

سادیا
Sadia

**RAMADAN
COOKBOOK**

Cook with **Sadia** Easy and Juicy Breast Small Cubes

Chicken Mutabbaq



Prep time: 20 mins



Cooking time: 15 mins



Serves: 10

Ingredients:

- 500g **Sadia** Easy and Juicy Chicken Breast Small Cubes
- 2 Tbsp light oil
- 1 tsp cumin powder
- ½ tsp turmeric powder
- Salt and pepper
- 50g spring onions stems (chopped)
- 120g onion (diced)
- 180g tomatoes (chopped)
- 1 large egg
- 160 g shredded mozzarella
- 2 Tbsp parsley (chopped)
- 1 Tbsp flour and 3 Tbsp water mixed to make a paste
- Lemon slices v green chillies to garnish
- 10 Spring roll sheets or Mutabbaq sheets

Method:

1. In a frying pan with some oil, cook the onion until translucent.
2. Add the chicken and cook until the juices reduce.
3. Add the cumin, turmeric and salt and pepper, stir and set aside.
4. In a bowl, mix the spring onion stems, chopped tomato, egg, chopped parsley, mozzarella. Add the cooked chicken mix.
5. In a small bowl mix a Tbsp of flour with 3 Tbsp water. Set aside
6. On a clean lightly dusted surface, lay a sheet of spring roll paper.
7. Add a heaped tablespoon of the mix in the middle of the sheet.
8. Fold the sides and seal with the flour paste, using a brush.
9. Do all ten mutabbaq and brush them with the remaining oil
10. Place the muttabbaq in an air fryer set to 200C for 15 mins, turning them half way through.
11. Plate the mutabbaq on a platter and garnish with lemon slices and chillies. Serve with pickles.

Suggested sides: Middle Eastern Slaw and Garlic Sauce

Hack:

Keep the spring roll wrappers in a damp towel to stop them drying out.

Cook with **Sadia Easy and Juicy Chicken Breast Small Cubes, Sadia Mixed Vegetables with Corn**

Creamy Chicken and Vegetable Soup



Prep time: 20 mins



Cooking time: 40 mins



Serves: 6

Ingredients:

- 450g **Sadia Easy and Juicy Chicken Breast Small Cubes**
- 950 ml of chicken stock
- 2 Tbsp light oil
- 2 Tbsp butter
- 3 garlic cloves (finely chopped)
- 1 tsp paprika powder
- 1 Tbsp garlic powder
- 1 Tbsp dried zataar
- ½ cup heavy cream
- 1 cup full fat milk
- 3 Tbsp cornstarch
- 2 Tbsp warm water
- 350g **Sadia Mixed Vegetables with Corn**
- 180g onion (diced)
- 150g baby spinach (chopped)
- Salt and pepper to taste
- Lemon wedges and chopped parsley for garnish

Method:

1. In a jug, dissolve a chicken stock cube in 950 ml of warm water. Set aside.
2. In a small bowl, dissolve the cornstarch in 2 Tbsp of warm water. Set aside.
3. In a large pot, heat the oil and butter. Add the onions and garlic and cook until translucent.
4. Add the chicken cubes, paprika, garlic powder and zataar.
5. Add the stock and mixed vegetables and let it come to the boil, turn it down and let it simmer for 20 mins
6. Add the cream, milk and cornstarch to thicken.
7. Add the spinach. Let it simmer for a further 10 mins for flavors to develop. Adjust taste if needed with salt and pepper.
8. Turn off the heat. Spoon into bowls and garnish with chopped parsley and a lemon wedge. Serve with garlic bread.

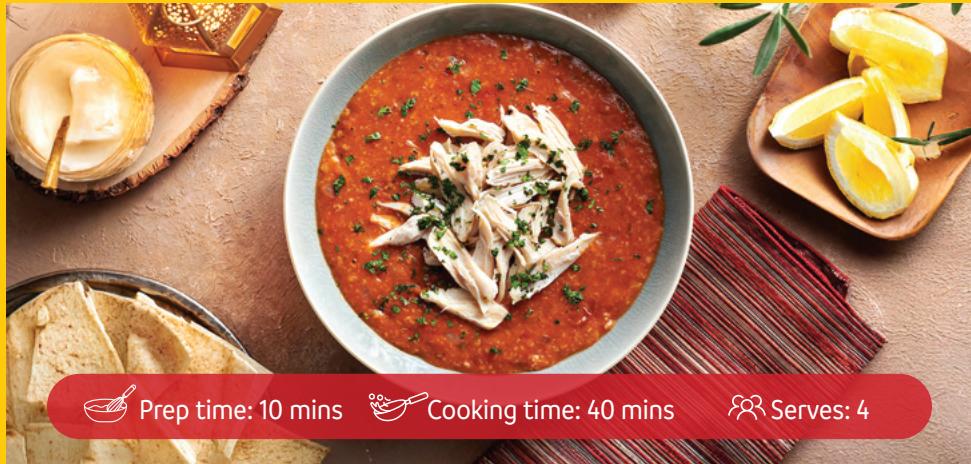
Suggested sides: Garlic bread

Hack:

Texture saver: Toss the mixed vegetables in a drizzle of oil and microwave for 2 mins before adding, it prevents them from absorbing too much soup liquid.

