozzarella

bread tortilla slice circles



### *How To Prepare*

Place the tortillas in the cupcake tray and bake in the oven until the browns are slightly browned.

Put out a piece of pizza sauce, put the tuna and any other additives, then put the mozzarella cheese into the oven until the cheese is melted and served.



Tuna Pizza Moulds





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## Tuna Pastry Appetizers

### Ingredients

1 pack of premium tuna sandwiches from Hana

1 medium carrot, diced

2 tsp corn

2 tsp Mayonnaise

2 tsp Mustard sauce

Salt and black pepper as desired

Cheddar cheese for decoration

1 Puff Pastry Pie

Pastry to be baked /prepared as per the instructions mentioned in the box



### How To Prepare

In a bowl, put all the ingredients and the cheese and stir well.

Place the mash on top of each piece of the prepared Pastry.

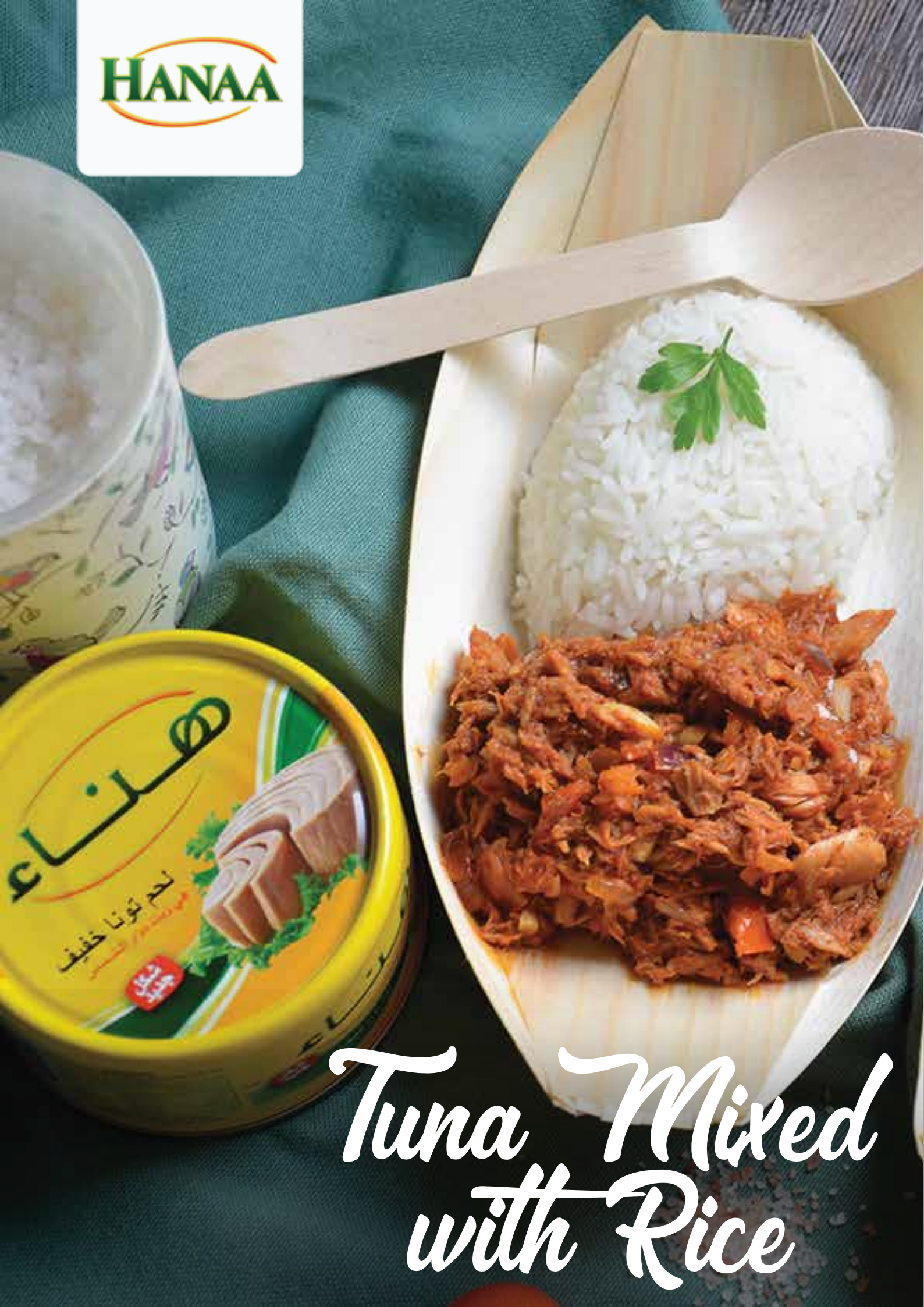
Decorate with cheese and serve as light appetizers and as a Snack.

