

هناء

وصفات مطبخ هناء Recipe Booklet



مع هناء يدوم الہناء

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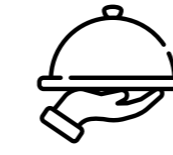


HANAA WHOLE GRAIN OATS



HANAA WHOLE GRAIN OATS

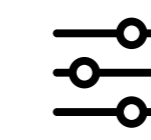
DATE & ALMOND ENERGY BALLS



Servings
9



Total Time
10 minutes



Difficulty
Easy



Number of ingredients
8

INGREDIENTS

CUP DATES	1/4 CUP
HANAA WHOLE GRAIN OATS	1/4 CUP
ALMONDS	1/4
CHIA SEEDS	1 TBSP
PUMPKIN SEEDS	2 TBSP
MAPLE SYRUP	1 1/2 TBSP
CINNAMON	1/2 TSP
SHREDDED UNSWEETENED COCONUT FLAKES	1 TBSP

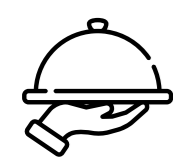
METHOD

1. Combine dates, oats and almonds in a food processor and pulse until finely ground.
2. Add all remaining ingredients except shredded coconut and pulse until combined and mixture starts to form a ball in the food processor.
3. Transfer to a small bowl and fold in coconut with a spatula.
4. Roll dough into small balls.
5. Keep refrigerated.

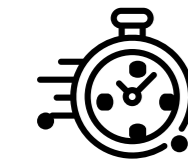


HANAA WHOLE GRAIN OATS

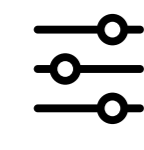
MUSHROOM SOUP



Servings
4



Total Time
40 minutes



Difficulty
Easy Moderate



Number of ingredients
9

INGREDIENTS

HANAA WHOLE GRAIN OATS	¾ CUP
HANAA SUNFLOWER OIL	1 TBSP
CHOPPED FINELY ONION	½ CUP
GARLIC, MINCED	1 TSP
BUTTER	1 TBSP
FINELY CHOPPED FRESH MUSHROOM	2 CUPS
CHICKEN STOCK, OR WATER	6-7 CUPS
CHOPPED FRESH PARSLEY	2 TBSP
SALT AND PEPPER AS DESIRED	



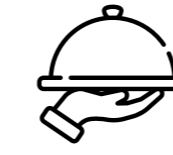
METHOD

1. Sauté the onion in 1 tablespoon of Hanaa Sunflower oil, then add the garlic, mix and sauté for 1 min.
2. Add the butter then mushroom, sauté for 5 min on medium heat, stir to not let it burned.
3. Add the oat and mix well, then add the stock or water.
4. Lower the temperature to medium low and let boil, simmer at low heat for 1/2 hour.
5. Add the parsley, mix, and let boil together for two minutes.
6. Serve hot and garnish with parsley on top.



HANAA WHOLE GRAIN OATS

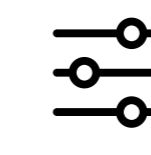
BREAD



Servings
10



Total Time
55 minutes



Difficulty
Easy



Number of ingredients
8

INGREDIENTS

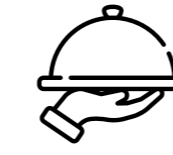
OAT FLOUR FROM HANAA OATS	2 $\frac{3}{4}$
UNSWEETENED NON-DAIRY MILK	1 CUP
HONEY	2 TBSP
GROUND FLAX	$\frac{1}{4}$ CUP
BAKING SODA	$\frac{1}{2}$ TSP
BAKING POWDER	$\frac{3}{4}$ TSP
SALT	$\frac{1}{4}$ TSP
EGGS	2

METHOD

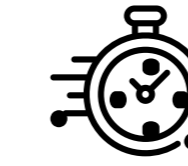
1. Preheat oven to 180C
2. Using a food processor grind 3 cups of Hanaa Whole Grain oats into fine oat flour. You need 2.75 cups of oat flour so if you end up short, grind more oats into flour. Make sure is grinded very fine.
3. In a large bowl whisk together honey, eggs, non-dairy milk, and salt.
4. Add baking soda and baking powder to oat flour in the processor. Process or hand mix for 10 seconds. Stir in ground flax seeds into the oat flour.
5. Next, add the flour mixture to wet ingredients and mix until totally combined. The batter will be runny, but should have some resistance.
6. Let the mixture sit for at least 10 minutes. **DO NOT SKIP THIS STEP!**
7. Place parchment paper in a glass bread dis. (could use a metal baking dish but this may change the cooking time.)
8. Add mixture to your parchment paper lined bread pan and place on the top rack of the oven.
9. Bake for 45 minutes until inserted toothpick comes out clean.
10. Let cool **COMPLETELY**, ideally overnight to allow it to cool completely and reduce crumbling.



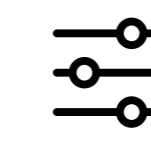
EASY HANAA OATS COOKIES FOR KIDS



Servings
20



Total Time
20 minutes



Difficulty
Easy



Number of ingredients
10

INGREDIENTS

HANAA WHOLE GRAIN OATS	1 ½ CUPS
HANAA CORN OIL OR UNSALTED BUTTER (1 STICK), VERY SOFT	½ CUP
LARGE EGG	1
LIGHT BROWN SUGAR, PACKED	½ CUP
GRANULATED SUGAR	¼ CUP
VANILLA EXTRACT	2 TSP
ALL-PURPOSE FLOUR	¾ CUP
BAKING SODA	½ TSP
SALT, OR TO TASTE	½ TSP
SEMI-SWEET CHOCOLATE CHIPS, PLUS MORE FOR AFTER BAKING	1 CUP
(OR SUBSTITUTE WITH RAISINS, WALNUTS, ETC.)	

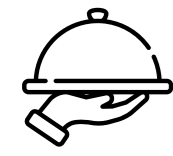
METHOD

1. Preheat oven to 180C, line a baking tray with parchment paper or grease with Hanaa Corn oil; set aside.
2. To a large bowl, add the egg, oil or butter, sugars, vanilla, and mix with a spoon aggressively for about 90 seconds, or until smooth and slightly fluffed.
3. Add Hanaa oats, flour, baking soda, salt, and stir to combine.
4. Add the chocolate chips and stir to combine.
5. Using a 2-tablespoon cookie scoop, form moulds and place on pre-prepared baking sheet spaced about 2 inches apart.
6. Bake for about 10 to 12 minutes (short for super soft cookies, longer for more well-done cookies), or until edges have set and tops are just set, even if slightly undercooked, pale, and glossy in the centre; don't overbake. Cookies firm up as they cool.
7. Immediately upon taking the baking sheet out of the oven, add about 5 additional chocolate chips per cookie.
8. Allow cookies to cool on baking sheet for about 10 minutes before serving.

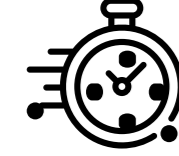


HANAA OATS

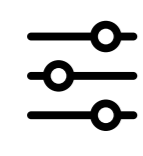
DATE KLEICHA



Servings
50 pcs



Total Time
2 hours



Difficulty
Moderate



Number of ingredients
12

INGREDIENTS

FOR THE DOUGH:

OAT FLOUR – HANAA WHOLE GRAIN OATS BLENDED INTO A FLOUR IN A FOOD PROCESSOR	3 CUPS
GROUND ALMONDS	2 CUP
GROUND CARDAMOM	1 TSP
GROUND ANISE SEEDS	2 TSP
GROUND FENNEL	1.5 TSP
GROUND NUTMEG	½ TSP
SALT	1/4 TSP
MAPLE SYRUP	2 TBSP
HANAA SUNFLOWER OIL OR BUTTER	3/4 CUP



INGREDIENTS

FOR THE DATE FILLING:

SOFT DATES	2-3 CUPS
GROUND CINNAMON	½ TSP
GROUND ANISE SEEDS	1 TSP
MILK OF CHOICE	1/4-1/2 CUP
HANAA SUNFLOWER OIL OR MELTED COCONUT OIL OR BUTTER	2 TBSP

METHOD

1. Preheat your oven to 180C/160C fan
2. Add all the date filling ingredients into a blender and blend on high until you have a smooth mixture that's not too sticky
3. In a large bowl, mix together the oat flour, ground almonds, spices and salt. Pour in the maple syrup and oil then mix to combine.
4. Chill the dough in the fridge for 15 to 30 minutes. Roll the dough out into a rectangle (about 1/4" thickness) between two sheets of parchment paper
5. Spread the date mixture evenly over the rolled dough, then carefully start rolling into a tight cylinder.
6. Repeat last two steps till quantity is finished.
7. Place in the freezer for 15-30 minutes then cut into cookies
8. Arrange on a baking tray lined with parchment paper and bake for 15-20 minutes until the edges are golden brown
9. Leave to cool completely and enjoy!



