

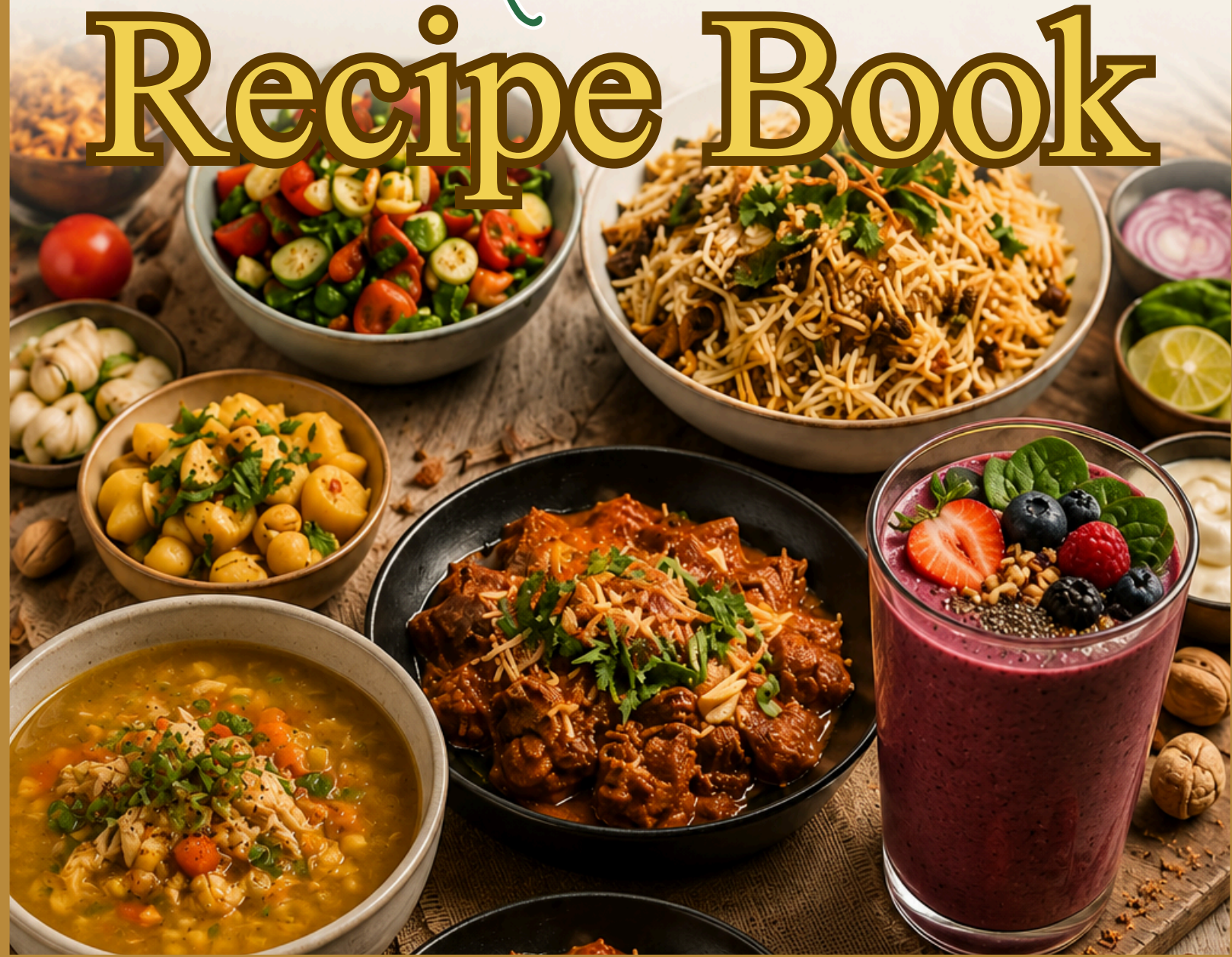
Bringing Generations Together



PAK PIONEERS COMMUNITY ORGANIZATION OF CANADA

Pak Pioneers'

Recipe Book



SIMPLE | NUTRITIOUS | TRADITIONAL
Easy to make Recipes!



Welcome

TO OUR RECIPE COLLECTION



Welcome to the recipe collection of Pak Pioneers Community Organization of Canada, a community organization established in 2011 with a mission to bring generations together through culture, community engagement, wellness, and shared experiences.

Pak Pioneers Community Organization of Canada runs the Senior Pioneers Club, which holds weekly meetings every Tuesday from 12:30 PM to 3:30 PM at Burnhamthorpe Community Centre. The organization offers workshops, yoga sessions, seminars, health and wellness initiatives, elder-abuse awareness programs, cultural activities, outdoor trips, while also posting community documentaries, event highlights & podcasts through the Pak Pioneers YouTube channel. PPCOC also supports women, youth, newcomers to Canada, and seniors through community programs, settlement support, referrals, and youth job-preparation assistance.

