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# the good bits

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## Sizzling Smokey Mqalai

A modern take on a traditional Omani dish, it has the flavors of the past yet hints of sweetness from the BBQ sauce. The perfect quick dinner with a nice bowl of rice.

### INGREDIENTS:

2 tbsp — the good bits of BBQ sauce	3 cloves of garlic
4 tbsp warm water	Salt & pepper to taste
500 grams boneless beef cubes	Bowl of rice
2 tbsp oil	

### STEPS:

1. Start by mixing the warm water into the BBQ sauce bottle and shake it very well to get every last remnant of the BBQ sauce and pour it into a pan.
2. Pour oil into a pan and heat over medium flame.
3. Finely dice the onion and garlic then add them to the pan along with the beef cubes.
4. Add remnant BBQ sauce to the pan.
5. Season with salt and pepper then keep it on medium-high heat for about 5 minutes. (You'll notice that it will look like it's boiling at the start but trust the process.)
6. Drop the heat, and let it simmer, cover and let it cook for about 15 to 20 minutes while stirring occasionally.
7. Once the water has evaporated completely, the sauce has thickened and coated the pieces of meat, it's ready.
8. Serve it over some rice or even with some bread and enjoy the meal.

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# Sizzling Smokey Mqalai

(the good barbecue sauce bits)





## Chicken Ranch Sandwich

A simple recipe where the chicken soaks up all the creamy richness of the ranch marinade—making every bite juicy, creamy, and delicious.

### INGREDIENTS:

2 tbsp — the good bits of ranch dressing	Salt & pepper to taste
2 tbsp water	Sliced tomato
Bread of choice	Lettuce
2 chicken breasts	Butter
2 tbsp hot sauce	Mayonnaise

### STEPS:

1. Start by adding the water into the ranch bottle and shake it very well, then pour it in a bowl with the hot sauce.
2. Add the chicken breasts to the bowl with salt & pepper, mix them well and let them marinate for at least 3 minutes.
3. Once the chicken is marinated, heat up a skillet and sear it for about 3 minutes on each side or for 10 minutes in the air fryer.
4. Spread some butter on the bread and toast it slightly, then spread some mayonnaise on it, place the sliced tomato and lettuce on the bread, along with the sliced chicken breasts and enjoy the meal.

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# Chicken Ranch Sandwich

(the good ranch dressing bits)







## Ketchup Chicken & Coleslaw

If you're a fan of tangy sour flavors, then this dish is for you. The coleslaw has a nice sharpness from the lemon and vinegar, while the chicken breasts soak up the tangy tomato flavor from the ketchup marinade.

### INGREDIENTS:

2 tbsp — the good bits of ketchup	Salt & pepper to taste
4 tbsp of water	Chili flakes
2 chicken breasts	Shredded carrot & cabbage
3 tbsp mayonnaise	4 tbsp of water
2 tbsp vinegar	

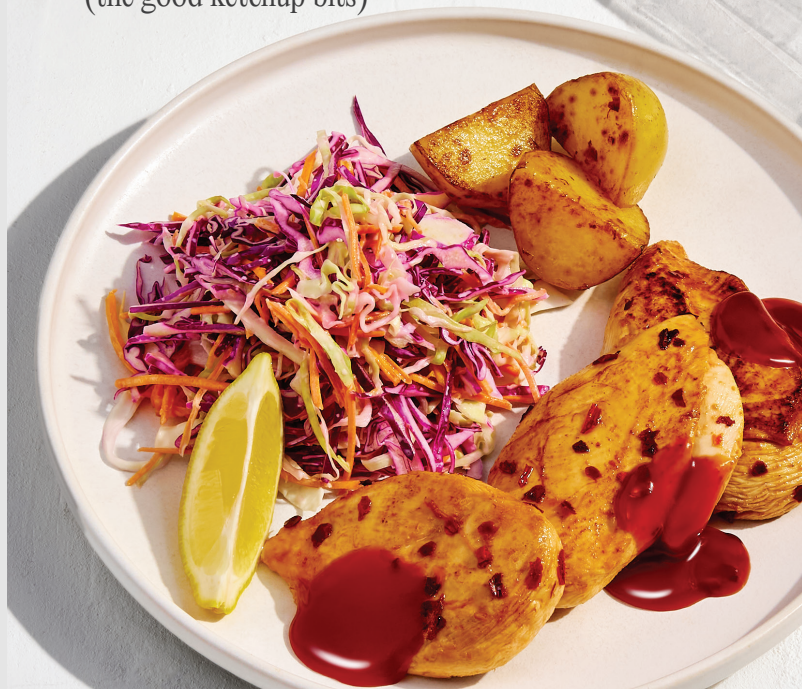
### STEPS:

1. Start by adding the water to the ketchup bottle and shake it very well then pour it in a bowl. Add the chicken breasts, season with salt, pepper and chili flakes. Then set aside to marinate while you prepare the coleslaw.
2. Mix the mayonnaise with vinegar, lime juice, salt & pepper. Add the shredded carrot and cabbage to it and mix well. Let it sit in the fridge for at least 30 minutes.
3. Sear the chicken breasts on a skillet for 3 minutes on each side. Remove from the heat then cover for another 6 minutes. That will keep the chicken breasts nice and moist.
4. Serve the chicken breasts with the coleslaw. This also works great with a side of baked potatoes. Enjoy the meal.

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# Ketchup Chicken & Coleslaw

(the good ketchup bits)





## Golden Omani Mashakik

This quick take on Omani skewers is not only easy but absolutely delicious with the glazed sweetness of the marinade.

### INGREDIENTS:

3 tbsp — the good bits of honey	1 tsp cardamom powder
3 tbsp warm water	1 tsp cumin powder
500 grams boneless lamb cubes	1 tsp turmeric
Salt & pepper to taste	1 tsp garlic paste
1 tsp chili flakes	

### STEPS:

1. Start by adding the warm water into the honey bottle and shake it very well. Then pour it over the lamb pieces.
2. Add all the spices and garlic paste, then mix well to coat the lamb. Let it marinate for at least 20 minutes.
3. Skewer the lamb and grill it on a skillet or on charcoal.
4. Best enjoyed with some bread and creamy hummus on the side.

*Do your bit — drop off the rinsed plastic bottles at the recycling machines.*

# Golden Omani Mashakik

(the good honey bits)





## Honey Mustard Royal Fillet

A healthy light dinner served with a salad of choice yet packs complex flavors. And the best part, it only needs half an hour to prepare.

### INGREDIENTS:

2 tbsp — the good bits of mustard	1 tsp of sugar
4 tbsp of water	1 tsp of chili flakes
1 Kingfish (Kanad) fillet	2 tbsp of honey
Salt & pepper to taste	Salad of choice

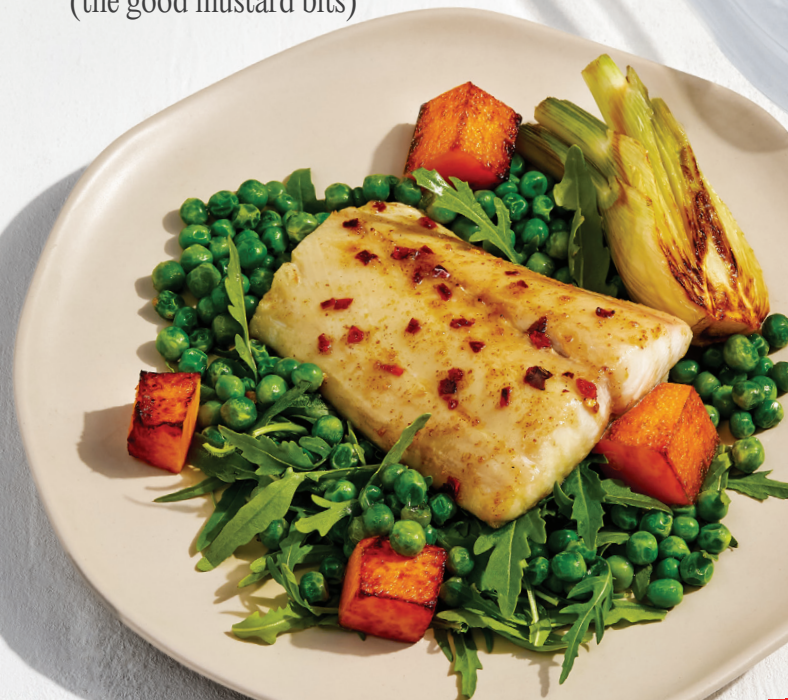
### STEPS:

1. Start by adding the water to the mustard bottle and shake it very well then pour it in a bowl. Add the honey, salt, pepper, sugar, and chili flakes. Mix well, then pour over the kingfish fillet.
2. Place the kingfish fillet in an air fryer at 170°C for 15 minutes or in the oven at 180°C for 15 minutes.
3. Serve it with a salad of choice and enjoy the meal.

Do your bit – drop off the rinsed plastic bottles at the recycling machines.

# Honey Mustard Royal Fillet

(the good mustard bits)







## Nutty Tuna Pan

It may sound like an unusual combo, but the nutty flavor of tahini complements tuna surprisingly well. Served with potatoes and a loaf of bread, this makes for a perfect, wholesome dinner.

### INGREDIENTS:

4 tbsp — the good bits of tahini	2 potatoes
½ cup of water	Salt & pepper to taste
1 can of tuna	4 cloves of garlic
2 lemons	3 green chilies (optional)
A small bunch of parsley	

### STEPS:

1. Start by adding the water into the tahini bottle and mix it very well. Do it in batches in order to get every last drop of the tahini. Then pour it into a bowl.
2. Mash the garlic cloves with green chilies and salt into a fine paste, then add it to the tahini along with the juice of two lemons. Mix thoroughly. If the sauce feels too thick, gradually add up to ¼ cup more water until you get a thin sauce as it will thicken again when cooked.
3. Peel and slice the potatoes, then fry or bake them until fully cooked. Set them aside.
4. Pour the tahini sauce into a pan and let it boil while whisking to prevent the tahini from splitting. Add the potatoes and let them cook in the sauce for about 5 minutes on low heat.
5. Open the can of tuna and gently spread it on top of the pan without stirring, to keep the tuna chunky. Season with salt and pepper, then place it in the oven on the broiler setting just to give it a bit of color on top.
6. Serve it with a loaf of bread and enjoy.

*Do your bit — drop off the rinsed plastic bottles at the recycling machines.*

# Nutty Tuna Pan

(the good tahini bits)





## Chicken Shuwa Shawarma

An easy way to make a chicken shawarma sandwich at home — cleaner, tastier, and infused with that signature smoky shuwa flavor.

### INGREDIENTS:

4 tbsp — the good bits of mayonnaise	1 tsp cumin powder
3 tbsp water	1 tsp coriander powder
500 grams boneless chicken	1 tsp smoked paprika
2 Lebanese breads	1 tsp cardamom powder
Sliced pickles	1 tsp cinnamon powder
Salt & pepper to taste	