CRUNCHY HANAA OATS PORRIDGE WITH FRUITS

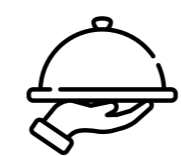
INGREDIENTS

HANAA WHOLE GRAIN OATS	1 CUP
MILK	1 CUP
WATER	1 CUP
MAPLE SYRUP OR HONEY	2 TSP
MIXED BERRIES, SUCH AS STRAWBERRIES, RASPBERRIES AND BLUEBERRIES	¾ CUP
FLAKED ALMONDS, TOASTED	1 TBSP
NATURAL STRAWBERRY YOGURT	¾ CUP

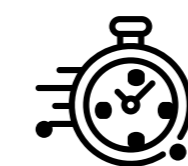


METHOD

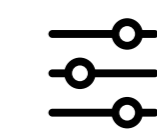
1. Put Hanaa Oats in a saucepan with the milk, water, and sweetener of choice. Cook over a low-medium heat for 3-4 minutes, stirring constantly, until rich and creamy.
2. Pour into two deep bowls and top with the mixed berries. Scatter the almonds over and serve with the strawberry yogurt.



Servings
2



Total Time
5 minutes



Difficulty
Easy



Number of ingredients
7



CRUNCHY HANAA OATS CRUSTED CHICKEN TENDERS

METHOD

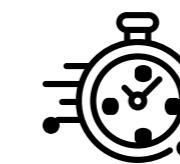
1. Place oats in a food processor, and process for 20 seconds or until coarsely ground. Add cheese, thyme, salt, and pepper. Pulse to combine, and place in a deep bowl.
2. In a separate bowl, whisk the eggs properly. Set aside.
3. On a baking tray. Place parchment paper. Set aside.
4. Slice each chicken breast into the shape you would like your tenders to look, cut width-wise or length-wise.
5. Follow these steps for each chicken tender: Dip into egg mixture, followed by oat crust mixture making sure it is fully coated then place tenders on baking tray 1 cm apart.
6. Once done with all, place baking tray in freezer for at least an hour in order for coating to set on tenders.
7. Once set, you can keep them in a ziplock and take out as many as you wish for baking or frying.
8. If frying, pour 1 cup Hanaa corn oil into a deep pot in order to cover tenders as they cook.
9. If baking, preheat oven to 200 C. Place tenders on a baking tray previously lined with parchment sheet. Rub each tender with Hanaa Corn Oil. Bake for 25 minutes, flipping them to the other side, half way through.
10. Garnish and serve hot.

INGREDIENTS

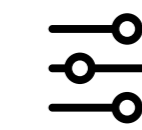
HANAA WHOLE GRAIN OATS	1 CUP
HANAA CORN OIL	1 CUP
GRATED FRESH PARMESAN CHEESE	$\frac{3}{4}$ CUP
CHOPPED FRESH THYME	1 TSP
SALT	$\frac{1}{2}$ TSP
FRESHLY GROUND BLACK PEPPER	$\frac{1}{4}$ TSP
EGGS	3
CHICKEN BREAST TENDERS	500 GRAMS



Servings
8



Total Time
40 minutes



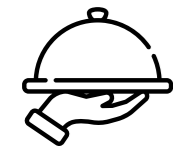
Difficulty
Moderate



Number of ingredients
8

HANAA OATS

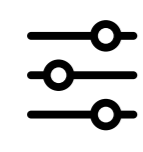
MUFFINS WITH PISTACHIO & CARDAMOM



Servings
12



Total Time
30 minutes



Difficulty
Easy



Number of ingredients
10

INGREDIENTS

FOR MUFFINS:

HANAA WHOLE GRAIN OATS	3 CUPS
SHELLED PISTACHIOS, ALMONDS, CASHEWS (OR SUBSTITUTE FOR ANOTHER NUT IF DESIRED)	¾ CUP
UNREFINED SUGAR OR MAPLE SYRUP	½ CUP
VANILLA EXTRACT	1 TSP
GROUND CARDAMOM	1 TSP
SALT (OMIT IF USING SALTED NUTS)	½ TSP
BAKING SODA	1 ½ TSP
WATER	2 CUPS
HANAA SUNFLOWER OIL (AS NEEDED TO WIPE MUFFIN LINERS)	-



INGREDIENTS

FOR TOPPING (OPTIONAL):

MAPLE SYRUP	2 TBSP
PISTACHIOS	½ CUP
GROUND CARDAMOM	½ TSP

METHOD

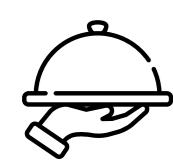
FOR TOPPING (OPTIONAL):

1. Finely chop pistachios and mix with maple syrup and cardamom in a small bowl.

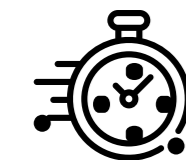
FOR MUFFINS:

1. Preheat oven to 180 C.
2. Wipe muffin liners with Hanaa Sunflower Oil.
3. Add all ingredients to a blender or food processor and puree until mostly smooth and no large pieces of nuts remain.
4. Fill muffin liners to the brim with batter, adding 1 tsp of topping to each (if using).
5. Bake for 22-25 minutes or until a toothpick comes out mostly clean.
6. Remove muffins to a cooling rack for at least 10 minutes before devouring.

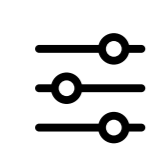
STRAWBERRY CHEESECAKE CUPS WITH OVERNIGHT **HANAA WHOLE GRAIN OATS**



Servings
2



Total Time
4 hours



Difficulty
Easy



Number of ingredients
10

INGREDIENTS

DRY INGREDIENTS:

HANAA WHOLE GRAIN OATS	1 CUP
STRAWBERRIES, DICED	1 CUP
CHIA SEEDS	2 TBSP
PINCH OF SALT	-



INGREDIENTS

WET INGREDIENTS:

ALMOND MILK OR COCONUT MILK, UNSWEETENED	¾ CUP
NONFAT GREEK YOGURT, PLAIN	½ CUP
HONEY OR MAPLE SYRUP	1 TBSP
VANILLA EXTRACT	1 TSP

FOR TOPPING (OPTIONAL):

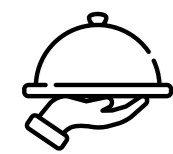
- WHOLE WHEAT SWEET COOKIES OR BISCUITS, CRUSHED
- STRAWBERRY JAM
- STRAWBERRY SLICES AS DESIRED

METHOD

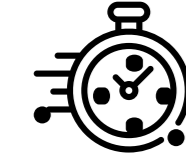
1. Place strawberries, almond milk, and Greek yogurt into a food processor and process on high until fruit is pureed.
2. Transfer into a large bowl and add the rest of the ingredients.
3. Mix with a spoon until combined.
4. Divide into two cups.
5. Cover and place in the refrigerator for at least 4 hours or overnight.
6. Top with crushed graham crackers and strawberry jam.