Cook with **Sadia Easy and Juicy Chicken Breast Fillets**

Chicken and Oat Soup



Prep time: 10 mins



Cooking time: 40 mins



Serves: 4

Ingredients:

- 400g **Sadia Easy and Juicy Chicken Breast Fillets**
- 950ml of chicken stock
- 2 Tbsp light oil
- 1 tsp black pepper powder
- 1 tsp garlic paste
- ½ tsp garam masala
- 1 green chilli, (chopped)
- 1 Tbsp tomato paste
- 1 cup Quick Oats
- 1 can chopped tomatoes
- 180g onion (diced)
- Juice of ½ lemon
- Salt to taste
- 1 dried lime (loomi)
- 2 Tbsp of chopped coriander

Method:

1. In a large pot boil the chicken fillets in 950 ml of water with half the garlic paste, salt and pepper and half the garam masala. Once the chicken is tender remove it from the stock and let both cool.
2. In a large pot, heat the oil. Add the chopped onion and remaining garlic paste, garam masala, tomato paste, lemon juice and green chilli. Cook until the onions are translucent.
3. Add the chopped tomatoes and stir.
4. Add the chicken stock and the Quick Oats. Let it simmer for 15 minutes, occasionally stirring to stop sticking.
5. Shred the chicken with your hands or with 2 forks and keep on the side.
6. Once the soup is the consistency you want serve it in a bowl. Add the shredded chicken and chopped coriander.
7. Add salt and pepper to taste and serve with Arabic bread

Suggested sides: Arabic bread

Hack:

Add a dried lime (loomi) or charred lemon peel in the last 5 minutes, then let it infuse off the heat for a smoky lemony flavour.

Cook with Sadia Chicken Shawarma

Chicken Shawarma Fattayer



Prep time: 30 mins



Cooking time: 15 mins



Serves: 12

Ingredients:

Readymade puff pastry (thawed)

Filling:

- 1 tbsp light oil
- 400g Sadia Chicken Shawarma
- 40g yellow bell pepper (finely diced)
- 40g red onion (finely diced)
- 120g grated mozzarella
- 2 tbsp sesame seeds
- 1 egg
- 1 Tbsp water

Method:

1. Heat oil in a pan over medium heat. Add onions and cook until translucent, then bell pepper until softened. Stir in Sadia Chicken Shawarma and warm through.
2. Preheat the oven to 200C. Lightly flour your surface and divide the dough into 12 pieces. Roll each into an oval, flouring the pin to prevent sticking.
3. Shape each piece into a boat by pinching the edges. Place on parchment-lined trays, fill with the shawarma mix, and top with mozzarella.
4. Whisk egg with water for the wash, brush over each fattayer, and sprinkle sesame seeds. Bake for 12–10 minutes until puffed and golden.
5. Serve with garlic yogurt sauce and pickles.

Hack:

When the fattayer comes out of the oven, immediately cover the tray with a clean kitchen towel for 7–5 minutes. The trapped steam softens the crust, giving that signature pillowowy bakery finish.

Cook with Sadia Easy and Juicy Chicken Breast Small Cubes, Sadia Garden Peas

Butter Chicken Sambousek



Prep time: 20 mins



Cooking time: 65 mins



40 pieces

Ingredients:

Butter Chicken Filling:

- 2 Tbsp light oil
- 450g Sadia Easy and Juicy Chicken Breast Small Cubes
- 1/4 fenugreek powder
- 2 tsp garam masala
- 150g red onion (finely diced)
- 1 tsp ginger garlic paste
- 1 tsp cumin powder
- 1 tsp chili powder
- 2 Tbsp butter
- 1 Tbsp lemon juice
- 2 Tbsp tomato paste
- 125ml cream
- 1 Tbsp yoghurt
- 145g Sadia Garden Peas
- salt and pepper to taste
- 1 Tbsp chopped coriander for garnish
- 40 sambousek leaves
- Flour and water paste for sealing

Hack:

Add a dried lime (loomi) or charred lemon peel in the last 5 minutes, then let it infuse off the heat for a smoky lemony flavour.

Method:

1. Cook chicken with fenugreek and garam masala in half the oil; set aside.
2. In the same pan, heat remaining oil, sauté onion, garlic, ginger, cumin, garam masala, chili, lemon juice, and butter.
3. Add tomato paste, cream, yogurt, chicken, and peas. Simmer until thick, season, and cool.
4. Add 2 tsp filling to each sambousek sheet, fold into triangles, and seal.
5. Freeze 15 mins, then air fry at 200C for 12 mins until golden.
6. Serve with raita, mango chutney, and coriander.

Suggested sides: Cucumber raita and Mango Chutney Mint chutney

Cook with Sadia Easy and Juicy Chicken Breast Small Cubes

Chicken, Rocca and Pomegranate Salad



Prep time: 20 mins



Cooking time: 20 mins



Serves: 6

Ingredients:

- 400g Sadia Easy and Juicy Chicken Small Cubes
- 2 tsp zataar
- 1 Tbsp cooking oil
- 3 Tbsp olive oil
- 50g pomegranate seeds
- 120g rocca
- 100g blue cheese
- 150g cucumber (cut into half slices)
- 2 ripe peaches (destoned and sliced)

Honey Walnuts:

- 80g walnuts
- 2 Tbsp honey
- ½ tsp cinnamon
- Pinch of salt

Pomegranate Dressing:

- 3 Tbsp pomegranate molasses
- 1½ Tbsp red vinegar
- 4 Tbsp Extra virgin olive oil
- Salt and pepper to taste

Hack:

Warm the pomegranate molasses dressing for 20–15 seconds before pouring – it releases aroma, lightly softens the rocca, and gives a glossy, rich finish.