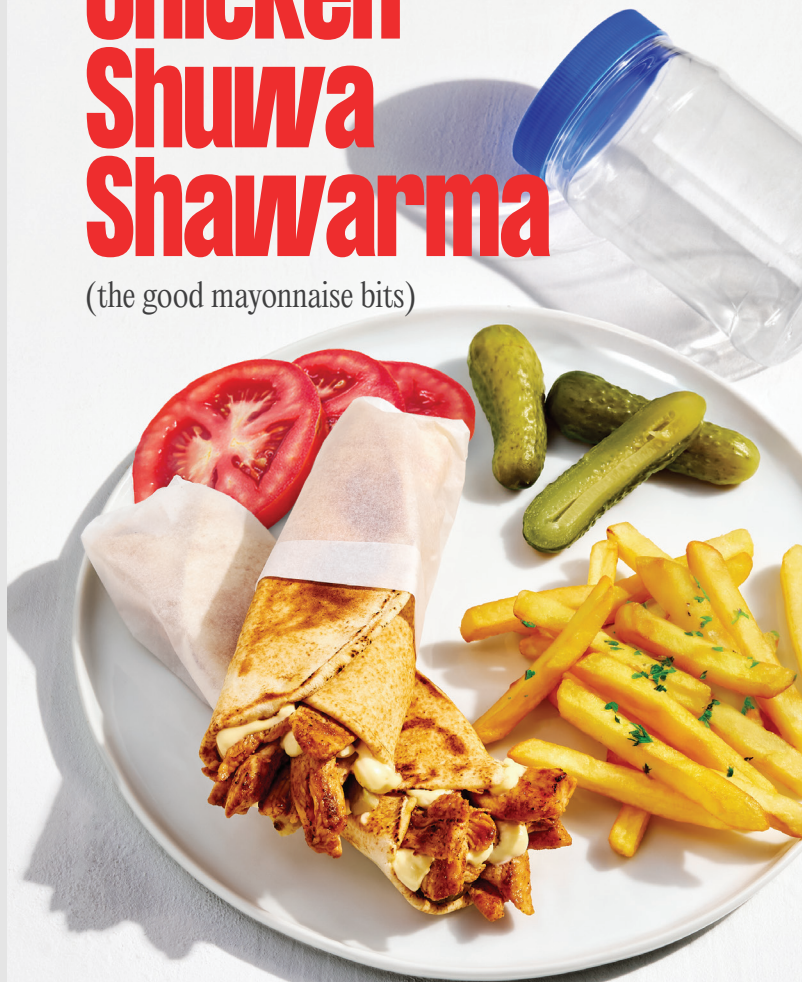
### STEPS:

1. Start by taking 2 tbsp of mayonnaise from the bottle and set it aside.
2. Add 2 tbsp of water to the mayonnaise bottle, shake it well, then pour the mixture into a bowl. Add the other tbsp of water to the bottle to get the last bits out and add it to the bowl as well.
3. Cut the chicken into thin strips and add it to the mayonnaise along with all the spices, let it marinate for at least 15 minutes. (The mayonnaise will help the spices to stick to the chicken and keep it nice and juicy).
4. Sear the chicken in a skillet on very high heat; mix it every minute or so, but not very often as you want to develop a bit of char on the chicken pieces. Cook it for about 5 minutes.
5. Spread a bit of mayonnaise on the bread, top it with the sliced pickles, some of the chicken, roll the sandwich, and press it on the hot skillet just for a minute to crisp it up. Serve warm — fries on the side make it even better.

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# Chicken Shuwa Shawarma

(the good mayonnaise bits)





## Peanut Butter Mug Cake

This quick mug cake is the perfect late-night snack to satisfy your sweet tooth — quick, easy, and made with pantry basics.

### INGREDIENTS:

1 tbsp — the good bits of peanut butter	1 tbsp cocoa powder
3 tbsp milk	¼ tsp baking powder
2 tbsp of all-purpose flour	1 tbsp vegetable oil
1 tbsp sugar	

### STEPS:

1. Start by mixing the flour, sugar, cocoa powder, baking powder and the oil in a microwave-safe mug.
2. Take as much of the peanut butter from the bottle as you can in a tablespoon and set it aside. Then pour the milk into the bottle, shake it very well and add it to the mug. Repeat the same step with some water to clean the bottle.
3. Mix the ingredients very well. Then gently drop the peanut butter that we took out earlier in the center of the mixture without stirring it (This will keep it in the middle creating a lava cake texture).
4. Microwave the mug for 1 minute and relish it.

*Do your bit — drop off the rinsed plastic bottles at the recycling machines.*

# Peanut Butter Mug Cake

(the good peanut butter bits)







## The Purple Meatballs

Sweet, sour and sticky meatballs. Perfect with a bowl of rice or even in a sandwich. The pomegranate molasses sauce also has hints of fruitiness that just pops the flavor of the meatballs.