HEALTHY HANAA WHOLE GRAIN OATS

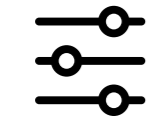
PEANUT BUTTER BARS



Servings
16



Total Time
40 minutes



Difficulty
Easy



Number of ingredients
10

INGREDIENTS

FOR THE BARS:

HANAA WHOLE GRAIN OATS	1 CUP
UNSWEETENED COCONUT (SHREDDED)	1 CUP
ALMOND MEAL	¼ CUP
SMOOTH PEANUT BUTTER	¾ CUP
HONEY	½ CUP
SALT (TO ½ TSP SALT DEPENDS ON PREFERENCE)	¼ TSP
VANILLA EXTRACT	1 TSP

REFINED-SUGAR FREE TOPPING OPTION:

UNSWEETENED CHOCOLATE CHOPPED	¼ CUP
SMOOTH PEANUT BUTTER	1 TBSP
HONEY OR MAPLE SYRUP	1-2 TBSP



INGREDIENTS

FOR THE CHOCOLATE TOPPING:

CHOCOLATE CHIPS	¼ CUP
SMOOTH PEANUT BUTTER	1 TBSP

METHOD

FOR THE BARS:

1. In a small bowl mix together oats, coconut and almond meal. Set aside
2. In a large, microwave safe bowl or in a pot on the stove, gently melt the peanut butter and honey together until smooth. (If your peanut butter is liquid at room temperature, simply mix the honey and peanut butter together without warming).
3. Add vanilla and salt and stir until combined.
4. Add the dry ingredients and mix well.
5. Spread into an 8x8" tray and set aside.

FOR THE TOPPING:

- Melt the chocolate chips and peanut butter together on the stovetop or in the microwave (start by heating for 60 seconds. Stir then heat in 30 second increments until smooth).

REFINED-SUGAR FREE TOPPING:

- In the microwave or on the stovetop, gently melt together the chocolate, honey (or maple syrup) and peanut butter.

PUTTING IT TOGETHER:

1. Drizzle or spread melted chocolate/peanut butter over bars.
2. Let the bars setup in the fridge until the chocolate sets.
3. Cut and serve at room temperature or cold.
4. Store in an airtight container in the refrigerator.

HANAA TOMATOES



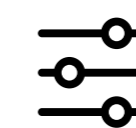
INDIAN BUTTER CHICKEN WITH **HANAA TOMATOES**



Servings
3



Total Time
25 minutes



Difficulty
Moderate



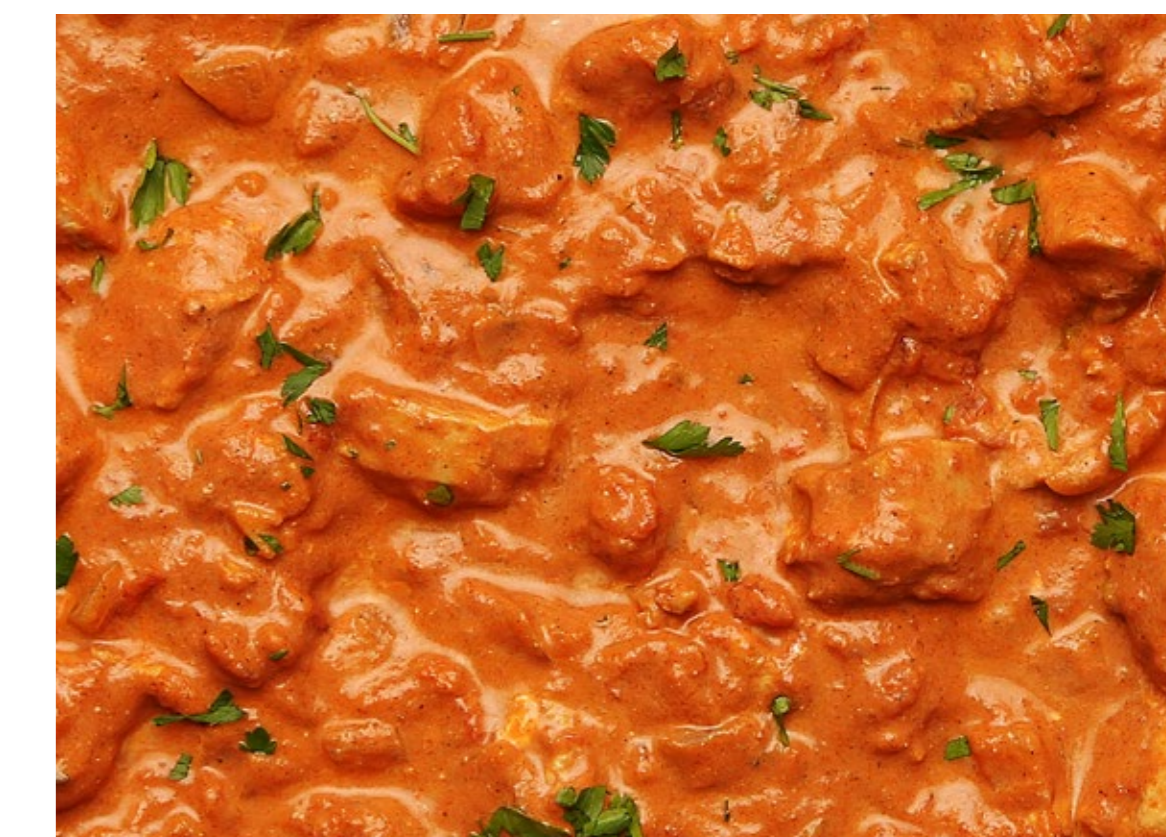
Number of ingredients
14

INGREDIENTS

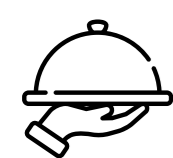
CORN OIL FROM HANAA	1 TBSP
HANAA CHOPPED TOMATOES (TRY TOMATOES WITH ONION OR TOMATOES WITH ONION AND GARLIC)	1 CAN
BUTTER	1 TBSP
ONION DICED	1 MEDIUM
FRESH GINGER FINELY MINCED OR GRATED	1 TSP
GARLIC FINELY MINCED OR CRUSHED	2-3 CLOVES
ABOUT 2-3 BONELESS, SKINLESS CHICKEN BREASTS, CUT INTO ¾-INCH CHUNKS	500 GRAMS
GARAM MASALA	1 TBSP
CHILLI POWDER OR PAPRIKA, ADJUST TO TASTE	1 TSP
FENUGREEK, USE POWDER, SEEDS. MUSTARD SEEDS CAN BE USED TOO (OPTIONAL)	1 TSP
CUMIN	1 TSP
SALT	1 TSP
BLACK PEPPER POWDER	1/4 TSP
COOKING CREAM, SUBSTITUTE FOR YOGURT FOR LOW FAT VERSION	1 CUP
HOT COOKED RICE AND NAAN FOR SERVING	-

METHOD

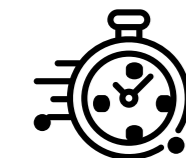
1. Heat a large skillet or medium saucepan over medium-high heat. Add the oil, butter, and onions and cook onions down until lightly golden, about 3-4 minutes.
2. Add ginger and garlic and let cook for 30 seconds, stirring so it doesn't burn.
3. Add the chicken, tomato paste (put 1 can of Hanaa chopped tomatoes in a blender to make paste required), and spices. Cook for 5-6 minutes or until everything is cooked through.
4. Add the cooking cream and simmer for 8-10 minutes stirring occasionally.
5. Garnish and serve hot over Basmati rice or with naan.



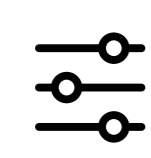
EASY KIDS PIZZA ROLLS WITH HANAA TOMATOES



Servings
20 pcs



Total Time
20 minutes



Difficulty
Easy



Number of ingredients
10

INGREDIENTS

DOUGH:

HANAA CORN OIL	1/3 CUP
WARM MILK	1 CUP
YOGURT	1/2 CUP
FLOUR, PLUS MORE FOR ROLLING THE DOUGH	3 1/2 CUPS
SUGAR	1 TBSP
INSTANT YEAST	4 TSP
BAKING POWDER	1 TSP
SALT	2 TSP

DIRECTIONS TO MAKE DOUGH:

- MIX ALL DRY INGREDIENTS.
- ADD WET INGREDIENTS.
- MIX WELL AND SET ASIDE FOR AT LEAST 10 MINUTES.



INGREDIENTS

TOPPINGS:

HANAA CHOPPED TOMATOES WITH BASIL AND OREGANO (BLEND IN A BLENDER TO FORM TOMATO SAUCE)	2 CANS
SHREDDED MOZZARELLA	3 CUPS

METHOD

1. Preheat oven to 180 C

PREPARE DOUGH

1. Fold the dough over on itself once or twice. Roll out into a rectangle until it's about 1/4 inch thick

ADD TOPPINGS

1. Spread tomato sauce made using Hanaa chopped Tomatoes thinly and evenly across the whole piece of dough
2. Sprinkle cheese evenly
3. Add other toppings as desired

ROLL AND SLICE

1. Start rolling from the long edge, you want your final roll to be long and narrow. Try to get it as tight as you can without feeling like you're squishing it.
2. At this point if you've handled it a lot and you feel like your dough is getting too soft to slice, cut in half as it will be too long. Stick it in the fridge for 20 minutes or so to firm up.
3. Slice into 3/4-inch pieces with a very sharp knife.