Method:

To Make the Honey Walnuts:

1. Preheat the air fryer to 180C.
2. In a bowl mix the walnuts with honey, cinnamon and salt. Place in the air fryer and cook for 5 mins.

To make the Salad:

3. Coat the chicken in the cooking oil, zataar, salt and pepper. Cook in an air fryer at 180C for 20–15 mins until cooked through.
4. In a large plate arrange the rocca, sliced cucumber, chicken pieces, peach slices and blue cheese. Sprinkle with pomegranate seeds.
5. Once the honey walnuts have cooled, break them up slightly and sprinkle on the salad.

Suggested sides: Pitta Bread and Beetroot Hummus

Cook with Sadia Easy and Juicy Chicken Breast Fillets

Chicken and Quinoa



Prep time: 20 mins



Cooking time: 25 mins



Serves: 4

Ingredients:

- 190g quinoa (white or red or tri-colour)
- 300 ml water
- 8 Sadia Easy and Juicy Chicken Breast Fillets
- 3 Tbsp olive oil
- 2 tsp sumac
- 2 spring onions (chopped)
- 150g cherry tomatoes (halved or quartered)
- 200g cucumber (finely chopped)
- 60g parsley (chopped)
- 45g sliced olives
- 80g feta cheese
- Salt and pepper to taste
- 1 Tbsp lemon juice
- Fresh mint to garnish

Method:

1. Preheat the air fryer to 180C.
2. In a bowl mix 1 Tbsp olive oil, sumac and salt and pepper. Add the chicken and coat it. Cook for 15 minutes in the air fryer.
3. In a small pot place the quinoa and water. Bring to the boil. Keep the pan covered and reduce the heat. Cook for 15 mins. Once cooked take it off the heat and let it sit for 5 mins. Fluff it with a fork.
4. In a large bowl, add the cucumber, tomato, parsley, spring onion and olives. Add the quinoa and mix. Add the dressing and mix it well. Serve it in an open bowl.
5. Slice the chicken breasts and arrange it on top.
6. Add the feta cheese and garnish with mint leaves.
7. Serve with warmed zataar rolls.

To Make the Dressing:

8. Mix the remaining olive oil and lemon juice together with some salt and pepper.

Suggested sides: Zataar rolls

Hack:

For a kick, add a few thin slices of pickled chili or sprinkle Aleppo pepper flakes right before serving.

Cook with **Sadia Easy and Juicy Chicken Breast Fillets**

Chicken Harees



Prep time: 20 mins



Cooking time: 1 hour

Serves: 4

Ingredients:

- 500g Sadia Easy and Juicy Chicken Breast Fillets
- 200g Harees (barley) (soaked and drained)
- 1.4L water or chicken stock
- 180g onion (finely chopped)
- 1 Tbsp ginger-garlic paste
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- ½ tsp black pepper
- ½ tsp salt
- 2 Tbsp butter or ghee
- Optional: green chillies or chilli flakes
- 1 Tbsp fresh coriander (chopped) for garnish
- Fried onions, cashew nuts and ghee for garnish

Method:

1. Rinse and soak cracked wheat in warm water for 30 minutes.
2. In a large pot, melt butter or ghee over medium heat.
3. Add onion and saute until golden.
4. Stir in ginger garlic paste and cook for 1 min
5. Add chicken, cumin, cinnamon, pepper, and salt. Cook until the chicken turns white and slightly browned.
6. Pour in the water or stock and bring to the boil.
7. Add soaked cracked wheat.
8. Lower heat, cover and simmer for 1 hour.
9. Adjust salt and consistency, a bit of water or stock if too thick
10. Garnish with melted ghee drizzle, fried cashew nuts fried onions and chopped coriander. Serve with Arabic salad and a refreshing ice tea

Suggested sides: Arabic salad and iced mint tea

Hack:

Blend half the soaked wheat with a little stock before adding - it creates a creamy, slow-cooked texture faster, and finish with a drizzle of ghee for richness.

Musakhan Chicken



Prep time: 15 mins



Cooking time: 60 mins



Serves: 4

Ingredients:

- 1 Sadia Chicken Griller
- 4 flatbreads
- 200g Onions (chopped)
- 3 Tbsp sumac
- ½ fresh lemon juice
- 2 Tbsp olive oil
- 1 tsp all spice
- ½ tsp cinnamon
- ½ tsp black pepper
- ½ tsp salt
- Toasted almonds for garnish
- Chopped parsley for garnish

Method:

1. Preheat the air fryer to 180C for 30 mins
2. In a small bowl mix the fresh lemon juice, olive oil, all spice, cinnamon, half the sumac and salt and pepper.
3. Cut the chicken into sections.
4. Place the chicken in a bowl and using your hands or tongs coat the chicken.
5. Place the chicken in the air fryer and cook. Turning the chicken after 30 mins. Hack: Baste the chicken halfway through roasting with melted butter, sumac, and lemon juice for extra tang, moisture, and a golden glossy finish
6. In a frying pan heat some oil and fry the onions. Add the remaining sumac and salt and pepper. Cook for 15 mins or until caramelised.
7. Check the chicken is cooked by piercing the leg joint and checking if the juices run clear.
8. Remove from the air fryer and let the chicken rest for 10 mins.
9. Place the warmed flatbread on a plate, spread the caramelized onions and place the chicken pieces on top. Garnish with toasted almonds and parsley and serve with pickles.

Suggested sides:

Hack:

Baste the chicken halfway through roasting with melted butter, sumac, and lemon juice for extra tang, moisture, and a golden glossy finish. an irresistible aroma and glossy finish.