Food has always been an important part of culture, family, and tradition. Believing that South Asian seniors benefit from homemade meals suited to their lifestyle, Pak Pioneers created this recipe book by collecting authentic recipes directly from senior members of the community. Every recipe reflects cherished memories, traditions, and flavors passed down through generations.

Pak Pioneers Community Organization of Canada continues to work closely with community organizations and all levels of government while providing care and support to members during difficult times. The organization has also received recognition and awards from municipal, provincial, and federal government bodies for its service to the community.

**Enjoy trying and making these recipes with your partner, friends, and family
while creating beautiful memories together.**

Where generations meet through
culture, tradition, and food.

COMPOSING AND COMPILING BY TAHAAM CHAUDHRY
FUNDED BY NEW HORIZONS FOR SENIORS PROGRAM



Banana Almond Smoothie



SERVES
1-2



COOK TIME
5 MINUTES

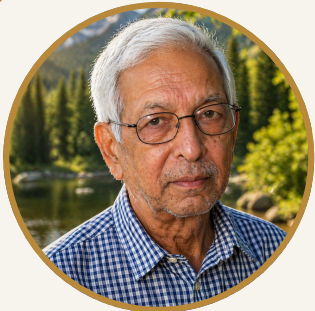
INGREDIENTS

- 1 ripe banana
- 1 cup of cold milk (or almond milk)
- 7 soaked almonds
- 1 pitted date (for optional sweetness)



DIRECTIONS

1. Add the banana, milk, almonds, and date to a blender.
2. Blend until smooth and creamy.
3. Taste and adjust sweetness if needed.
4. Pour into a glass and serve immediately.



RECEIPE BY

SARWAR CHAUDHARY

Senior Pioneers Club Member

Berry Green Power Smoothie



SERVES
1-2



COOK TIME
5 MINUTES

INGREDIENTS

- ½ cup plain Greek yogurt
- ¾ cup milk (or adjust for desired consistency)
- 1 cup mixed berries (blueberries, strawberries, raspberries)
- 1 cup spinach or kale
- 2–3 prunes (for natural sweetness and digestion)
- 1 tablespoon chopped walnuts or almonds
- 1 teaspoon chia seeds or flaxseeds



DIRECTIONS

1. Add the milk and Greek yogurt to the blender.
2. Add the greens, berries, prunes, and nuts.
3. Blend until smooth. Add a bit more milk if it's too thick.
4. Taste and adjust to your liking.
5. Optionally sprinkle extra chopped nuts on top or stir in chia seeds.
6. Add icecubs and serve chilled



RECEIPE BY

SHAHINA BANO

Senior Pioneers Club Member

Brain Health Smoothie



SERVES
2-3



COOK TIME
20 MINUTES

INGREDIENTS

- 2 cups blueberries
- 2 bananas
- 2 tbsp flax seeds or chia seeds
- 2 handfuls spinach
- ½ avocado
- 2 cups unsweetened almond milk
- 2 tbsp almond butter or ¼ cup walnuts
- 1 tsp turmeric
- ¼ tsp black pepper
- **Optional:**
- 2 dates or 1 tsp honey for sweetness



DIRECTIONS

1. Add all ingredients to a blender.
2. Blend on high until smooth.
3. Adjust sweetness or thickness with milk or fruit.
4. Serve immediately or store up to 2 days in fridge.



RECEIPE BY

ROXANNA NAYAİK

Senior Pioneers Club Member

Beef Karahi



SERVES
2-4



COOK TIME
40 MINUTES

INGREDIENTS

- 500 g Beef (boneless, small cubes)
- 4 large Tomatoes (chopped or crushed)
- 1 tbsp Ginger garlic paste
- 2 Green chilies (optional, mild)
- ½ cup Yogurt
- To taste Salt
- 1 tsp Red chili powder
- ½ tsp Turmeric
- 1 tsp Coriander powder
- ½ tsp Black pepper
- ½ tsp Garam masala
- 4 tbsp Oil or ghee
- 1½ cups Water
- For Garnish
 - Fresh ginger (julienne)
 - Fresh coriander



DIRECTIONS

1. Add beef, water, salt, and ginger garlic paste in a pot or pressure cooker.
2. Cook until the beef becomes very tender. Pressure cooker 25 to 30 minutes / Pot 60 to 75 minutes
3. Keep the broth (yakhni). Do not discard it.
4. Heat oil or ghee in a pan. Add tomatoes and cook until soft and mushy.
5. Add turmeric, red chili powder, coriander powder, and black pepper. Cook until the oil starts separating.
6. Add tender beef and ½ cup of its broth. Mix well.
7. Cook on medium heat for about 10 minutes until the gravy thickens.
8. Add garam masala and green chilies. Cook 5 more minutes.
9. Top with fresh ginger slices and fresh coriander.