## Tuna Pastry Appetizers





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# Tuna Mixed with Rice

## Tuna Mixed with Rice

### Ingredients

- 1 can Tuna in sunflower oil of Hana
- 1 small onion, chopped fine
- 1 medium tomato, chopped
  - 3 garlic cloves
  - 3 tsp red sauce
  - 1 tsp paprika
- 1.4 tsp cayenne pepper (optional)
- Tomato sauce
- Water
- Salt and black pepper to taste
- 2ml Olive oil



### How To Prepare

Keep a saucepan on fire. Pour the olive oil into it and add the onions.

Fry till little brown in color about 30 seconds.

Add the tomatoes, tomato sauce and spices and stir for a minute and then put the tuna.

Stir for a minute and then add the water and let it cook for about 5 minutes.

Serve with white rice.





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# Tuna Fingers with Toast

## Tuna Fingers with Toast

### Ingredients

- 1 can of Hanaa tuna with sunflower oil drained
- 1 tablespoon Mayonnaise
- 1 tablespoon mustard
- 1 tablespoon pickled cucumber
- 1 small white onion finely chopped
- 1 Chopped green onions
- Lemon juice as desired
- Salt and black pepper as desired
- Toast to serve
- Dill and Cherry tomatoes for decoration



### How To Prepare

In a bowl, stir all the ingredients well and then place them on the toast

Cut into longitudinal fingers

Decorate with cherry tomatoes and dill

Serve and enjoy!





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*Tuna Croissant  
with eggs*

## *Ingredients*

1 can of Smoked Hanaa Tuna drained from oil  
1 boiled egg cut into small pieces  
1 Chopped green onions  
1 tablespoon Light Mayonnaise  
Salt and black pepper as desired

To apply:  
Croissant  
Lettuce  
Sliced cheese  
Sliced tomatoes



## *How To Prepare*

Mix all ingredients together.

Cut the croissant in half.

Place the slices of cheese, lettuce and tomatoes.

Then stuff with the tuna mixture.

Serve and enjoy!



*Tuna Croissant  
with eggs*



HANAA



Tuna  
Burger

## Tuna Burger

### Ingredients

1 pack of Premium Tuna from Hana  
1 small egg  
1 small finely chopped onion  
1 finely chopped garlic  
1/2 tsp Paprika powder  
Salt and black pepper as per taste

Sauce for the Burger:

2 tsp Mayonnaise  
1 tsp mustard sauce  
1 tsp Ketchup  
1 tsp pickled cucumber (sweet rice)  
Salt and black pepper as per taste

Mix all the above ingredients well together and leave aside until ready to use.

For the Burger Bread:

Lettuce  
Tomatoes  
Sliced cheese



### How To Prepare

Keep a saucepan on fire. Pour the olive oil into it and add the onions.

Fry till little brown in color about 30 seconds.

Add the tomatoes, tomato sauce and spices and stir for a minute and then put the tuna.

Stir for a minute and then add the water and let it cook for about 5 minutes.

Serve with white rice.





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## Tuna Appetizers

### Ingredients

- 1 can of Hanaa tuna sunflower drained
- 1 tablespoon Mayonnaise
- 1 tablespoon Mustard
- 1 tablespoon Ketchup
- 1 Chopped green onion
- 1 teaspoon sumac
- Lemon juice as desired
- Salt and black pepper as desired
- Toast cut in circles for serving
- Sliced cheese cut in circles for serving
- Lettuce for serving
- Cherry tomatoes and dill for decoration



### How To Prepare

In a bowl, stir all the ingredients well.