Chicken Bukhari



Prep time: 15 mins



Cooking time: 40 hours



Serves: 4

Ingredients:

- 1 Sadia Chicken Griller (cut into pieces)
- 1 cup cooking oil
- 120g carrots (julienned)
- 120g black raisins
- 150g onion (sliced)
- 1 tsp sugar
- 1 can chopped tomatoes
- 2 Tbsp tomato paste
- 400g basmati rice (washed & drained)
- 750 ml of water
- 2 green chilli peppers
- 1 1/2 tsp seven spice
- Salt and pepper to taste. Parsley to garnish

Method:

1. Preheat the oven to 180C.
2. In a large pot, heat the oil, fry the carrots and raisins for 5 mins. Remove and drain on paper towel and set aside.
3. Add the onion with the sugar and fry until golden.
4. Add the chicken, skin side down and fry for 3 mins until slightly golden.
5. Add the tomatoes and the tomato paste. Let it simmer for 10 mins.
6. Remove the chicken pieces and place on a baking tray and put in the oven to brown.
7. Add the basmati rice and 750 ml of water. Add the 2 green chillies. Bring it to the boil and then reduce the heat to a simmer for 30 to 40 mins.
8. When the rice is ready place in a serving bowl, add the browned chicken and garnish with the carrots, raisins and chopped parsley. Serve with duggas sauce and a coriander-mint raita.

Suggested sides: Suggested sides: Duggas sauce and coriander-mint raita

Hack:

Bloom the chopped tomatoes and tomato paste with the seven spices in oil for 1 minute before adding water - it deepens colour and adds a slow-cooked, smoky aroma

Cook with Sadia Easy and Juicy Chicken Breast Fillets

Freekeh with Chicken



Prep time: 10 mins



Cooking time: 25 hours



Serves: 4

Ingredients:

- 8 Sadia Easy and Juicy Chicken Breast Fillets
- 1 tsp seven spice
- 1 Tbsp garlic powder
- ½ fresh lemon juice
- 2 Tbsp olive oil
- Salt and pepper to taste
- 200g freekeh (soaked overnight and drained)
- 1 onion (finely diced)
- 1 Tbsp olive oil
- 1 stock cube
- ¼ tsp cinnamon powder
- ½ tsp cumin
- ½ tsp seven spice
- 100 ml water
- Toasted almonds for garnish
- Chopped parsley for garnish

Method:

1. In a bowl, mix the chicken fillets with 1 tsp of seven spice, garlic powder, fresh lemon juice, olive oil, salt and pepper. Set aside.
2. In a separate large pot, heat the oil and cook the onion. Once translucent add the rinsed freekeh. Hack: Toast the freekeh in a little olive oil before adding stock—it enhances the smoky aroma and keeps the grains light and fluffy.
3. Add the cinnamon powder, cumin, seven spice, water and the stock cube.
4. Bring to the boil and then simmer for 20 mins, stirring occasionally. Once cooked turn it off but keep the lid on to keep it warm.
5. In a frying pan fry the marinated chicken fillets. Cook for – 15 20 mins or until cooked through.
6. Once cooked, slice the chicken into strips.
7. Place the freekeh in a serving bowl and place the chicken fillets on top.
8. Garnish with the slivered almonds and chopped parsley and serve with fattoush salad and Zataar labneh.

Hack:

Toast the freekeh in a little olive oil before adding stock, it enhances the smoky aroma and keeps the grains light and fluffy.

Suggested sides:

Fattoush salad and Zataar labneh

Cook with Sadia Easy and Juicy Chicken Breast Cubes

Chicken Magoog



Prep time: 60 mins



Cooking time: 45 mins



Serves: 4

Ingredients:

- For the dough:
 - 360g whole wheat flour
 - 1 Tbsp brown sugar
 - 2 tsp instant yeast
 - ½ tsp salt
 - 240 ml water
 - 3 Tbsp Extra virgin Olive oil
- For the stew:
 - 800g Sadia Easy and Juicy Chicken Breast Cubes
 - 180g onion (chopped)
 - 4 garlic cloves (minced)
 - 2 Tbsp tomato paste
 - 2 tomatoes grated
 - Raw dough
 - Water (enough to cover the chicken)
 - 2 Tbsp vegetable oil
 - Salt and Pepper to taste
 - 1 Tbsp Baharat spices
 - 1 tsp cumin powder
 - ½ tsp turmeric powder
 - 2 dried limes (loomi)
 - ½ tsp cinnamon

- ½ tsp cardamom powder
- 2 tbsp fresh coriander (chopped)

Method:

1. Mix yeast with warm water.
2. In a bowl, combine flour, salt, sugar, and olive oil. Add the yeast mix.
3. Knead until soft, cover, and let rest for 1 hour.
4. Once doubled, knead again, divide into 8 pieces, and roll each to 18 cm.
5. Dust with flour and set aside.
6. Heat oil in a large pan and sauté onions and garlic.
7. Add chicken and spices: baharat, cumin, turmeric, cinnamon, and cardamom.
8. Stir well, then add carrots, potatoes, tomato paste, grated tomato, water, dried limes, salt, and pepper.
9. Simmer for 20 minutes.
10. Add zucchini and half the coriander, and simmer for another 10 minutes.
11. Cut the dough into 5 cm pieces and stir into the stew.
12. Simmer for 5 more minutes.
13. Serve in bowls, topped with the remaining coriander and a side of garlic butter couscous.