RECEIPE BY

GHIAS DIN

Senior Pioneers Club Member

Chicken Spring Salad



SERVES
2-4



COOK TIME
20 MINUTES

INGREDIENTS

- 2 Chicken breast sliced into cubes
- 1 cup of chopped lettuce
- 1 cup of chopped spinach
- 1 cup of chopped strawberries
- 1 chopped tomato
- 1 chopped avocado
- 3 tablespoons of pumpkin seeds
- ½ cup of feta cheese



DIRECTIONS

1. Pan fry the chicken until completely cooked.
2. Mix all the ingredients together in a salad bowl.
3. Add all the vegetables and fruits.
4. Add salad dressing of your choice.
5. Top with feta cheese and pumpkin seeds.



RECEIPE BY

SHAHZAD JAMAL

Senior Pioneers Club Member

Chicken With Capsicum



SERVES
2-4



COOK TIME
25 MINUTES

INGREDIENTS

- 4 Chicken breast sliced into strips
- 2 tbs Mayonnaise
- 2 tbs Yogurt
- 2 tbs Tahini
- ½ tsp Garlic powder
- 2 tbs Olive oil for cooking
- 1 Onion
- 2 Capsicum sliced into strips



DIRECTIONS

1. Marinate chicken with mayonnaise, yogurt, tahini, and garlic powder for at least 10 minutes or longer.
2. Heat oil in a pan and cook the chicken for 5–7 minutes per side until golden brown and cooked through.
3. Fry the onions and capsicum separately.
4. Combine the vegetables with chicken and add more seasoning if you want.
5. Serve warm with rice or pasta.



RECEIPE BY

SHAHZAD JAMAL

Senior Pioneers Club Member

Chicken Hot & Sour Soup



SERVES
2-4



COOK TIME
30 MINUTES

INGREDIENTS

- 300g chicken
- 1 tbsp oil
- 2–3 garlic cloves
- 3 spring onions
- 1 carrot
- ½ cup capsicum
- ½ cup cabbage
- 2 tbsp vinegar
- 2 tbsp chili sauce
- 3 tbsp soy sauce
- Salt to taste
- Black pepper
- White pepper
- 4 tbsp corn flour
- 1 egg white



DIRECTIONS

1. Heat oil and fry chicken until lightly brown.
2. Add water, garlic, and chopped vegetables.
3. Cook for 25–30 minutes.
4. Remove chicken, shred it, and return to soup.
5. Add sauces, vinegar, salt, and pepper.
6. Mix corn flour in water and add slowly.
7. Add egg white slowly while stirring.
8. Cook 10 minutes and serve hot.



RECEIPE BY

NASIMA SIDDIQUI

Senior Pioneers Club Member

Chicken & Corn Egg Drop Soup



SERVES

4-6



COOK TIME

30 MINUTES

INGREDIENTS

- 5 cups of chicken broth
- 200 grams chopped chicken
- 2 cloves of garlic minced
- 1 cup frozen corns
- 4 eggs
- 3 tbsp cornstarch and $\frac{1}{2}$ cup of water for cornstarch slurry
- 1 tbsp neutral oil for cooking
- $\frac{1}{2}$ cup fresh spring onion finely chopped for garnishing
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp salt (or as per your liking)
- $\frac{1}{4}$ tsp / Few dashes of white pepper



DIRECTIONS

1. In a preheated pot on medium-low heat, add neutral oil and minced garlic. Cook until they soften and release their fragrance.
2. Gently stir fry the chicken until it turns white. Season to taste with salt, black pepper and white pepper.
3. Add the chopped corn.
4. Then add the chicken broth. Bring up to a boil, and let it simmer
5. Create the cornstarch slurry by mixing the cornstarch in $\frac{1}{2}$ cup of water to dissolve it, then add to the soup. Give it a stir, and make sure the soup is simmering. You can add more cornstarch slurry if you prefer it thicker.
6. Whisk together eggs in a separate bowl and slowly drizzle in the eggs to the soup, let it set for about 10-15 seconds, then give the soup a stir to create egg ribbons.
7. The more you stir, the smaller the egg strands will be, so do it to your preference
8. Garnish with green onions and enjoy hot.



RECEIPE BY

TEHMINA NAVEED

Senior Pioneers Club Member

Chicken with Vegetable Soup



SERVES

4-6



COOK TIME

30 MINUTES

INGREDIENTS

- 5 cups of chicken broth
- 200 grams chopped chicken
- 2 garlic cloves
- ½ green pepper
- ½ red pepper
- ½ cup frozen corns
- ½ cup chopped carrots
- ½ cup chopped cabbage
- 3 tbsp cornstarch
- ½ cup fresh spring onion finely chopped for garnishing
- 1 tsp salt (or as per your liking)
- ½ tsp black pepper
- ¼ tsp white pepper



DIRECTIONS

1. In a large pot, heat a small amount of oil over medium heat. Add the minced garlic and cook for about 30 seconds until fragrant.
2. Add the chopped chicken and cook for 4–5 minutes, stirring occasionally, until no longer pink.
3. Stir in the chopped green pepper, red pepper, carrots, cabbage, and frozen corn. Cook for 3–4 minutes until the vegetables begin to soften.
4. Pour in the chicken broth and bring the soup to a gentle boil. Reduce the heat and let it simmer for 10–15 minutes, allowing the vegetables to become tender.
5. In a small bowl, whisk the cornstarch with a few tablespoons of cold water until smooth. Gradually stir the slurry into the soup while stirring continuously. Simmer for 2–3 minutes until the soup thickens slightly.
6. Season with salt, black pepper, and white pepper. Taste and adjust the seasoning as needed.
7. Remove the soup from the heat and garnish with the finely chopped spring onions.