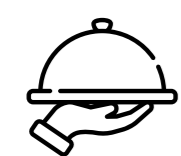
BAKE

1. Lay your cut rolls out evenly on a baking sheet - either grease tray with Hanaa Corn Oil or line with parchment
2. Bake at 180C for about 12-14 minutes, or until cheese is bubbly and dough is golden brown.

NOTES:

This recipe makes a full oven tray; they freeze great and are perfect for the lunch box.

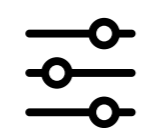
EGGPLANT ROLLATINI WITH HANAA CHOPPED TOMATOES



Servings
5



Total Time
1 hour 45 minutes



Difficulty
Moderate



Number of ingredients
18

INGREDIENTS

EGGPLANT	1 LARGE
SALT	1 TBSP
SAUCE:	
HANAA CHOPPED TOMATOES	2 CANS
TOMATO PASTE	¼ CUP
ONION, CHOPPED	1 SMALL
OLIVE OIL	¼ CUP
GARLIC CLOVES, MINCED	2
CHICKEN BROTH	1 CUP
MINCED FRESH PARSLEY	2 TBSP
SUGAR	2 TSP
SALT	½ TSP
DRIED BASIL	½ TSP
PEPPER	¼ TSP
CRUSHED RED PEPPER FLAKES	1/8 TSP

FILLING:

RICOTTA CHEESE	1 CARTON (425 G)
SHREDDED MOZZARELLA CHEESE	1 CUP
GRATED PARMESAN CHEESE	½ CUP
MINCED FRESH PARSLEY	¼ CUP
EGG, LIGHTLY BEATEN	1 LARGE
PEPPER	1/8 TSP

COATING:

HANAA SUNFLOWER OIL FOR FRYING	-
EGGS, LIGHTLY BEATEN	3 LARGE
SEASONED BREAD CRUMBS	1 CUP
GRATED PARMESAN CHEESE, DIVIDED	1 CUP
GARLIC CLOVES, MINCED	2
MINCED FRESH PARSLEY	2 TBSP
SALT AND PEPPER TO TASTE	-



METHOD

1. Peel and slice eggplant lengthwise into fifteen 1/8-inch-thick slices. Place in a colander over a bowl; sprinkle with salt and toss. Let stand 30 minutes.
2. Meanwhile, for the sauce, in a large saucepan, sauté onion in Olive Oil. Add garlic; cook 1 minute longer. Stir in remaining sauce ingredients. Bring to a boil. Reduce heat; simmer, uncovered, until flavors are blended, stirring occasionally, 20-25 minutes.
3. Rinse and drain eggplant.
4. In a large bowl, combine filling ingredients; set aside.
5. Place eggs in a shallow bowl. In another shallow bowl, combine bread crumbs, 1/2 cup Parmesan cheese, garlic, parsley, salt and pepper. Dip eggplant in eggs, then bread crumb mixture.
6. In an electric skillet, heat ½ inch of Hanaa Sunflower Oil to 180°. Fry eggplant in batches until golden brown, 2-3 minutes on each side. Drain on paper towels.
7. Preheat oven to 180°. Spoon 1 cup sauce into an ungreased baking dish. Spread 2 rounded tablespoons filling over each eggplant slice. Carefully roll up and place seam side down in baking dish. Spoon remaining sauce over roll-ups. Sprinkle with remaining Parmesan cheese. Cover and bake until bubbly, 30-35 minutes.

HANAA TOMATO

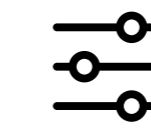
KIDS MEAT KOFTA BALLS



Servings
4



Total Time
1 hour



Difficulty
Easy Moderate



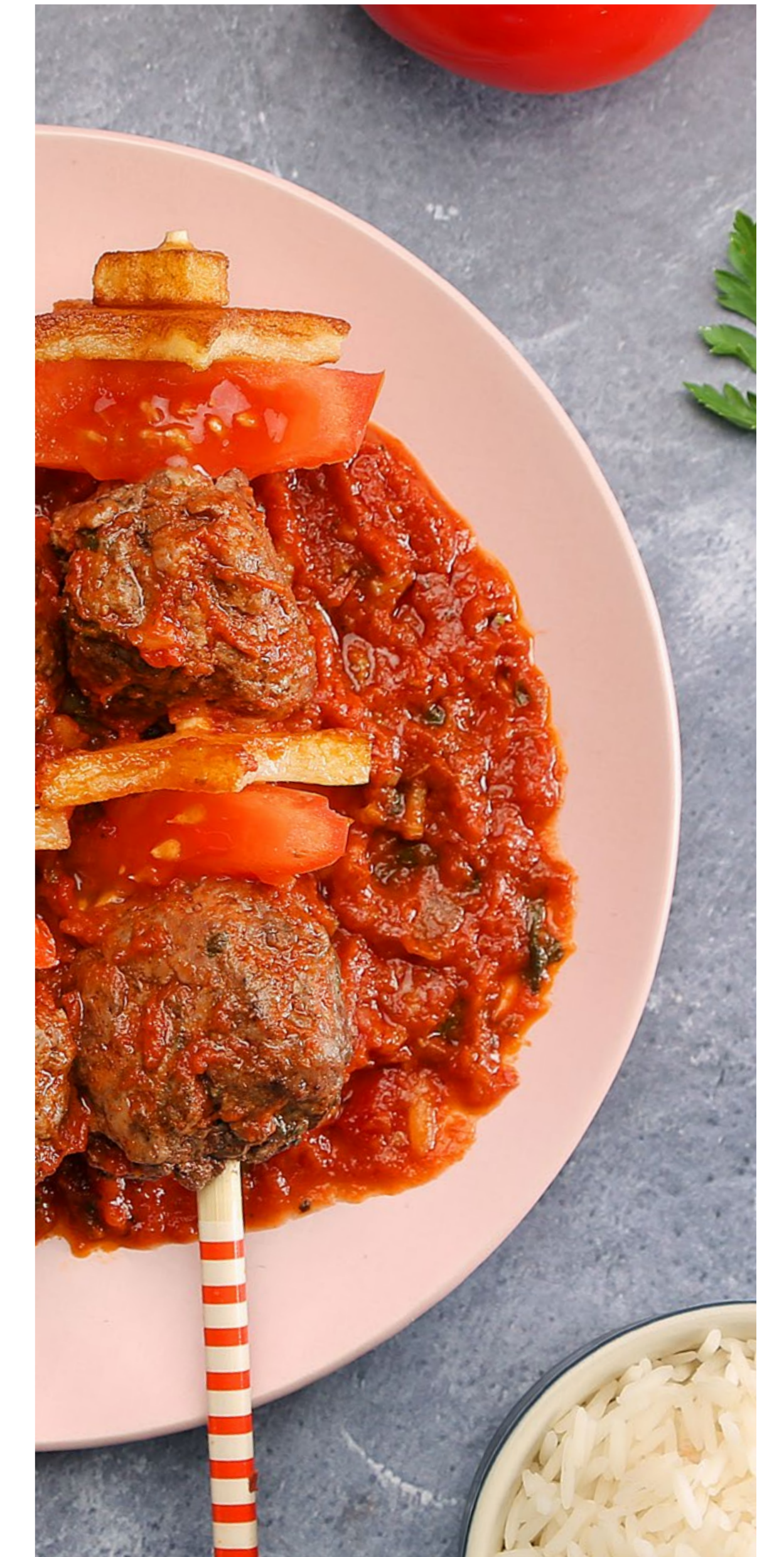
Number of ingredients
11

INGREDIENTS

HANAA TOMATOES WITH ONIONS, BLEND IN BLENDER TO MAKE THE SAUCE	1.5 CAN
BEEF OR LAMB MINCED MEAT	500 GRAMS
FINELY CHOPPED PARSLEY	4 TBSP
ONION, PEELED AND FINELY CHOPPED	1 SMALL
SALT	1 TSP
CINNAMON	½ TSP
BLACK PEPPER	¼ TSP
ALL SPICE	1 TSP
POTATOES 400 G, PEELED, RINSED AND THINLY SLICED INTO CIRCLES (0.5 CM)	4 MEDIUM
TOMATOES 400 G, RINSED AND THINLY SLICED INTO CIRCLES (0.5 CM)	3 MEDIUM
SALT FOR THE SAUCE IN THE FINAL STEP	¼ TSP
BLACK PEPPER FOR THE SAUCE IN THE FINAL STEP	¼ TSP
HANAA SUNFLOWER OIL FOR GREASING	-