Suggested sides: Mango Salad and Sweet Chilli Sauce

Cook with Sadia Broasted Chicken Garlic Parmesan, Sadia Corn On The Cob, Sadia Crinkle Cut Fries

Korean BBQ Chicken with Date Glaze



Prep time: 20 mins



Cooking time: 40 mins



Serves: 6

Ingredients:

- 1.2 kg Sadia Broasted Chicken Garlic Parmesan
- 15-12 bamboo skewers (soak for 20 mins in water to prevent burning)

Sticky Korean Date Glaze:

- 120g pitted dates (about 10)
- 100 ml hot water
- 2 Tbsp gochujang (Korean chilli paste)
- 1 Tbsp honey
- 2 Tbsp soy sauce
- 1 Tbsp rice vinegar (or apple cider vinegar)
- 1 tsp sesame oil
- 2 garlic cloves (minced)
- 1 tsp ginger (grated)
- Spring onions, sesame seeds and crushed chilli flakes to garnish

For the corn on the cob:

- 6 Sadia Corn On The Cob

- 50g unsalted butter

- 1 tsp salt

- ½ tsp smoked paprika

Crinkle cut fries:

- Sadia Crinkle Cut Fries
- Salt

Method:

Preheat the air fryer to 180°C and cook the chicken for 18–15 minutes. Let it rest, then skewer 4–3 pieces each.

Blend dates with hot water until smooth. In a pan, mix the date blend, gochujang, honey, soy sauce, vinegar, sesame oil, and brown sugar. Simmer for 5–3 minutes until thick.

Brush the chicken with glaze and pan-grill for 3 minutes per side until caramelised.

Drizzle more glaze and top with sesame, spring onion, and chilli flakes.

Boil corn for 10–8 minutes, brush with butter and paprika, season with salt, and serve with Sadia Crinkle-Cut Fries.

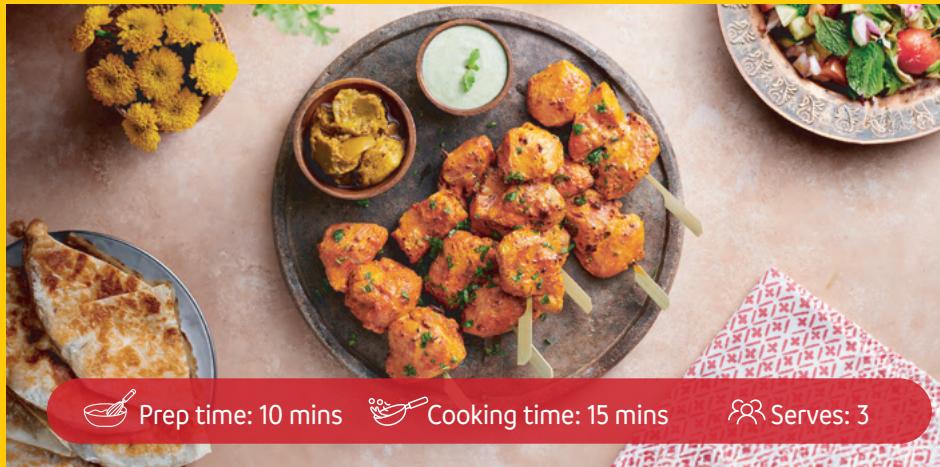
Suggested sides: Garlic bread

Hack:

Texture saver: Toss the frozen mixed vegetables in a drizzle of oil and microwave for 2 mins before adding, it prevents them from absorbing too much soup liquid.

Cook with Sadia Easy and Juicy Chicken Breast Cubes

Skewered Air Fryer Tandoori Chicken



Prep time: 10 mins



Cooking time: 15 mins



Serves: 3

Ingredients:

- 500g Sadia Easy and Juicy Chicken Breast Cubes
- 100g plain yoghurt
- 1 Tbsp lemon juice
- 2 Tbsp ginger-garlic paste
- 1 Tbsp Tandoori powder
- 1 Tbsp chilli powder (or paprika for a milder version)
- ½ tp turmeric powder
- ½ tsp garam masala
- ½ tsp salt
- Spray oil

Method:

1. Prepare the marinade, in a bowl, whisk together the yoghurt, lemon juice, ginger-garlic paste, all the spices, salt and oil.
2. Add the chicken and mix well to coat evenly and skewer the pieces together. Cover and refrigerate for 30 mins to 12 hours.
3. Preheat the air fryer to 190c for 5-3 mins.
4. Lightly oil or spray the basket and arrange the chicken cubes in a single layer. Don't over crowd the basket.
5. Serve Tandoori chicken breast cubes with mint chutney and kachumber salad and naan on the side.

Suggested sides: Mint yoghurt chutney, simple kachumber salad, butter naan

Hack:

Add 1 Tbsp of mayonnaise to the marinade to lock moisture into the chicken when using an air fryer.

Cook with **Sadia Easy and Juicy Chicken Breast Cubes, Sadia Sweet Corn**

Chicken Stir Fry Bowl with Sweetcorn



Prep time: 15 mins



Cooking time: 20 mins



Serves: 2

Ingredients:

- 400g Sadia Easy and Juicy Chicken Breast Cubes
- 2 ½ Tbsp vegetable oil
- 150g onions (sliced)
- 150g mixed coloured bell peppers (julienned)
- 240g carrots (julienned)
- 150g Sadia Sweet Corn
- 3 tsp garlic ginger paste
- 3 Tbsp soy sauce
- 3 Tbsp oyster sauce
- 1½ tsp sesame oil
- 1½ tsp black pepper
- Spring onions, sesame seeds and coriander to garnish

For the marinade:

- 3 Tbsp soy sauce
- 1½ sesame oil
- 1¼ corn flour
- 1½ honey or brown sugar
- Mix together and marinade chicken for 20-15 mins

Method:

Hack: Marinate the chicken cubes while they defrost to infuse more flavour into the chicken.