RECEIPE BY

TEHMINA NAVEED

Senior Pioneers Club Member

Chickpea Vegetable Salad



SERVES

4-6



COOK TIME

10 MINUTES

INGREDIENTS

- 1 can mixed beans
- ½ green pepper
- ½ red pepper
- ½ yellow pepper
- ½ onion
- 2 boiled potatoes
- 1 hard tomatoe
- 1 lemon
- ½cup fresh corinader leaves for garnishing
- 1 tablespoon Tamarind chutney
- 1 tablespoon Green chilly chutney (if you want it slightly spicy)
- 1 tablespoon Chaat Masala
- ¼ teaspoon Salt (or as per your liking)



DIRECTIONS

1. Rinse and cut all vegetables into small cubes (peppers, onions, boiled potatoes, tomatoes etc)
2. Add the drained mixed beans into a large mixing bowl along with the chopped vegetables, chutneys, and spices (salt, chaat masala)
3. Squeeze the juice of the lemon and mix it all together
4. Garnish with washed and chopped coriander leaves and serve chilled



RECEIPE BY

NAVEED CHAUDHRY

Senior Pioneers Club Member

Chickpea Vegetable Soup



SERVES
2-4



COOK TIME
25 MINUTES

INGREDIENTS

- 1 can of chickpeas
- a dozen mushrooms
- 1 carrot
- 1 zucchini
- 1 stalk celery
- 2-3 tomatoes
- 2 cups vegetable broth
- ½ tsp cumin powder
- Salt & pepper to taste



DIRECTIONS

1. Add all ingredients to a pot.
2. Cook until vegetables are tender.
3. Adjust seasoning as preferred.
4. Serve hot.



RECEIPE BY

SHAHZAD JAMAL

Senior Pioneers Club Member

Chickpea & Quinoa Power Bowl



SERVES
1-2



COOK TIME
35 MINUTES

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup cooked chickpeas
- 1/2 cup chopped cucumber
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/2 avocado, sliced
- 2 tbsp hummus
- 1 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper, to taste
- Fresh parsley or cilantro (optional for garnishing)



DIRECTIONS

1. Rinse 1/2 cup dry quinoa and cook in 1 cup water for about 15 minutes, until fluffy. Let it cool.
2. Prepare the dressing by mixing olive oil, lemon juice, salt, and pepper in a small bowl.
3. Assemble the bowl by layering quinoa, chickpeas, a handful of chopped cucumber, tomatoes, red onion and slices of avocado
4. Add the hummus on top
5. Drizzle with dressing and sprinkle with parsley or cilantro.



RECEIPE BY

MASOOM SHAH

Senior Pioneers Club Member

Chicken Mayo Sandwiches



SERVES
2-3



COOK TIME
10 MINUTES

INGREDIENTS

- 4 Chicken Breasts
- Mayonnaise
- ½ tsp ground black pepper
- ½ cup chopped cucumber
- Few Romaine Lettuce leaves
- Tomato Slices
- Thin sliced whole wheat bread



DIRECTIONS

1. Boil the chicken breast with 1 tsp salt in water until fully cooked
2. Shred into tiny pieces
3. Put the shredded chicken in a bowl and add some ground black peppers to it
4. Add 3-4 tbs of mayonnaise (you can adjust this depending upon the quantity of the shredded chicken) to the same bowl
5. Add chopped cucumber and mix it well
6. Cut the crusts of the whole wheat bread and spread the chicken mixture on 2 slices of bread
7. Put the bread slices together to form a sandwich and then cut them diagonally to form a triangular shape
8. Then place the sandwiches in a serving plate, and put the lettuce and tomato slices around the sandwiches



RECEIPE BY

NASRAH SAFDAR

Senior Pioneers Club Member

Chicken & Pineapple



SERVES
2-3



COOK TIME
60 MINUTES

INGREDIENTS

- 300 grams of boneless chicken breast cut in cubes
- ½ tsp pink salt
- 2 tbsp minced garlic
- ½ tsp black pepper
- 2 cups chicken stock
- 1 onion
- 1 cup cabbage
- 1 stalk of celery
- ½ cup cashews
- 2 tbs soy sauce
- 2 tbs sugar
- 1 can of pineapple chunks



DIRECTIONS

1. Add oil to a pot and add minced garlic and fry until fragrant.
2. Add chicken and fry until halfway cooked.
3. Add vegetables and cashews and stir fry until fully cooked.
4. Add soy sauce, sugar, and stock.
5. Add pineapple and cook for 3 minutes.
6. Serve with rice or noodles.



