Join RST in doing your own Ration Challenge to reflect, as closely as we can, what it’s like to eat rations for one week as a Syrian refugee in Jordan.

The Ration Challenge list below contains exactly the same food, in the same quantities, as organizations distribute to refugees.

**Ingredients* for your challenge:**

- Dried chickpeas – 3 oz.
- Canned sardines – 3.75 oz.
- Lentils – 6 oz.
- Canned kidney beans – 15 oz.
- Rice - 4lbs. 2oz.
- White Flour - 14oz.
- Vegetable oil – 12 oz.

*these are basic rations refugees receive weekly, some additions of ingredients below can be made depending on region:

- Salt (unlimited)
- Protein (4oz.)
- Milk (7oz.)
- Hot drink (12oz.)
- Vegetable (6oz.)
- Piece of fruit (4oz.)

Turn over for Ration Challenge recipes!
Simple Falafel

Chick peas (85g)
Flour (1tbsp)
Oil (60ml)

*small amount of vegetable or salt to be added depending on region

1. Pour the chick peas into a large bowl and cover them with 3 inches of cold water. Let them soak overnight.
2. Drain and rinse well with water. Pour them into your food processor or pestle and mortar along with salt, and a small amount of vegetable.
3. Mix all ingredients together until you have made a coarse meal. Scrape the sides of the processor periodically and push the mixture down the sides. Process till the mixture is somewhere between the texture of couscous and a paste. You want the mixture to hold together, and a more pastelike consistency will help with that... but don’t over-process, you don’t want it turning into hummus.
4. Pour mixture out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chick pea chunks that the processor missed.
5. Heat the oil in a frying pan. Test one falafel in the center of the pan. If the oil is at the right temperature, it will take 2-3 minutes per side to brown. If it browns faster than that, your oil is too hot and your falafels will not be fully cooked in the center. Cool the oil down slightly and try again.
6. Let them drain on paper towels. Serve the falafels fresh and hot.

Fried Rice

Cooked rice (250g)
Sardines (1tsp)
Oil (to fry)

*small amount of vegetable or salt to be added depending on region

1. Heat oil in a wok on a high heat. Add a teaspoon of fish and fry for a minute.
2. Add any additional ingredients such as protein, vegetables or salt as wanted to the pan.
3. Add cooked rice and toss for a few minutes more until all ingredients are combined and rice is completely heated through.

Lentil Soup

Lentils (170g)

*small amount of vegetable or salt to be added depending on region

1. Wash the lentils in water before starting to cook. Place in a pot, fill with water and bring to the boil.
2. Simmer and cook for 30 minutes.
3. Once lentils are soft, drain water and place mixture in food processor. Mix until it makes a soup-like consistency. Add water if needed.
4. Add any regional spice or vegetable for flavour.