1. Add half the oil to a large frying pan or wok. Add the marinated chicken cubes to the oil and toss until browned and cooked. Remove from the pan and set aside.
2. Add the rest of the oil in the same pan and cook the onions and garlic ginger paste. Add the carrots and the bell peppers.
3. Add the soy sauce, oyster sauce, sesame oil and black pepper.
4. Return the chicken to the pan and toss all together. Make sure the vegetables are not overcooked and are a little al dente. Add the frozen sweetcorn.
5. Adjust the to taste.
6. Garnish with spring onions, sesame seeds and coriander. Serve with noodles and garlic green beans.

Suggested sides: Noodles and garlic green beans.

Cook with **Sadia Tempura Chicken Nuggets, Sadia Tempura Chicken Popcorn, Sadia Broasted Chicken Mango Habanero, Sadia Bites Range**

Chicken Sharing Platter



Prep time: 15 mins



Cooking time: 40 mins



Serves: 6

Ingredients:

- Sadia Tempura Chicken Nuggets
- Sadia Tempura Chicken Popcorn
- Sadia Broasted Chicken Mango Habanero
- Sadia Bites Range

Method:

1. Air-fry the various elements separately according to packaging instructions.
2. Cook the tempura bites, set aside.
3. Cook the popcorn, set aside.
4. Cook broasted mango habanero and bites and set aside.
5. When all the pieces are golden arrange on a large platter. Place labneh-zataar dipping sauce, muhamara, sweet chilli sauce and ketchup into smaller dipping bowls on to a platter.
6. Arrange with fresh cucumber and carrot batons, chopped cherry tomatoes, pickless and olives for colour and freshness on the platter.

Suggested sides: Labneh-Zataar dipping sauce, Muhamara and Fresh Vegetables

Hack:

Flavor boost - popcorn seasoning: toss the popcorn when hot out of the fryer with a pinch smoked paprika + 3g grated parmesan + 2 g garlic powder for a savoury crunch element.

Cook with Sadia Easy and Juicy Chicken Fillets

Peri Peri Chicken



Prep time: 15 mins



Cooking time: 35 mins



Serves: 2

Ingredients:

- Ingredients:
- 400g Sadia Easy and Juicy Chicken Fillets
- 3 Tbsp peri peri sauce
- Lemon wedges for garnish

For the peri peri sauce:

- 2 red chillies
- 1 roasted bell pepper
- 3 garlic cloves
- 2 Tbsp olive oil
- 2 Tbsp vinegar
- Juice of 1 lemon
- 1 tsp smoked paprika
- 30ml water
- Salt to taste

Method:

1. In an air fryer, cook the red bell pepper and the chillies until the skin blisters. Remove the seeds.
2. In a blender, add the bell pepper, chillies, garlic, olive oil, vinegar, lemon juice, paprika, water and salt.
3. Blend until smooth and set aside.
4. To make the chicken, flatten the chicken slightly with a rolling pin. Hack: Score the chicken for deeper flavour during marination.
5. In a bowl, mix the homemade peri peri sauce with the chicken fillets, coating them thoroughly. Marinate for 30 mins or longer.
6. Heat a griddle pan over a medium heat, cook the chicken breasts until golden, 6-5 mins on each side, brushing them with extra peri peri sauce.
7. When the chicken is ready, plate with Sadia wedges, extra peri peri sauce on the side and wedges of lemon.

Suggested sides: Sadia Wedges and extra peri peri sauce

Hack:

Score the chicken for deeper flavour during marination.

Cook with **Sadia Broasted Chicken Wings, Sadia Extra Crispy French Fries**

Korean Gochujang Chicken Wings



Prep time: 5 mins



Cooking time: 15-20 mins



Serves: 4

Ingredients:

- 1 pack Sadia Broasted Chicken Wings
- 2 Tbsp gochujang (Korean chili paste)
- 1 Tbsp soy sauce
- 1 Tbsp honey or brown sugar
- 1 Tbsp rice vinegar or apple cider vinegar
- 1 Tbsp garlic (minced)
- 1 Tsp sesame oil
- 2-1 tbsp water (to adjust glaze thickness)
- Garnish with toasted sesame seeds and chopped spring onions

Method:

1. Air-fry Sadia Broasted Wings at 200C for 18-15 minutes, turning halfway through.
2. In a small saucepan, combine gochujang, soy sauce, honey, vinegar, garlic, and sesame oil. Heat for 3 minutes until it turns smooth and glossy.
3. Toss the hot wings in the warm glaze just before serving.
4. Garnish with sesame seeds and spring onions. Serve with Sadia Extra Crispy Fries and pickled cucumber and carrot ribbons.

Suggested sides: Fries and cucumber slices

Hack:

Sweet & smoky twist: Mix in a dash of BBQ sauce with the glaze.