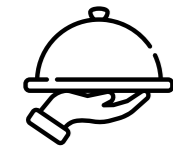
METHOD

1. Rinse parsley leaves and let drain well. Finely chop the parsley with the onion in a food processor (or by hand). Add the mixture and the spices to the meat in a large bowl and mix well with your hand.
2. Preheat oven 250°C
3. Make the kofta into evenly sized round balls and put them in a greased baking dish (20x30 cm) and cover with the sliced potatoes and sliced tomatoes. Sprinkle with a little salt and cover tightly with parchment paper followed by aluminium foil.
4. Bake the meat and vegetables on middle rack for about 45 minutes.
5. Season preblended Hanaa tomato sauce with the salt and pepper and pour over the kofta.
6. Bake, uncovered, for another 15 minutes.
7. Garnish and serve hot with rice.

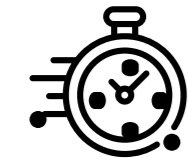


HANAA TOMATO

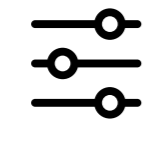
SPAGHETTI FOR KIDS



Servings
4-6



Total Time
20 minutes



Difficulty
Easy



Number of ingredients
10

INGREDIENTS

HANAA SUNFLOWER OIL	2 TBSP
HANAA CHOPPED TOMATOES WITH BASIL AND OREGANO	2 CANS
BUTTER	1 TBSP
ONION, FINELY CHOPPED IN BLENDER	1 SMALL
CARROT, FINELY CHOPPED IN BLENDER	1 LARGE
STALKS OF CELERY, FINELY CHOPPED IN BLENDER	2
CLOVES OF GARLIC, CRUSHED	2-3
DRIED OREGANO	1 TBSP
SALT AND PEPPER TO TASTE	-

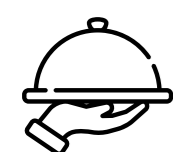
METHOD

1. Add the butter and Hanaa Sunflower oil to a pot and melt. Add in the onion and cook on a medium heat for 2-3 minutes until it starts to soften. Add the carrots, celery and garlic and fry for another couple of minutes, stirring regularly.
2. Pour in the chopped tomatoes, and dried oregano and mix well.
3. Cook on a high simmer for 10-12 minutes before serving with cooked spaghetti.
4. Season with salt and pepper to taste.
5. Garnish and serve hot.

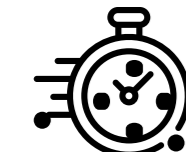


HANAA TOMATO

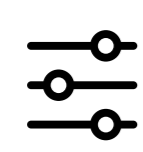
SAUDI CHICKEN KABSA



Servings
6



Total Time
1 hour



Difficulty
Moderate



Number of ingredients
16

INGREDIENTS

CHOPPED TOMATOES FROM HANA (YOU CAN TRY PLAIN, TOMATOES WITH ONIONS, OR TOMATOES WITH ONIONS AND GARLIC)	1 CAN
A LITTLE CORN OIL FROM HANA	-
CHICKENS WEIGHING ABOUT A KILO AND A HALF EACH	2
BASMATI RICE	500 GRAMS
ONIONS	2 MEDIUM
HOT PEPPER HORN	1
GARLIC CLOVES, MINCED	3
SALT OR AS DESIRED	2 TSP
BLACK PEPPER	1 TSP
EACH OF: CINNAMON, CARDAMOM, CLOVES, CUMIN, BAY LEAF, CHINESE KIBBEH OR NUTMEG	1 TSP
BOILING WATER	3 CUPS
CHICKEN STOCK CUBE	-



METHOD

FOR PREPARATION:

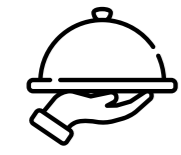
1. We cut chicken 8 pieces and then wash it with water, salt and flour, rinse it well and put it in a colander/strainer
2. Soak the rice in water for at least half an hour
3. Chop the onions
4. Blend the can of tomatoes with a ¼ cup of water in the electric mixer

FOR COOKING:

1. Put the corn oil from Hana in a pot or saucepan over the fire, then add the chopped onion and sauté slightly until it withers
2. Add garlic and pepper and stir well
3. Add the chicken to the onion, then spices, stirring well until the smell of spices appears
4. Pour the tomato juice over the previous ingredients, and leave it on the fire for 10 minutes
5. Add boiling water to the sauce along with the broth cube
6. Add basmati rice and make sure that the water is slightly higher than the rice
7. Leave the ingredients on high heat until the water is completely reduced, then let it over low heat until it is completely soft and water has dried out
8. Once done, pour the Chicken Kabsa into the serving dish
9. Garnish with roasted nuts and serve hot

HANAA TOMATO

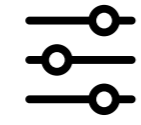
STUFFED ZUCCHINI



Servings
20 pcs, 5 servings



Total Time
1 hour 20 minutes



Difficulty
Moderate



Number of ingredients
13

INGREDIENTS

BROTH / SAUCE:

PEELED TOMATOES FROM HANAA	2-3 CANS
TOMATO PASTE	4 TBSP
WATER	3 CUPS
GARLIC CLOVES, CRUSHED	8
DRIED MINT	1 TBSP

FILLING:

CORN OIL FROM HANA	½ CUP
ZUCCHINI	20
EGYPTIAN RICE	2 CUPS
MINCED MEAT	300 GRAMS
SALT	1 TBSP
CUMIN	1 TBSP
LACK PEPPER	1 TSP
MIXED SPICES	1 TBSP
ONION, CHOPPED	1 LARGE



METHOD

1. Wash the rice and soak it in water for 15 minutes.

FOR FILLING:

1. In a deep bowl, put the rice, minced meat, Hanaa Corn Oil, salt, cumin, mixed spices, black pepper, and onion, and stir lightly to distribute the ingredients well.
2. Remove the top of the zucchini, and empty the zucchini from the pulp, soak each piece in salted water until all the amount of zucchini is done.
3. Next, put the zucchini in a strainer to get rid of the water.
4. We stuff the zucchini with stuffing, leaving about 1 cm without filling (to leave room for the rice to stretch while cooking).

FOR THE BROTH / SAUCE:

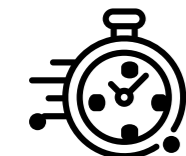
1. Put the tomatoes from Hanaa, tomato paste, and a little water in the blender. Mix them to form the tomato juice, then put the mixture in a pot with the rest of the water, let it boil and then add the zucchini.
2. Let the zucchini boil as well then reduce the heat and let it cook slowly for about 20 minutes until the rice and zucchini is tender.
2. In a small skillet, heat two tablespoons of corn oil from Hana or ghee, add the garlic and sauté it over a low heat to make it golden in colour, then add the mint. Add the garlic mint mixture directly to the zucchini and softly stir to mix with the sauce. (You can put garlic and mint in without cooking them separately, if desired).
3. Garnish and serve hot.