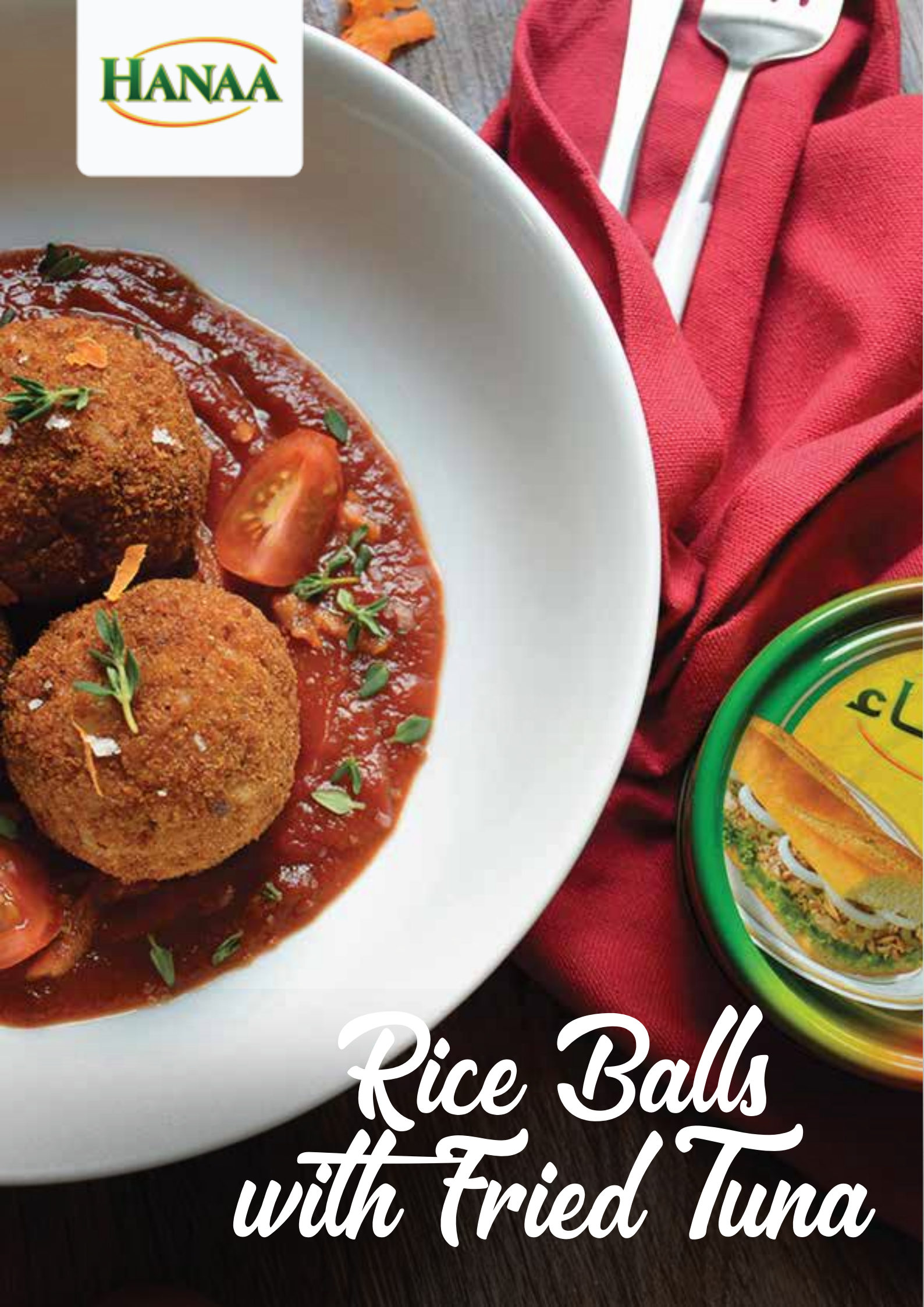
Prepare the toast and add cheese slices with lettuce + toast + Tuna mix + toast

