

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)
- 1/2 cup of red lentils
- 4 tablespoons mustard oil, or vegetable oil is also fine
- Sugar
- Salt

DRINKS

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
- 1/2 teaspoon of sugar

Method:

- In a bowl, mix the flour with as much water as it takes to make a soft (but not sticky) dough.
- Knead the dough for a couple of minutes, then cut into two pieces.
- On a well-floured surface, roll out your dough to resemble the round thin traditional roti shape.
- Heat a pan on medium heat.
- Place roti into the dry pan and heat for a few minutes.
- 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.

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:

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

DINNER - Boiled rice, lentils and spinach

More rice...

Ingredients:

- 180g rice white long grain rice
- 1/2 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:

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