HANAA TOMATO MEAT OKRA



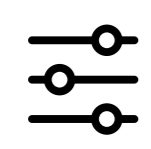
Servings

4-6



Total Time

1 hour 20 mints



Difficulty

Easy Moderate



Number of ingredients

15

INGREDIENTS

HANAA CORN OIL	4 TBSP
HANAA CHOPPED TOMATOES CUT WITH ONIONS & GARLIC	2 CANS
MEAT, CUT INTO PIECES	1 KG
ONIONS, CUT IN HALVES	2
SALT	2 TSP
CLOVES CARDAMOM	6
CINNAMON STICK	1
GARLIC CLOVES	4
ONION, CHOPPED	1
GROUND BLACK PEPPER	½ TSP
GROUND CORIANDER	1 TSP
GROUND CARDAMOM	1 TSP
GROUND CINNAMON	1 TSP
OKRA	1.5 BAGS
TOMATO PASTE	2 TBSP
GREEN PEPPER HORNS	3



METHOD

1. In a deep pot, put 2 tbsp of Corn Oil from Hana. We put the pot on high heat, then add the meat and stir it several times to brown it. Drench it in water and add half cut onions, a tablespoon of salt, cardamom and cinnamon. Leave it on medium heat to simmer and drink most of the water. Once ready, drain the meat and keep the broth aside.
2. In a pot, put the rest of the oil and sift the meat pieces to gain a delicious taste.
3. Put the tomatoes in the blender to make them into tomato juice.
4. We add tomato juice, tomato paste, green pepper horns, and the rest of the broth so that the okra is immersed in the broth.
5. Leave the okra on low heat for about 20 minutes.
6. Garnish and serve hot.

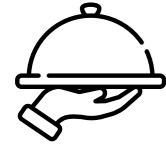


HANAA TUNA



HANAA TUNA

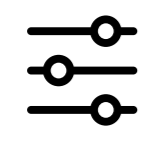
PASTRY



Servings
8



Total Time
1 hour



Difficulty
Moderate



Number of ingredients
15

INGREDIENTS

DOUGH:

HANAA CORN OIL	¼ CUP
FLOUR	3 CUPS
INSTANT YEAST	1 TBSP
BAKING POWDER	1 TSP
SALT	1 TSP
SUGAR	2 TBSP
MILK POWDER	3 TSP
WARM WATER	1 CUP
HANAA TUNA WATER EXTRACT	¼ CUP

TUNA FILLING:

HANAA TUNA, FILTERED	1 CAN
HANAA SWEETCORN KERNELS	1 CUP
GREEN ONIONS	¼ CUP
MAYONNAISE	3 TBSP
SALT, OR LESS, AS DESIRED	1 TSP
CUMIN	¼ TSP
CHILI POWDER, "HOT"	¼ TSP

DOUGH BRUSHING:

½ EGG	½
1 TEASPOON WATER	1

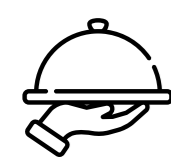


METHOD

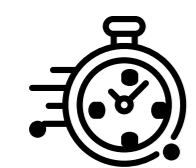
1. In a dough mixer bowl, put 1/2 cup of flour. Add the yeast, baking powder, salt, sugar and milk. We fix the dough racket. We run the mixer at a slow speed for several seconds. We add Hanaa corn oil, water and tuna water extract. Run the mixer at a slow speed until the dough forms. Add the rest of the flour until the dough is separated from the edges of the bowl. Run the mixer at a slow speed for 5 minutes. Shape the dough into a compact ball.
2. Put the dough in an oiled dish. Cover the dish with cling wrap. Place the dish in a warm place until the dough has doubled in size.
3. Then we take the dough out and divide it into 8 equal balls, cover them and leave them for a quarter of an hour.
4. Meanwhile, we prepare the filling. In a deep bowl, with a wooden spoon, mix the tuna with mayonnaise, corn kernels, chopped green onions and spices.
5. We take the 8 pieces of dough and spread them into circles or squares.
6. We put some amount of filling on the tip of each.
7. Then, we lightly fold the dough to obtain a semicircular or crescent shape, then put them in a baking tray and let them brew an additional half an hour.
8. Then with a small bowl, whisk an egg and use only half of it. Add a teaspoon of water to it and stir them well together. Then we brush the egg wash on each piece of fatayer.
9. We add the fatayer to a preheated oven at 190 ° C for 15 minutes until they roast from the top and the bottom.
10. Leave the fatayer on a tray to cool down a little.
11. Garnish and serve warm.

HANAA TUNA & CORN

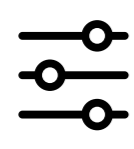
STUFFED ZUCCHINI BOATS



Servings
8 pcs
3-4 servings



Total Time
20 mint



Difficulty
Easy



Number of ingredients
13

INGREDIENTS

HANAA TUNA, DRAINED	2 CANS
HANAA SWEET CORN, DRAINED	½ CUP
HANAA SUNFLOWER OIL FOR GREASING	-
ZUCCHINIS HALVED LENGTHWISE	4 LARGE
KOSHER SALT AND PEPPER, TO TASTE	-
STALK CELERY FINELY CHOPPED	1
RED ONION, CHOPPED	½ SMALL
PLAIN GREEK YOGURT	¼ CUP
CHOPPED DILL	3 TBSP
DIJON MUSTARD	2 TSP
FRESH LEMON JUICE	2 TBSP
JALAPENO THINLY SLICED OR CHOPPED	1
SHREDDED CHEDDAR CHEESE	½ CUP



INGREDIENTS

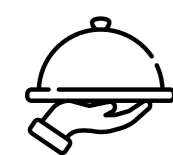
OPTIONAL TOPPINGS:

CHOPPED TOMATOES
RED CHILI PEPPERS
GREEN ONIONS

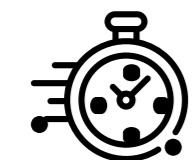
METHOD

1. Preheat your oven to 180C and line a baking tray with parchment paper.
2. Cut the zucchini in half lengthwise, then scoop out the insides and save for another use.
3. Place the zucchini into the prepared baking tray, and grease with Hanaa Sunflower oil. Season with salt and pepper to taste, then place into the middle rack of the oven and bake for 12-15 minutes, or until just tender.
4. In a mixing bowl, add tuna, celery, red onion, yogurt, dill, mustard, lemon juice, and jalapeno. Mix until combined, then taste and season with salt and pepper as needed.
5. Stuff the zucchini with the tuna mixture then sprinkle with cheddar.
6. Continue to bake in the preheated oven for about 5 minutes, or until cheese is melted.

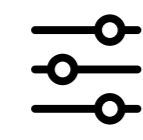
HANAA TUNA & CORN CAKES



Servings
6 portions, 3 servings



Total Time
35 minutes



Difficulty
Easy Moderate



Number of ingredients
10

INGREDIENTS

HANAA SUNFLOWER OIL, FOR FRYING	-
HANAA TUNA, DRAINED	2 CANS
HANAA SWEETCORN, DRAINED	1 CAN
POTATOES, QUARTERED	2 MEDIUM
MAYONNAISE, PLUS EXTRA TO SERVE	2 TBSP
CHOPPED PARSLEY	2 TBSP
EGGS, BEATEN	2
LEMON JUICE	2 TBSP
DRIED SEASONED BREADCRUMB (ADD A TSP OF PAPRIKA, SALT AND BLACK PEPPER TO TASTE)	1 CUP
SIDE GREENS AND YOUR FAVOURITE DRESSING, TO SERVE	-

METHOD

1. Boil the potatoes in boiling salted water until really tender. Drain and allow to steam-dry in a colander. Tip into a bowl, season and mash. Stir in the mayonnaise, tuna, sweetcorn, lemon, and parsley. Shape into 4 to 6 cakes and chill until cold and firm.
2. Dip each cake into the egg, letting the excess drip off, then coat in the breadcrumbs. Chill for 15 mins.
3. Heat a little of the oil in a pan and gently fry the cakes for 2-3 mins on each side until golden. You may need to do this in batches – keep warm in a low oven.
4. Garnish and serve with extra mayonnaise and salad leaves.



HANAA TUNA

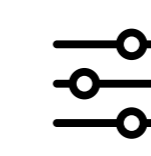
& VEGETABLE RICE PAPER SPRING ROLLS



Servings
2-4



Total Time
10 minutes



Difficulty
Easy



Number of ingredients
6

INGREDIENTS

HANAA LIGHT MEAT TUNA & HANAA SANDWICH SMOKED TUNA CAN BE USED	1-2 CANS
RICE PAPER SPRING ROLL WRAPPERS	4
CARROTS, THINLY SLICED	½ CUP
CUCUMBER, THINLY SLICED	½ CUP
BABY SPINACH LEAVES, OR SIMILAR GREENS	½ CUP
AVOCADO, PITTED, PEELED, AND SMASHED	1

METHOD

1. Prepare a hard, clean, and dry work space in front of you. Prepare one Spring roll at a time before moving on to the next.
2. Placing your hands underneath for support, gently submerge a spring roll wrapper into a bowl of warm water, or through water from a faucet. Gently shake to remove excess water and lay the wrapper onto the work space.
3. Place ¼ of each ingredient (ie. Tuna, carrot, cucumber, spinach, and avocado) onto a wrapper, starting about 1/3 of the way up from the bottom, making sure to leave at least 1-2 inches unfilled from both sides of the wrapper.
4. Fold the bottom up and over the filling, then fold in both sides and continue rolling from the bottom up, using slight pressure to create a tight roll, but not too tight so as to tear the wrapper.
5. Garnish and serve with soy sauce or hot sauce

NOTE: Well refrigerated, the Spring rolls should last about 4-5 days, but they're best eaten the day they're prepared.