Cook with Sadia Broasted Chicken Classic Fillets

Hot Honey Chicken Burger



Prep time: 30 mins



Cooking time: 35 mins



Serves: 2

Ingredients:

- For the Burger:
- 2 Sadia Broasted Chicken Classic Fillets
- 2 burger buns
- 2 slices of cheese
- Lettuce leaves
- Sliced jalapeños
- Butter for toasting buns

For the hot honey sauce:

- 3 Tbsp honey
- 1 to 2 tsp hot sauce (sriracha or tabasco)
- ½ tsp chilli flakes
- ½ Tbsp butter
- Pinch of garlic powder

For the spicy mayo:

- 3 Tbsp mayonnaise
- 1 tsp hot sauce
- ½ tsp lemon juice
- Mix all the ingredients in a bowl until smooth, Chill for 15-10 mins before serving.

Method:

1. Pre heat the air fryer to 200C, Place the chicken in the air fryer for 20 mins.
2. For the hot honey sauce, in a small pan melt the butter over a low heat. Stir in the honey, hot sauce, chilli flake and garlic powder. Simmer gently 2-1 minutes, remove from heat.
3. Prepare the spicy mayo by mixing all the ingredients in bowl until smooth and chill in the fridge.
4. Lightly butter the inside of the buns and toasts.
5. To assemble the burgers, spread the spicy mayo on the base, add the lettuce. Add the chicken fillet on top. Brush generously with the hot honey sauce. Add the cheese and jalapeños and then the bun lid.
6. Serve with the refreshing cucumber salad and extra spicy mayo.

Suggested sides: Refreshing cucumber salad and spicy mayo

Cook with Sadia Broasted Chicken Classic Fillets

Jerk Chicken Burger



Prep time: 25 mins



Cooking time: 20 mins



Serves: 4

Ingredients:

- 4 Sadia Broasted Chicken Fillets
- 4 burger buns
- Lettuce leaves of your choice
- Butter for toasting the buns

For the jerk sauce:

- 4 spring onions (chopped)
- 1 medium onion (diced)
- 3 garlic cloves, (peeled)
- 2 chillies (scotch bonnet if available), (chopped)
- 1 tsp dried thyme
- 1 tsp allspice
- ½ tsp cinnamon
- 1Tbsp brown sugar
- 60ml soy sauce
- 60ml apple cider vinegar
- 2 Tbsp lime juice
- 2 Tbsp vegetable oil
- 1 Tbsp ketchup
- Salt and pepper to taste

For the coleslaw:

- 300g white cabbage (finely shredded)
- 300g red cabbage (finely shredded)

- 150g carrots (grated)
- 1 small onion (finely sliced)
- 150g mayonnaise
- 2 Tbsp white vinegar
- 1 Tbsp mustard
- 1 Tbsp honey
- Salt and pepper to taste

Method:

1. In a blender, place all the ingredients for the jerk chicken sauce and blitz for until thick and creamy.
2. Taste and adjust if needed.
3. Brush the chicken on both sides with the sauce.
4. In an airfryer, cook the glazed Sadia broasted chicken fillets at 190C for 15 mins. While the chicken cooks, prepare the coleslaw.
5. To assemble the burger, place the lettuce on the toasted base, place the jerk chicken on top. Add the coleslaw and then place the toasted lid on top.
6. Serve with Sadia French fries and creamy jerk mayo.

Suggested sides: Fries and Creamy Jerk Mayo.

Hack:

Stir in 2 tbsp pineapple juice for a sweet-spicy tropical jerk glaze, perfect on hot broasted chicken fillets.

Bang Bang Chicken



Prep time: 10 mins



Cooking time: 25 mins



Serves: 6

Ingredients:

- 1.5-1.2 kg Sadia Broasted Chicken Garlic Parmesan
- 360 g mayonnaise or Greek yoghurt
- 130-120 g sweet chili sauce
- 2 Tbsp sriracha or other hot sauce (adjust to taste)
- 1 Tbsp honey (optional)
- 1 Tbsp lime or lemon juice
- 30 g chopped spring onions (optional, for garnish)
- 15 g sesame seeds (optional, for garnish)

Method:

1. In an airfryer, cook the broasted parmesan chicken at 180C for 15 mins.
2. While the chicken cooks, in a small pan prepare the bang bang sauce by whisking together the mayonnaise (or Greek yoghurt), sweet chilli sauce, sriracha, honey and lemon juice. Taste and adjust if needed.
3. Once the chicken is ready, toss it gently in the sauce or drizzle the sauce over the top if you want to keep the coating crispier.
4. Garnish with chopped green onions and sesame seeds, then serve immediately with fried garlic rice and Asian slaw.

Suggested sides: Garlic Fried rice and Asian slaw

Hack:

After air-frying, let the chicken rest for 2 minutes, then give it a quick -2minute reheat in the air fryer before tossing in sauce - it seals the coating and keeps every bite extra crunchy under the creamy glaze.

Chicken and Spaghetti Spring Rolls



Prep time: 15 mins



Cooking time: 60 mins



Serves: 4

Ingredients:

- 3 Tbsp sesame oil
- 300g Sadia Easy and Juicy Chicken Breast Small Cubes
- 2 tsp ginger garlic paste
- 150g spaghetti (cooked as per packet instructions) (cut)
- 4 spring onions (chopped)
- 100g yellow pepper (julienned)
- Salt and pepper to taste
- 1 Tbsp soy sauce
- 2 Tbsp sweet chilli sauce
- 1 Tbsp chopped parsley for garnish
- Sweet chilli sauce for dipping
- 8 spring roll sheets
- Flour and water paste for sealing

Method:

Method: In a frying pan on medium heat, add half the oil. Add the chicken pieces with the garlic ginger paste. In the same pan, add the spring onions and yellow peppers and salt and pepper. Add the soy sauce and sweet chilli sauce and the cut cooked spaghetti. Mix well and let it cool.