### INGREDIENTS:

5 tbsp — the good bits of pomegranate molasses	Salt & pepper to taste
4 tbsp water	1 tsp seven spice
500 grams minced meat (lamb or beef)	Bowl of rice
1 onion	2 tbsp olive oil
Small bunch of parsley	

### STEPS:

1. Start by adding the water to the pomegranate molasses bottle, shake it very well and set it aside.
2. Mix the minced meat with the chopped parsley, salt, seven spice, and shape it into small balls.
3. Fry the meat balls in a skillet with the olive oil for about 4 minutes while flipping them occasionally.
4. Pour the pomegranate molasses sauce into the pan. Drop the heat to a simmer and let the sauce reduce until it's thick and coats the meatballs.
5. Serve it over a bowl of rice and enjoy the meal.

Do your bit — drop off the rinsed plastic bottles at the recycling machines.

# The Purple Meatballs

(the good pomegranate molasses bits)





## Eggplant Chili Dip

An easy take on a Sudanese staple recipe, it has a super creamy and nutty feel from the peanut butter, yet super light as it is a plant-based recipe. It gets its name from black eggplants.

### INGREDIENTS:

2 tbsp — the good bits of mutabbal	3 spicy chilies
3 tbsp water	1 tbsp tomato puree
1 eggplant	1 tbsp peanut butter
1 tbsp olive oil	Salt & pepper to taste
5 cloves of garlic	

### STEPS:

1. Start by adding the water to the mutabbal container and give it a good shake, then set it aside.
2. Finely chop the garlic and chilies then sauté them in a drizzle of olive oil until nice and golden.
3. Cut the eggplant into cubes and add it to the pan. Season with salt and pepper and cook till the eggplant is nice and soft.
4. Pour the mutabbal into the pan with the tomato puree and peanut butter.
5. Mix and mash the eggplant cubes with sauce and once it thickens, it's ready.
6. Finish it with a squeeze of lime, some crushed peanuts as an optional garnish. Have it with bread and enjoy it.

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# Eggplant Chili Dip

(the good mutabbal bits)





## Hummus Alfredo Fettuccine

This is a perfect creamy pasta for anyone who is lactose intolerant or wants to finish the last remnants of their hummus container.

### INGREDIENTS:

3 tbsp — the good bits of hummus	Salt & pepper to taste
½ cup pasta water	2 cloves of sliced garlic
2 tbsp olive oil	Fettuccine pasta (enough for 1–2 servings)

### STEPS:

1. Start by boiling the pasta until cooked and reserve a cup of its water.
2. Pour ½ cup of the pasta water into the hummus container and whisk it very well, then set it aside. (Make sure the water is warm and not hot).
3. In a pan, heat the olive oil and sauté the sliced garlic until golden. Add the cooked pasta and pour in the hummus–water mixture. Season with salt and pepper. If the sauce feels too thick, add a little more pasta water gradually until smooth and creamy.
4. Garnish with some chopped parsley and enjoy it.

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# Hummus Alfredo Fettuccine

(the good hummus bits)







## Velvet Spinach Pan

Almost like a casserole but for breakfast, this easy, cheesy, and gooey egg pan is delicious; you might finish the entire pan on your own.

### INGREDIENTS:

3 tbsp — the good bits of cream cheese	Salt & pepper to taste
4 tbsp water	1 tbsp butter
3 eggs	½ tsp chili flakes
500 grams baby spinach	

### STEPS:

1. Start by adding the water to the cream cheese container, whisk it very well, and set it aside.
2. Heat up a pan on high and melt the butter. Add the baby spinach and cook it until it wilts completely.
3. Whisk the 3 eggs and add them to the same pan, then pour the cream cheese on it. Season with salt and pepper and mix it on low. Cover it and let it cook until the eggs are nice and done for about 4 minutes. The mix should still be gooey and saucy.
4. Sprinkle the chili flakes on top. Have it with bread and enjoy the meal.

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# Velvet Spinach Pan

(the good cream cheese bits)