HANAA TUNA

PASTA CASSEROLE

METHOD

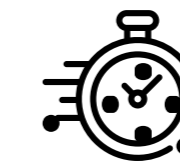
1. Preheat oven to 180 degrees
2. Bring a pot of water to a boil then cook pasta for half the amount of time the box says.
3. In the meantime, heat a large (12-inch) cast iron skillet over medium-high heat. When the skillet is hot, add 1 Tbsp of Hanaa sunflower oil then add the onion and garlic and cook until softened and fragrant, about 3-5 minutes.
4. Add the chopped tomatoes, tomato paste, and Italian seasoning, stir to incorporate. Season with salt and pepper. Remove skillet from heat.
5. Drain the pasta and add to the skillet. Toss to coat pasta with sauce. Add the drained tuna but do not overly mix. Just gently toss so chunks remain intact and it doesn't turn to shredded tuna where you can't see it at all in the dish.
6. Sprinkle cheeses on top in an even layer then bake for 25 minutes, or until pasta is cooked through and mixture is bubbly and cheese is melted.
7. Garnish with fresh basil on top and serve hot.

INGREDIENTS

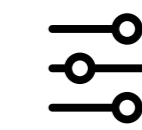
HANAA CHOPPED TOMATOES	2 CANS
HANAA LIGHT MEAT TUNA IN SUNFLOWER OIL, DRAINED	2 CANS
HANAA SUNFLOWER OIL	1 TBSP
DRIED PASTA	2 CUPS
ONION, DICED	1 MEDIUM
GARLIC CLOVES, MINCED	4
TOMATO PASTE	1 TBSP
ITALIAN SEASONING	½ TBSP
SALT AND PEPPER, TO TASTE	-
WHOLE MILK MOZZARELLA, SHREDDED	½ CUP
FRESHLY GRATED PARMESAN CHEESE	¼ CUP
FRESH BASIL FINELY CHOPPED FOR GARNISH	-



Servings
2-4



Total Time
35 minutes



Difficulty
Easy Moderate



Number of ingredients
11



HANAA TUNA

AVACADO SALAD

INGREDIENTS

AVOCADOS	4
HANAA LIGHT MEAT TUNA <small>IN SUNFLOWER OIL HANA SANDWICH CAN BE USED AS REGULAR OR SMOKED FLAVOR</small>	2 CANS
MAYONNAISE	¼ CUP
STALK OF CELERY, DICED	1
RED ONION, DICED	2 TBSP
CHOPPED PARSLEY, CHIVES AND/OR OTHER HERBS	1-2 TBSP
DIJON MUSTARD	1/2 TBSP
SALT AND PEPPER, TO TASTE	-

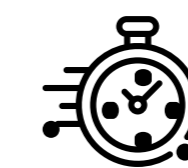


METHOD

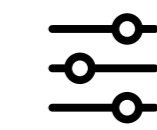
1. In a mixing bowl, add the tuna, mayonnaise, diced celery, diced red onion, herbs, Dijon mustard, and salt and pepper to taste. Stir together until well combined.
2. Slice the avocados in half and remove the seed. Dollop a few spoonfuls of tuna salad onto each avocado half.
3. Garnish and serve.



Servings
2-4



Total Time
10 minutes



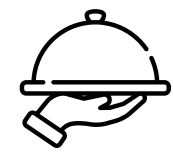
Difficulty
Easy



Number of ingredients
7

HANAA TUNA

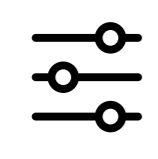
FATAYER STUFFED



Servings
4-6



Total Time
2 hours



Difficulty
Easy
Moderate



Number of ingredients
14

INGREDIENTS

DOUGH:

WARM WATER	1/4 CUP
INSTANT DRY YEAST	2 & 1/4 TSP
WARM MILK	3/4 CUP
EGG	1 LARGE
SOFTENED BUTTER UNSALTED	1/4 CUP
SUGAR	1/4 CUP
SALT	1 TSP
CUPS ALL-PURPOSE FLOUR	3 + 3/4
EGG BEATEN, FOR EGG WASH	1

TUNA FILLING:

HANAA TUNA	2 CANS
STALKS GREEN ONION CHOPPED	4
MAYONNAISE	4 TBSP
SALT	1/4 TSP
BLACK PEPPER	1/4 TSP
CILANTRO, CHOPPED	1/4 CUP
ONION, MINCED	1 TBSP
SESAME SEEDS FOR TOPPINGS	-



METHOD

1. Prepare the Tuna Filling
2. Combine all ingredients in a bowl and mix well. Set aside

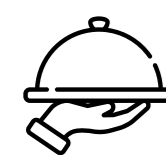
MAKE THE DOUGH

1. In a mixing bowl, combine yeast, warm water and about a teaspoon of sugar. Let this stand for 5 minutes, or until it is foamy. Add milk, egg, softened butter, sugar and salt. Stir everything with a wooden spoon.
2. Add 3 cups of flour gradually, stirring until incorporated. Add just enough of the remaining flour, until the dough gathers into a shaggy mass. You may not need all of the flour.
3. Turn the dough over on a lightly floured surface. Knead until the dough is smooth, elastic and can stretch thinly. Add flour sparingly as needed to help when the dough sticks too much to the board or your hands. Shape it into a ball and place it in a bowl. Cover the bowl with a kitchen towel and let rise for 1 to 1 and 1/2 hours, or until the size is doubled.
4. Gently deflate the dough and divide to 12 portions. Using a rolling pin or your palms, flatten a portion into 1/4 inch thickness. Spoon about a tablespoon of the tuna mixture in the centre of the dough. Fold the edges over the centre and pull it over to cover the filling. Shape the dough into a smooth ball, tucking the ends underneath to close. Repeat with the remaining dough.
5. Arrange the dough balls on a baking pan that is lined with parchment paper. Cover it with a clean kitchen towel and let it rise again for about an hour, or until doubled in size.
6. Preheat oven to 350 F. Brush the surface of the dough with the egg wash and sprinkle sesame seeds on top. Bake at 350 F for 18-22 minutes, or until golden.

7. Garnish and serve warm.

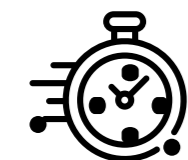
HANAA TUNA & CORN

RISOTTO PIE



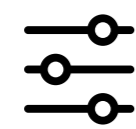
Servings

4



Total Time

1 hour 10 minutes



Difficulty

Easy Moderate



Number of ingredients

11

INGREDIENTS

HANAA LIGHT MEAT TUNA, DRAINED	1-2 CANS
HANAA SUNFLOWER OIL	1 TBSP
BROWN ONION, CHOPPED	1
GARLIC CLOVES, CRUSHED	3
BASMATI RICE OR JASMINE RICE, WASHED	1 CUP
CUPS CHICKEN BROTH	1 3/4 CUPS
SUN-DRIED TOMATOES, DRAINED, FINELY CHOPPED	1/2 CUP
BABY BOCCONCINI CHEESE, DRAINED, ROUGHLY CHOPPED	1 CUP
PARMESAN CHEESE, FINELY GRATED	1/4 CUP
BABY SPINACH LEAVES, SHREDDED	1/2 CUP
EGGS, LIGHTLY BEATEN	3

METHOD

1. Heat the oil in a saucepan over medium heat. Add onion and garlic. Cook, stirring often, for 7 to 8 minutes or until onion is soft.
2. Increase heat to high and add rice. Cook, stirring, for 1 minute. Stir in chicken broth. Bring to a simmer. Reduce heat to low. Cover and cook for 10 minutes.
3. Remove from heat. Set aside, covered, for 10 minutes then transfer it to a bowl. Set aside for 10 minutes to cool.
4. Preheat oven to 190°C. Grease the base of a deep, 20cm (base) baking pan. Set aside.
5. Add tuna, tomato, bocconcini, parmesan, spinach and egg to cooled rice mixture. Season with salt and pepper. Mix until well combined.
6. Press rice mixture into prepared pan. Bake for 40 to 50 minutes or until set and crisp around the edges.
7. Let it stand in the baking pan for 10 minutes. Run a knife around the edge to loosen pie. Cut pie into wedges.
8. Garnish and serve warm.