Finally decorate with cherry tomatoes and dill



Tuna  
Appetizers





# Rice Balls with Fried Tuna

## Rice Balls with Fried Tuna

### Ingredients

1 cup of American rice, well washed  
1 packet of smoked tuna from Hana oil  
1 medium onion chopped finely  
1 medium tomato, finely chopped  
1 cup medium grated carrots  
Tom Marhus  
2 tsp tomato sauce  
2 tsp Seven spices  
Salt and black pepper as desired  
2 ml olive oil  
Water

For covering:

1 k Rusk  
3/4 K flour  
2 scrambled eggs  
Sal & Pepper as per taste  
Oil for frying



### How To Prepare

In a saucepan, sprinkle the onions with flour, then put the tomatoes and turn for 30 seconds.

Put the tomatoes, tomato sauce, grated carrots and spices, and stir for 2 minutes.

Place the tuna and turn the flame over medium heat. Place the rice and turn for a minute.

Then put the water until the rice is completely covered. Cook for 5 minutes. Boil and cook for 15 minutes on medium to low heat until it is leveled.

Leave to cool completely in the refrigerator. Take this mixture and dip it in flour and then in eggs.

Deep fry these balls in hot oil. Serve with any pizza sauce or any sauce of your choice.





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## Small tuna sandwiches

### Ingredients

- 1 can of Hanaa tuna sunflower oil drained
- 1 tablespoon Mayonnaise
- 1 tablespoon mustard
- 1 tablespoon pickled cucumber
- 1 small white onion finely chopped
- 1 Chopped green onion
- Lemon juice as desired
- Salt and black pepper as desired
- Small round bread to serve
- Olives to decorate



### How To Prepare

In a bowl, stir all the ingredients well

Fill in the bread slices.

Serve and enjoy with the whole family!



Small  
tuna sandwiches





HANAA

## Salty Tuna Canapes

### Ingredients

1 can of Hanaa tuna in sunflower oil drained

1 tablespoon Mayonnaise

1 tablespoon Mustard

1 Chopped green onion

Lemon juice as desired

Salt and black pepper as desired

Salty Ritz biscuit

Sumac and dill for decoration



### How To Prepare

In a bowl, place the tuna, mayonnaise, mustard, onion, lemon juice, salt and black pepper and stir well.

Place a teaspoon of the filling on the Ritz biscuits, decorate with sumac and dill

Serve as a light and delicious appetizer



Salty  
Tuna Canapes





**HANAA**

## *Penne Arabiata with Tuna*

### *Ingredients*

- 1 Tuna box smoked from Hana
- 4 cloves Garlic sliced
- 1 tomato box cut in tomato juice with basil and oregano from Hana
- 2 tsp tomato sauce
- 1 cup red pepper sliced
- 2 tsp olive oil
- salt and black pepper as desired
- 200 grams macaroni prepared as per instructions in the box
- Parmesan Cheese for serving



### *How To Prepare*

In a saucepan, put Olive oil, garlic pepper and stir for 30 seconds.

Place the Tuna, tomato sauce, Tomato Juice, season with salt and pepper, stir for 2minutes. Place the Boiled pasta with little water.

Turn and toss well so that the pasta mixes well with all the ingredients.

Garnish and serve with the Parmesan Cheese.

## *Penne Arabiata with Tuna*





HANAA

*Oat bread  
with  
tuna and pomegranate*

## *Ingredients*

1 can of premium Hanaa tuna sandwiches drained

1 small white onion finely chopped

1 tablespoon Mayonnaise

1 tablespoon mustard

1 tablespoon Ketchup

4 tablespoons pomegranate or as desired

Lemon juice as desired

Salt and black pepper as desired

Slices of oatbread for serving

Dill for decoration



## *How To Prepare*

In a bowl, place the tuna, mayonnaise, mustard, onion, lemon juice, salt and black pepper and stir well.

Place a teaspoon of the filling on the Ritz biscuits,

Decorate with sumac and dill

Serve as a light and delicious appetizer!



*Oat bread  
with  
tuna and pomegranate*