RECEIPE BY

NUSRAT MUFTI

Senior Pioneers Club Member

Daal Maash



SERVES
3-4



COOK TIME
40 MINUTES

INGREDIENTS

- 1 cup maash ki daal (split black gram, soaked 1–2 hours)
- 3 cups water
- 1 tsp ghee or olive oil
- 1 tso ginger & garlic paste
- ½ tsp turmeric powder
- 1 tsp salt (optional)
- ½ tsp black pepper or paprika (optional for spice)
- 1 tomato sliced
- 1-2 green chillies (optional for spice and garnishing)
- small piece of ginger sliced for garnishing
- Fresh cilantro for garnishing



DIRECTIONS

1. Add soaked daal to a pot with water, turmeric, salt and paprika. Cook on low-medium heat for 20–25 min until the daal is very soft and fully cooked. Add more water if needed to cook it thoroughly.
2. Heat ghee or olive oil, in a seperate pan add tomatoe slices, crushed cumin, ginger & garlic paste and cook till tomotoes are desolved, add daal and cook for 5-6 mins.
3. Garnish with fresh cilantro, ginger, and green chillies.
4. Serve warm with fresh roti.



RECEIPE BY

SAFEER MUFTI

Senior Pioneers Club Member

Egg Sandwich



SERVES
1



COOK TIME
20 MINUTES

INGREDIENTS

- 2 sourdough slices of bread
- 2 eggs
- 1 tsp Mayonnaise
- ½ tsp chili garlic sauce
- 2 tbs butter
- 1 lettuce leaf
- Black pepper to taste



DIRECTIONS

1. Toast the bread slices
2. Whisk eggs together and cook with butter in a pan. Sprinkle some black pepper as per your preferred taste.
3. Spread mayonnaise on 1 slice of the bread and top it with lettuce.
4. Spread chili garlic sauce on the other bread slice and add the cooked eggs.
5. Close the slices to form the sandwich and serve.



RECEIPE BY

MOHAMMAD HAFEEZ

Senior Pioneers Club Member

Golden Seven Treasure Mix



SERVES
2-4



COOK TIME
5 MINUTES

INGREDIENTS

- ½ cup Flax seeds
- ½ cup Chia seeds
- ½ cup Hemp hearts
- ½ cup Psyllium husk
- ½ cup Coconut
- ½ cup Lotus seeds
- ½ cup Pumpkin seeds



DIRECTIONS

1. Mix all ingredients and store in an airtight container.
2. Serve as a topping with anything like milk and yogurt for a healthy breakfast.



RECEIPE BY

SHAHZAD JAMAL

Senior Pioneers Club Member

Hyderabadi Bhagaray Baingan



SERVES
2-4



COOK TIME
25 MINUTES

INGREDIENTS

- 5 small eggplants
- 2 onions
- $\frac{3}{4}$ cup crushed coconut
- 2 tbsp sesame seeds
- 2 tbsp poppy seeds
- 1 tbsp coriander seeds
- 1 tbsp peanuts
- 1 tbsp garam masala
- 1 tbsp turmeric
- Red chili powder
- Ginger garlic paste
- Tamarind water



DIRECTIONS

1. Bake onions until soft, then blend.
2. Roast coconut, seeds, peanuts, and add to blender to blend.
3. Add spices and tamarind water to blender and blend everything together.
4. Add cuts in the middle of the eggplants
5. Stuff eggplants with mixture.
6. Cook in oil in pot for 3–4 minutes.
7. Add remaining paste and cook for 25 minutes.
8. Serve warm.



RECEIPE BY

FARIDA HAQ

Senior Pioneers Club Member

Masala Fish Fry



SERVES
5-6



COOK TIME
30 MINUTES

INGREDIENTS

- 1 tsp cumin seeds
- 1 tsp coriander seeds
- ½ tsp chilli powder
- 1 tsp black pepper
- 1 tsp garlic granules
- 1 tsp curry powder
- 2 tsp table salt
- 4 tbsp gram flour
- 5 tbsp corn flour
- 10 pieces white tilapia or basa fish, cut into approximately 2 × 2-inch pieces (around 1 kg)
- Lemon juice, as needed
- 200–240 ml water
- Corn oil or canola oil, for deep frying



DIRECTIONS

1. Dry-roast the cumin and coriander seeds in a pan, then grind them into a fine powder.
2. Combine the roasted spices with the chilli powder, black pepper, garlic granules, curry powder, salt, gram flour, and corn flour.
3. Add the fish pieces and lemon juice, mixing gently until coated. Leave to marinate for at least 15 minutes, then gradually add enough water to create a thick coating around the fish.
4. Heat the oil over medium-high heat. Deep-fry the fish in batches for approximately 4–5 minutes, turning as needed, until golden brown and crispy on both sides.
5. Remove the fish from the oil and drain on a wire rack or paper towel. Garnish with fresh coriander and serve hot with salad, naan, rice, or your choice of sauce.