To assemble: Place the spring roll sheet on a board, place a generous spoonful of the mixture in the middle of the sheet. Fold up the bottom and then the sides. Roll it and seal with the flour paste. Brush with remaining oil and place in the air fryer for 15-12 mins at 200C, turning the roll half way through cooking. Place on a platter and garnish with chopped parsley. Serve with mango salad and sweet chilli sauce.

Hack:

Crisp upgrade: Add 1 tsp cornstarch to the flour paste — it seals tighter and gives a light, flaky crunch after air-frying.

Cook with **Sadia Broasted Chicken Fillets, Sadia Sweet Corn**

Loaded Chicken Nachos



Prep time: 10 mins



Cooking time: 25 mins



Serves: 4-6

Ingredients:

For the Nachos:

- 300 g tortilla chips
- 350 g Sadia Broasted Chicken Fillets (about 8–6 pieces) (cooked and chopped)
- 180 g Sadia Sweet Corn (thawed)
- 1 can black beans (drained and rinsed)
- 200 g shredded cheese (cheddar, Monterey Jack, or a mix)
- 60 g red onion, (diced)
- 40 g pickled jalapeños
- 150 g diced tomatoes or pico de gallo

For the Topping:

- 120 g sour cream or Greek yogurt
- 150 g avocado (diced or mashed)
- 15 g fresh coriander, (chopped)
- Lime wedges for serving

Method:

1. Preheat the air fryer to 180C for 10 mins.
2. Cook the Sadia Broasted Chicken Fillets according to package directions until golden and crispy. Allow to cool slightly, then cut into bite-sized pieces.
3. On a large oven-safe dish, spread half of the tortilla chips.
4. Top with half of the chopped chicken, beans, corn, onions, jalapeños, and cheese. Repeat with remaining chips and toppings.
5. Bake for 12–10 minutes, or until the cheese is fully melted and bubbling.
6. Remove from the oven and top with diced tomatoes, avocado, and cilantro.
7. Serve immediately with sour cream, lime wedges, salsa and hot sauce and Iced Lemon Mint Juice.

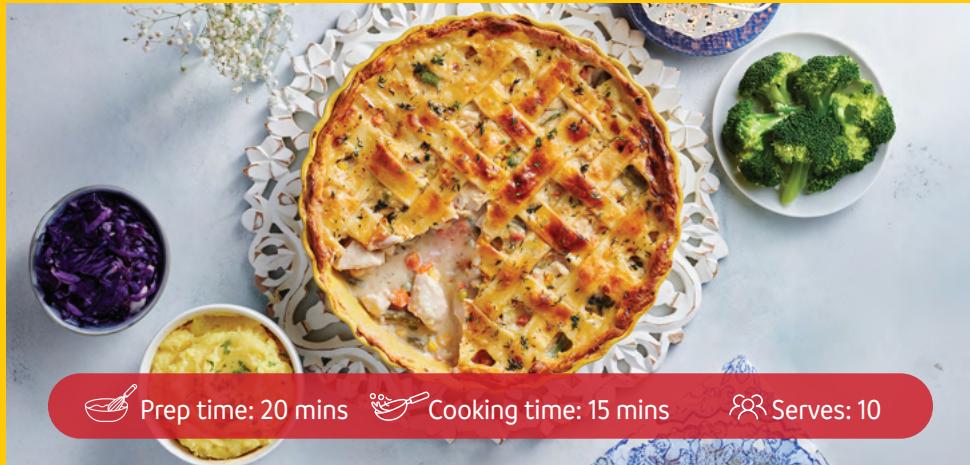
Suggested sides: Salsa and Iced Lemon Mint Juice

Hack:

Warm the tortilla chips in the oven for 4–3 minutes before layering the toppings—this keeps them crunchy under the cheese and chicken.

Cook with Sadia Easy and Juicy Chicken Breast Small Cubes, Sadia Mixed Vegetables with Corn

Chicken and Vegetable Pie



Prep time: 20 mins



Cooking time: 15 mins



Serves: 10

Ingredients:

- 400 g Sadia Easy and Juicy Chicken Breast Small Cubes
- 250 g Sadia Mixed Vegetables with Corn
- 80 g onion, (finely chopped)
- 2 garlic cloves, (minced)
- 1 Tbsp butter
- 2 Tbsp all-purpose flour
- ½ stock cube
- 220 ml cream
- salt
- black pepper
- dried thyme or mixed herbs (optional)
- 1 sheet puff pastry (about 250 g, store-bought, thawed) or pie crust dough
- 1 egg, beaten (for brushing)
- Garnish with melted garlic butter and parsley

Method:

1. Preheat oven to 200C.
2. In a pan, melt butter and sauté onion and garlic until soft. Add chicken and cook for 7–5 minutes until golden.
3. Stir in flour, then slowly add cream and stock, stirring until the sauce thickens.
4. Add frozen vegetables, season with salt, pepper, and thyme, and simmer briefly.
5. Pour the filling into a pie dish.
6. Top with puff pastry strips in a lattice pattern and seal the edges. Brush with egg wash.
7. Bake for 30–25 minutes, until the pastry is golden and the filling is bubbling.
8. Brush with garlic butter, sprinkle parsley, and let it rest before serving.
9. Serve with steamed broccoli.

Suggested sides: Middle Eastern Slaw and Garlic Sauce

Hack:

When the pie comes out of the oven, brush the crust with melted garlic butter and a pinch of parsley for an irresistible aroma and glossy finish.

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