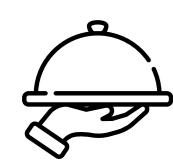


HANAA GOURMET TUNA STEAK



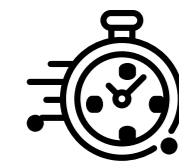
HANAA GOURMET

TUNA SPINACH, & STRAWBERRY SALAD



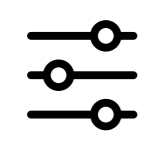
Servings

2



Total Time

30 minutes



Difficulty

Easy



Number of ingredients

13

INGREDIENTS

READY TO EAT TUNA:

HANAA GOURMET GRILLED TUNA STEAK WITH BLACK PEPPER

1

SALAD:

BABY SPINACH, ROUGHLY CHOPPED 2 ½ CUPS

STRAWBERRIES (TO YIELD ¾ TO 1 CUP SLICED STRAWBERRIES) 5 TO 6

3 TBSP 3 TBSP

2 TBSP 2 TBSP

2 TBSP 2 TBSP

LEMON DRESSING:

OLIVE OIL 2 TBSP

LEMON ZEST ½ TSP

LEMON JUICE 1 TBSP + 1

DIJON MUSTARD TSP

HONEY 1 TSP

FRESHLY GROUND BLACK PEPPER ½ TSP

-



INGREDIENTS

QUINOA:

QUINOA, RINSED UNDER RUNNING WATER IN A FINE MESH COLANDER ¼ CUP

WATER ½ CUP

SALT 1/8 TSP

METHOD

1. COOK THE QUINOA:

In a small saucepan, combine the rinsed quinoa and ½ cup water. Bring the mixture to a boil, then cover and reduce heat to a simmer. Cook until all of the liquid has been absorbed, about 15 to 17 minutes. Remove the pot from heat, sprinkle in 1/8 teaspoon salt and fluff the quinoa with a fork. Let the quinoa cool, uncovered, for 7 to 8 minutes. (Or use precooked Quinoa)

2. MAKE THE DRESSING:

In a small bowl, whisk together the olive oil, lemon zest, lemon juice, mustard, honey and a few twists of freshly ground black pepper until emulsified. Set the dressing aside.

3. TOAST THE ALMONDS AND PINE SEEDS:

In a small pan over medium heat, toast the almonds and pine seeds, stirring often, until they are fragrant and turning golden, about 5 minutes.

4. ASSEMBLE THE SALAD:

In a bowl, combine the chopped spinach, sliced strawberries, warm quinoa and toasted almonds. Crumble goat cheese over the salad. Drizzle in just enough dressing to lightly coat the spinach (I only used about half of the dressing) and toss.

5. FINAL STEP:

Add Hanaa Gourmet Grilled Tuna Steak with Black Pepper.

HANAA GOURMET

TUNA BURGER

INGREDIENTS

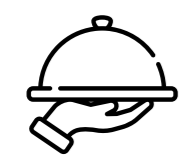
HANAA GOURMET TUNA WITH SWEET CHILLI SAUCE	2
BURGER BUNS WITH SESAME, SPLIT OPEN	2
LEAVES OF LETTUCE	2 - 4

FOR THE TARTARE:

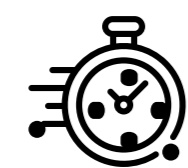
MAYONNAISE	1 CUP
PICKLED CUCUMBER CHOPPED INTO SMALL PIECES MAKING 1 TBSP	1 MEDIUM
PICKLED CAPERS CHOPPED	2 TBSP
A SMALL BUNCH OF FENNEL FRONDS, FINELY CHOPPED	-

METHOD

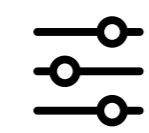
1. Prepare the Tartare sauce: Add all of the ingredients in a bowl and mix well.
2. Put 1 tbsp of Tartare sauce on the lower layer of each bun.
3. Add Hanaa Gourmet Tuna steak on the sauce.
4. Add lettuce leaves on top of each. Put the upper layer of bun on top.
5. Serve immediately with mixed greens and cherry tomatoes on the side.



Servings
2



Total Time
5 minutes



Difficulty
Easy



Number of ingredients
7



HANAA GOURMET

TUNA, AVOCADO & CORN SALSA

INGREDIENTS

HANAA GRILLED TUNA STEAK WITH LEMON AND OLIVE OIL	1
HANAA WHOLE CORN KERNELS, DRAINED (1.5 X180G CAN)	1.5 CANS
JALAPEÑO, SEEDED AND DICED	1
DICED RED ONION	¼ CUP
CHOPPED FRESH CILANTRO LEAVES	2 TBSP
FRESHLY SQUEEZED LIME JUICE	2 TBSP
SUGAR	1 TSP
SALT	1/4 TSP
AVOCADO, HALVED, SEEDED, PEELED AND DICED	1



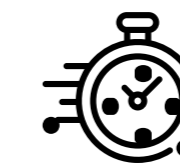
METHOD

FOR THE SALSA:

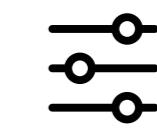
1. In a large bowl, combine corn, jalapeño, red onion cilantro, lime juice, sugar and salt. Stir in avocado.
2. Place the salsa on a flat serving plate. Top the salsa with Hanaa grilled tuna steak.
3. Garnish and serve immediately.



Servings
1-2



Total Time
5 minutes



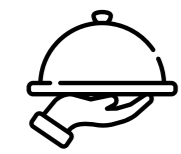
Difficulty
Easy



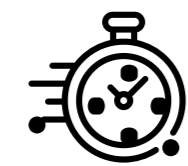
Number of ingredients
9

HANAA GOURMET

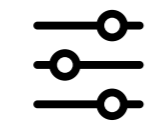
NICOISE SALAD



Servings
2-4



Total Time
15 minutes



Difficulty
Easy



Number of ingredients
10-16

INGREDIENTS

PACKS OF HANAA TUNA GOURMET STEAKS WITH LEMON AND OLIVE OIL	2 X 120G
POTATOES, COOKED AND QUARTERED LENGTHWAYS	6 MEDIUM
PLUM TOMATOES, ROUGHLY CHOPPED	2
EXTRA FINE FRENCH BEANS, COOKED AND DRAINED	½ CUP
LITTLE GEM LETTUCE HEARTS, QUARTERED LENGTHWAYS	4
RED ONION, FINELY SLICED	1
EGGS COOKED FOR 10 MINUTES IN BOILING WATER FROM ROOM TEMPERATURE, HALVED	4
ANCHOVY FILLETS CUT LENGTHWAYS INTO THIN STRIPS	6
PITTED BLACK OLIVES	16
BASIL LEAVES, RIPPED	4



INGREDIENTS

For the dressing or marinade:
Use the sauce from Hanaa Gourmet Tuna

OPTIONAL ADDITIONS:

BALSAMIC VINEGAR OR POMEGRANATE MOLASSES	3 TBSP
FRESHLY CHOPPED PARSLEY	2 TBSP
FRESHLY SNIPPED CHIVES	2 TBSP
GARLIC CLOVES, PEELED AND FINELY CHOPPED	2
SALT	1 TSP
GROUND BLACK PEPPER	1 TSP

METHOD

1. Strain the dressing from Hanaa Tuna Gourmet and set aside. You will need it in the end.
2. Lay the lettuce leaves onto a large plate and add Hanaa Gourmet Tuna, the onions, tomatoes, potatoes, beans and anchovies. Drizzle over them the sauce that was set aside earlier.
3. If you are using the optional additional ingredients, now is good time to mix them on the side then add them on the salad.
4. Finish by adding the eggs, olives and ripped basil leaves.
5. Garnish and serve immediately.