RECEIPE BY

ZAFAR IQBAL

Senior Pioneers Club Member

Moong Daal Khichdi



SERVES
2-4



COOK TIME
40 MINUTES

INGREDIENTS

- ½ cup rice
- ½ cup split yellow moong beans (daal)
- 1 tbsp ghee
- ½ tsp turmeric
- Pinch of salt (adjust to taste)
- 4 cups of water



DIRECTIONS

1. Wash rice and daal together and soak them for at least 1 hour.
2. Add all ingredients together to a pressure cooker or instant pot.
3. Cook for 2-4 whistles until everything is well cooked and soft.
4. Serve with yogurt for added protein if you like.



RECEIPE BY

AYESHA AHMED

Senior Pioneers Club Member

Nutty Energy Bars



SERVES

2-3



COOK TIME

35 MINUTES

INGREDIENTS

- 1 cup almonds, roughly chopped
- 1 cup walnuts, roughly chopped
- ½ cup pecans, roughly chopped
- ½ cup pumpkin seeds
- ¼ cup sesame seeds
- ¼ cup ground flaxseed (flaxseed powder)
- ½ cup shredded unsweetened coconut
- ½ cup raisins (or chopped dates for sweetness)
- ½ cup natural butter (unsalted)
- ¼ cup honey or maple syrup (optional, adjust to taste)
- 1 tsp vanilla extract
- ¼ tsp sea salt
- ½ tsp cinnamon or nutmeg for extra flavor



DIRECTIONS

1. Toast the nuts & seeds in a dry skillet or oven at 350°F for 5–8 minute and let cool (optional for enhanced flavour).
2. In a saucepan, melt the butter over low heat.
3. Stir in honey/maple syrup, vanilla extract, and sea salt. Heat until just blended. Don't boil.
4. In a large bowl, combine toasted nuts and seeds, shredded coconut, flaxseed powder, and raisins.
5. Pour the warm butter mixture over and mix well until evenly coated.
6. Line a baking pan with parchment paper. Press the mixture firmly into the pan using a spatula or your hands.
7. Refrigerate for at least 1–2 hours until firm. Then you can slice into bars or squares.
8. Store in an airtight container in the fridge for up to 10 days or freeze for longer usage.



RECEIPE BY

SHAHINA BANO

Senior Pioneers Club Member

Palak Kofta



SERVES
2-3



COOK TIME
40 MINUTES

INGREDIENTS

- ½ kg qeema (minced beef or chicken)
- 4 medium onions (thinly chopped)
- 2 tbsp fresh ginger paste
- 2 tsp green chili paste
- 2 bread slices (crumbed)
- 2 tsp cumin powder
- 2 tsp garam masala
- 1 tsp black pepper powder
- Salt to taste
- ½ kg spinach (chopped)
- 4 tbsp butter
- 2 cups chopped coriander
- ½ tsp turmeric powder



DIRECTIONS

1. Mix qeema with chopped onions, ginger paste, chili paste, garam masala, bread crumbs, cumin powder, pepper, and salt.
2. Shape into small meatballs (koftas).
3. Heat oil in a pan and lightly fry koftas until golden. Remove and set aside.
4. In the same pan, boil chopped spinach for 3 minutes, then blend into a puree.
5. Fry sliced onions in oil until golden. Add ginger-garlic paste.
6. Add red chili powder, turmeric, salt, and cumin powder. Cook for 2–3 minutes.
7. Add koftas and cook with masala for 3 minutes.
8. Add spinach puree and cook on low heat for 5 minutes.
9. Add butter and garnish with coriander.



RECEIPE BY

PARVEEN KAUSAR

Senior Pioneers Club Member

Quick Keema



SERVES
5-6



COOK TIME
30 MINUTES

INGREDIENTS

- 3–4 tbs cooking oil
- 2 black cardamom
- 2 cinnamon sticks
- 2–3 cloves
- 3–4 sliced onion
- 3–4 sliced tomatoes
- ½ kg minced chicken/beef (keema)
- ½ tbs garlic paste
- 1 tsp salt (as per taste)
- ½ tsp red chilli powder
- 1 tsp haldi
- ½ tsp garam masala
- 1 cup yogurt
- 3 green chillies split in half
- Chopped fresh green coriander for garnishing



DIRECTIONS

1. Warm up cooking oil in a pot and add black cardamom, cinnamon sticks, and cloves.
2. Add sliced onions, fry until golden brown.
3. Add sliced tomatoes, cook them until soft.
4. Add chicken/beef keema, mix well, and cook for 2–3 mins.
5. Add garlic paste, salt, turmeric powder, red chilli powder, and garam masala. Mix and cook for 2 mins.
6. Add yogurt and cook with lid on for 10–15 mins on low flame, then mix and cook on high flame until oil separates (2–3 mins).
7. Add chopped coriander and green chillies and simmer on low flame for 2–3 mins.
8. Serve warm paired with roti or naan for best taste.



