



A DAY IN HER FOOD BANGLADESH MENU



Like chilli? The A Day in her Food menu from Bangladesh features the spiciest of all our dishes.

A Day in Her Food fact: A woman living in hunger in Bangladesh will survive on these same meals again, and again. She may be able to afford a small amount of fish or egg only once a week, and meat (chicken) only once a month.

Ingredients for the day (for one person):

- 1 cup plain flour
- 360g white long grain rice
- 2 potatoes
- 8 small green chillis
- 4 very small onions, or one regular/large onion
- 100g fresh spinach (traditionally she would eat pat shak and pui shak for greens, but for this challenge, you can use spinach)
- Half cup of red lentils
- 4 tablespoons mustard oil, or vegetable oil is also fine
- Sugar
- Salt

To drink on the challenge: Water throughout the day (no tea, coffee or other drinks)

BREAKFAST

Two roti

A very simple breakfast

Ingredients:

1 cup of plain flour

Water

Half teaspoon of sugar

Method:

- o In a bowl, mix the flour with as much water as it takes to make a soft (but not sticky) dough.
 - o Knead the dough for a couple of minutes, then cut into two pieces.
 - o On a well-floured surface, roll out your dough to resemble the round thin traditional roti shape.
 - o Heat a pan on medium heat.
 - o Place roti into the dry pan and heat for a few minutes.
 - o When the roti has brown spots, flip over and cook on the other side until the same, then serve with half a teaspoon of sugar sprinkled on top.
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LUNCH

Boiled rice, potato smash and spinach

A heavy lunch to keep up her energy throughout the day

Ingredients:

180g rice white long grain rice

2 potatoes, chopped

4 small green chillis, finely chopped

2 very small onions, finely chopped, or half a regular sized onion, finely chopped

50g washed spinach

2 tablespoons mustard oil, or vegetable oil

Salt

Method:

- o To make the rice: Place a pot of water on the stove to boil. Rinse the rice and add to the pot. Remove from the heat once cooked.
 - o To make the potato smash: Boil potatoes. Once potatoes are cooked, mash them.
 - o In a separate frying pan, heat one tablespoon of oil with half the chopped onion, half the chopped chilli, and a pinch of salt.
 - o Once soft, add these to the mashed potato, and mix well.
 - o To make the spinach: Reheat the frying pan with one tablespoon of oil, the remaining half of chopped onion, and chopped chilli.
 - o Once these are soft, add the spinach and a pinch of salt.
 - o Add a touch of water and cover the pan to steam.
 - o Once spinach is soft, remove pan from the heat.
 - o Serve boiled rice, potato smash, and spinach together.
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DINNER

Boiled rice, lentils and spinach

More rice...

Ingredients:

180g rice white long grain rice

Half a small cup of red lentils

4 small green chillis, finely chopped

2 very small onions, finely chopped, or half a regular sized onion, finely chopped

50g washed spinach

2 tablespoons mustard oil, or vegetable oil

Salt

Method:

- o To make the rice: Place a pot of water on the stove to boil. Rinse the rice and add to the pot. Remove from the heat once rice is cooked.
- o To make the lentils: Rinse lentils. Place lentils in a pan with enough water to cover them and boil until soft.
- o In a separate frying pan, heat one tablespoon of oil with half the chopped onion, half the chopped chilli and a pinch of salt.
- o Once soft, add these to the lentils, and mix well.
- o To make the spinach: Reheat the frying pan with one tablespoon of oil, the remaining half of chopped onion, the chopped chilli, and a pinch of salt.
- o Once these are soft, add the spinach.
- o Add a touch of water and cover the pan to steam.
- o Once spinach is soft, remove pan from the heat.

- o Serve boiled rice, lentils, and spinach together.