RECEIPE BY

NAILA NAEEM

Senior Pioneers Club Member

Quinoa & Rice Chicken Veggie Bowl —



SERVES

2-3



COOK TIME

35 MINUTES

INGREDIENTS

- 1/2 cup quinoa
- 1/2 cup brown rice (or white rice if preferred)
- 2 cups low-sodium chicken broth or water
- 2 boneless, skinless chicken breasts (cut into bite-sized cubes)
- 3 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Salt & pepper to taste
- 1 cup broccoli florets
- 1 red bell pepper (sliced)
- 1 zucchini (sliced)
- 1 carrot (sliced thin)
- 2 cloves garlic (minced)
- Fresh parsley or cilantro (for garnish)
- A squeeze of lemon juice (for garnish)
- Chili flakes or sesame seeds (for garnish)



DIRECTIONS

1. Rinse quinoa and rice.
2. In a pot, add quinoa, rice, and broth (or water).
3. Bring to a boil, then lower heat, cover, and simmer for 20 minutes or until both are cooked and liquid is absorbed. Fluff with a fork.
4. Season chicken cubes with paprika, garlic powder, salt, and pepper.
5. In a skillet over medium heat, heat 1 tbsp olive oil. Add chicken and cook for 6–8 minutes until golden and cooked through. Set aside.
6. In the same pan, add another tablespoon of olive oil. Add garlic, then all vegetables. Sauté for 5–7 minutes until just tender but still vibrant and slightly crisp.
7. In a large bowl, combine the rice/quinoa mixture, chicken, and sautéed vegetables.
8. Garnish with lemon juice, fresh herbs, and optional toppings.



RECEIPE BY

SHAHINA BANO

Senior Pioneers Club Member

Ragi Kanji | Finger Millet Drink



SERVES
5-6



COOK TIME
30 MINUTES

INGREDIENTS

- 2 tbsp ragi flour
- ½ cup water
- Buttermilk
- Diced onions
- Coriander leaves



DIRECTIONS

1. Boil 2 cups water.
2. Add ragi paste (ragi + water) and mix well.
3. Cook for 5–7 minutes until thick.
4. Let it cool.
5. Mix with buttermilk.
6. Add onions and coriander.
7. Serve and enjoy this savoury drink.



RECEIPE BY

AYESHA AHMED

Senior Pioneers Club Member

Rajma



SERVES
3-4



COOK TIME
25 MINUTES

INGREDIENTS

- 1 (500 ml+) can red kidney beans, drained and rinsed
- 1 medium onion, finely chopped
- 1 large green chilli, made into a paste
- 6 garlic cloves, made into a paste
- 1 medium tomato, peeled and finely chopped
- ½ tbsp red chilli powder
- ½ tsp turmeric powder
- ½ tsp crushed red chilli
- ½ tsp ground coriander
- ½ tsp garam masala
- Salt, to taste
- 2 tbsp cooking oil
- 1½ cups water



DIRECTIONS

1. Heat the oil in a saucepan over medium heat and sauté the onion until soft and translucent, without browning.
2. Stir in the garlic paste and green chilli paste, then add a splash of water and cook until fragrant.
3. Add the chopped tomato along with the red chilli powder, turmeric, crushed red chilli, coriander, garam masala, and salt. Cook until the tomatoes soften and the masala becomes well combined.
4. Add the kidney beans and 1½ cups of water. Cover and simmer over low heat for about 1½ hours, stirring occasionally.
5. Once the beans are tender and a rich gravy has formed, adjust the seasoning if needed and serve hot with steamed rice or naan.



RECEIPE BY

NASIMA SIDDIQUI

Senior Pioneers Club Member

Red Lentil Soup



SERVES
2-4



COOK TIME
20 MINUTES

INGREDIENTS

- Olive oil
- 1 onion
- 2 garlic cloves
- 1 tsp cumin
- 2 cups vegetable broth
- 1½ cups red lentils
- 1 tbs tomato paste
- Salt & Black pepper (to taste)
- ½ tsp Paprika (to taste)



DIRECTIONS

1. Heat oil in a pot. Add onion and garlic and fry until fragrant.
2. Add cumin and tomato paste.
3. Add lentils and broth.
4. Cook until everything is soft.
5. Blend using hand blender to make it a soup texture.
6. Season with salt, pepper, and paprika and serve warm.



RECEIPE BY

FARIDA HAQ

Senior Pioneers Club Member

Six Grain Hot Cereal



SERVES
1-2



COOK TIME
5 MINUTES

INGREDIENTS

- 1/2 cup pearl barley
- 3 table spoons quinoa
- 1/2 cup Buck wheat
- 2 table spoons of flaxseed
- 1/2 cup brown rice
- 3 Tea spoon salt
- 1/4 cup steel cut oats
- 1 ½ quarts of water (6 cups)



DIRECTIONS

1. In a large saucepan, combine the barley, buck wheats, rice, oats, quinoa, flaxseed and salt
2. Pour water over ingredients, stir and bring to a boil over medium heat.
3. Reduce heat to low and simmer for 45 minutes, stirring occasionally.
4. Cook further for few minutes if still grains not soft enough to your liking.
5. You can pair with fresh fruit for added nutrients.
6. Enjoy warm.



RECEIPE BY

SHAHINA BANO

Senior Pioneers Club Member

Soft Yogurt Cake



SERVES
2-4



COOK TIME
40 MINUTES

INGREDIENTS

- 1 cup plain yogurt (dahi)
- 1/2 cup sugar (or 1/3 cup for low sugar)
- 1/4 cup oil (any neutral oil)
- 1 cup all-purpose flour (maida)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cardamom powder or vanilla
- 2 tbsp milk (if batter thick)
- Pinch of salt



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Grease a small cake pan.
3. In a bowl, mix wet ingredients by whisking together yogurt + sugar until smooth. Then add oil and mix well.
4. Add dry ingredients (flour, baking powder, baking soda, salt)
5. Fold gently into yogurt mixture.
6. Batter should be smooth and pourable. Add 1–2 tbsp milk if too thick.
7. Pour into a cake pan and bake 30–35 minutes until toothpick comes out clean.
8. Cool completely before slicing and serving.



RECEIPE BY

NASIMA SIDDIQUI

Senior Pioneers Club Member

Talbina



SERVES
2-3



COOK TIME
35 MINUTES

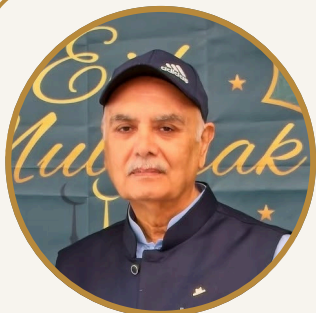
INGREDIENTS

- 100–150g cracked barley (Jau)
- 1 liter Milk
- 10–15 pitted dates
- ½ tsp cardamom powder
- 2 tbsp sliced pistachio
- 2 tsp sliced almonds
- Raisins (as desired)
- Water for rinsing/soaking (as needed)
- Small handful of Walnuts or other dry fruits (optional)
- 1–2 tbsp Honey (optional for sweetness)



DIRECTIONS

1. Rinse the barley a few times, then soak in warm water for 3–4 hours (or overnight).
2. In a pot, add 1 liter milk and bring to a boil.
3. Add soaked barley to the milk and cook on low flame for 5–10 minutes.
4. Chop 10–15 dates and add to the mixture.
5. Add 1–2 tbsp honey (optional).
6. Continue cooking on low flame for 15–20 minutes, stirring occasionally.
7. Add cardamom powder and nuts and cook for another 10–15 minutes.
8. Add raisins at the end, mix, and cook briefly.
9. Serve warm and garnish with extra sliced nuts.



RECEIPE BY

NAEEM ALTAF

Senior Pioneers Club Member

Vegetable Fruit Salad



SERVES
2-3



COOK TIME
10 MINUTES

INGREDIENTS

- 2 tomatoes
- ½ onion
- 2 kiwis
- ½ Bell Peppers each (Red & Green)
- ½ cup pomegranate
- 2 tbs Pomegranate Molasses Sauce
- Salt & ground black pepper (according to taste)



DIRECTIONS

1. Cut all vegetables and fruits in small cubes
2. Mix all the cut vegetables and fruits in a bowl and sprinkle some salt and ground black pepper on top
3. Top with pomegranate molasses sauce
4. Enjoy



RECEIPE BY

NASRAH SAFDAR

Senior Pioneers Club Member

Veggie Omelette



SERVES
3-4



COOK TIME
25 MINUTES

INGREDIENTS

- 2 tomatoes
- ½ onion
- 2 kiwis
- ½ Bell Peppers each (Red & Green)
- ½ cup pomegranate
- 2 tbs Pomegranate Molasses Sauce
- Salt & ground black pepper (according to taste)



DIRECTIONS

1. In a bowl, whisk eggs with milk or water until light and frothy.
2. Chop vegetables finely so they cook quickly and are easy to chew.
3. Heat olive oil or butter in a small non-stick pan over medium-low heat. Add vegetables and sauté for 2–3 minutes until soft.
4. Pour the beaten eggs over the vegetables. Reduce heat to low.
5. Let the omelette cook gently for 3–5 minutes until edges start to set.
6. Carefully fold the omelette in half. Serve warm.



RECEIPE BY

RAHAT DIN

Senior Pioneers Club Member



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