

# QWYA

L'ÉTOFFE  
de saba  
THE FRENCH HIJAB

FUGEELAH  
TACKLES IMPOSTER SYNDROME

FAITH MOVES  
WITH IMAN ACTIVE

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NOVEMBER - DECEMBER 2020

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It feels like just yesterday that I was writing this Editor's Note saying, "Welcome to 2020". Here we are at the end of the year and it feels like nothing and everything has changed.

This year has been crazy and that's an understatement of the century. Life as we know it has changed and many of us have faced difficult hurdles and circumstances.

If you're going through something like that, I am here for you. I too have been there and it has taken a lot of work and therapy to get to a place of peace.

I am cautiously optimistic about the year ahead but Insya'Allah we will get through whatever that comes. After all, He doesn't give us anything we cannot handle.

As we turn the page to 2021, I wish you all the very best for the year ahead and if the waves get rough again, I pray we all have the oars to get through them safely, Insya'Allah. Thank you for always being there for me and my team. From all of us at GAYA, thank you and stay safe.

*Juliana Iskandar*

EDITOR-IN-CHIEF, GAYA MAGAZINE



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A top-down view of a desk with a laptop, coffee, flowers, and notebooks. The desk is white and features a silver laptop on the left, a black coffee cup with a white lid at the top left, a bouquet of pink and white flowers in a brown paper bag at the top right, and several spiral-bound notebooks with various covers (marbled, white, and one with 'Hot Pink' written on it) scattered around. A person's hands are visible typing on the laptop keyboard. A lit candle in a glass holder is in the center, and a clear glass with water is at the bottom right. A white paper bag with a QR code and the word 'Urban' is also visible.

# Influence & Inspire

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# L'ÉTOFFE de saba



**M**ade in Normandy, the L'étoffe de Saba Hijabs mark a new era in the world of modest fashion: the one of the high end. Handcrafted from exceptional French Silk, L'étoffe de Saba Hijabs are available in 4 variations of pure silk. Silk satin, silk crepe, silk Georgette and cotton-silk blend (CO 60%-SE 40%). Each of these materials is woven and dyed near Saint-Etienne in Haute-Loire.

It is in France, a country of excellence and world famous for its haute couture know-how, that we create each piece. Our seamstresses have nearly 50 years of experience in haute couture and art embroidery. They enhance our silk Square pieces with a hand-rolled hem and sew our Hijabs.

Dressed in a L'étoffe de Saba signature, hand-embroidered with French silk thread, each of our pieces is meticulously crafted for more than an hour. In total, 17 references make up this collection of precious Hijabs.



"By creating L'Étoffe de Saba, I want to prove that today, in France, anything is possible. We have created a brand that brings us together and respects us. Without conceding our strong values, we create the most beautiful Hijabs, handmade, natural and 100% made in France." Anissa, founder of L'Étoffe de Saba.



Having strong values also means predicting your environmental and social impact. To create an exceptional product, we have surrounded ourselves with Entreprises du Patrimoine Vivant (Living Heritage Companies), recognized in France and internationally for their excellent craftsmanship and industrial know-how. We also work with emeritus French artisans who are always close to us in order to limit our carbon footprint as much as possible.

By creating a product that makes sense and that responds to real environmental and social challenges, L'étoffe de Saba seeks above all to awaken collective awareness. That of a brand committed to a French modest and high-end fashion.

*Click the icons to follow L'étoffe de Saba online and on social.*



# fugeelah x Dhanilliani

TACKLING IMPOSTER SYNDROME ONE T-SHIRT AT A TIME





**F**ugeelah has joined forces with Malaysian visual artist Dhan Illiani, for their second Fugeelah x Collaboration of the year. Staying true to Fugeelah’s ethos to create products that have positive social impact, Fugeelah x Dhanilliani is geared to tackle Imposter Syndrome with merch so cool you will want to get it for yourself and all your girlfriends - or even guy friends.

Inspiration behind the collection came after Fugeelah founder Deborah Henry’s panel discussion with Michelle Obama and Julia Roberts at the inaugural

“Leaders: Asia-Pacific,” event in December last year, where the former U.S first lady spoke about how there are moments in life where we feel like we are not good enough to be in the room, to sit at the table or to have a voice.

This psychological phenomenon, known as Imposter Syndrome, reflects a belief that you are an inadequate failure, despite evidence that shows you are skilled and successful, and according to research is experienced by 7 out of 10 people.

The collection will feature 3 T-shirt designs and a special edition tote bag. Each piece, an artwork in itself, has been designed exclusively for Fugeelah by Dhan Illiani and promises to be a very cool reminder that we are NOT our thoughts.





Fugeelah hopes this collaboration starts a conversation on Imposter Syndrome. We hope it encourages, not only women, but all people step into their power. To believe that their success is not just luck, good timing or a lie; to believe that they have the ability to achieve and are deserving of every good thing that happens in their lives.





An encouragement to bulldoze our way through negative self talk with positive and playful self-expression.

100% Malaysian-Made and with 100% substance, Fugeelah by Dhan Illiani encourages people to feel empowered about themselves while making meaningful choices with their purchases - to make them count, to make them matter, to make a change.

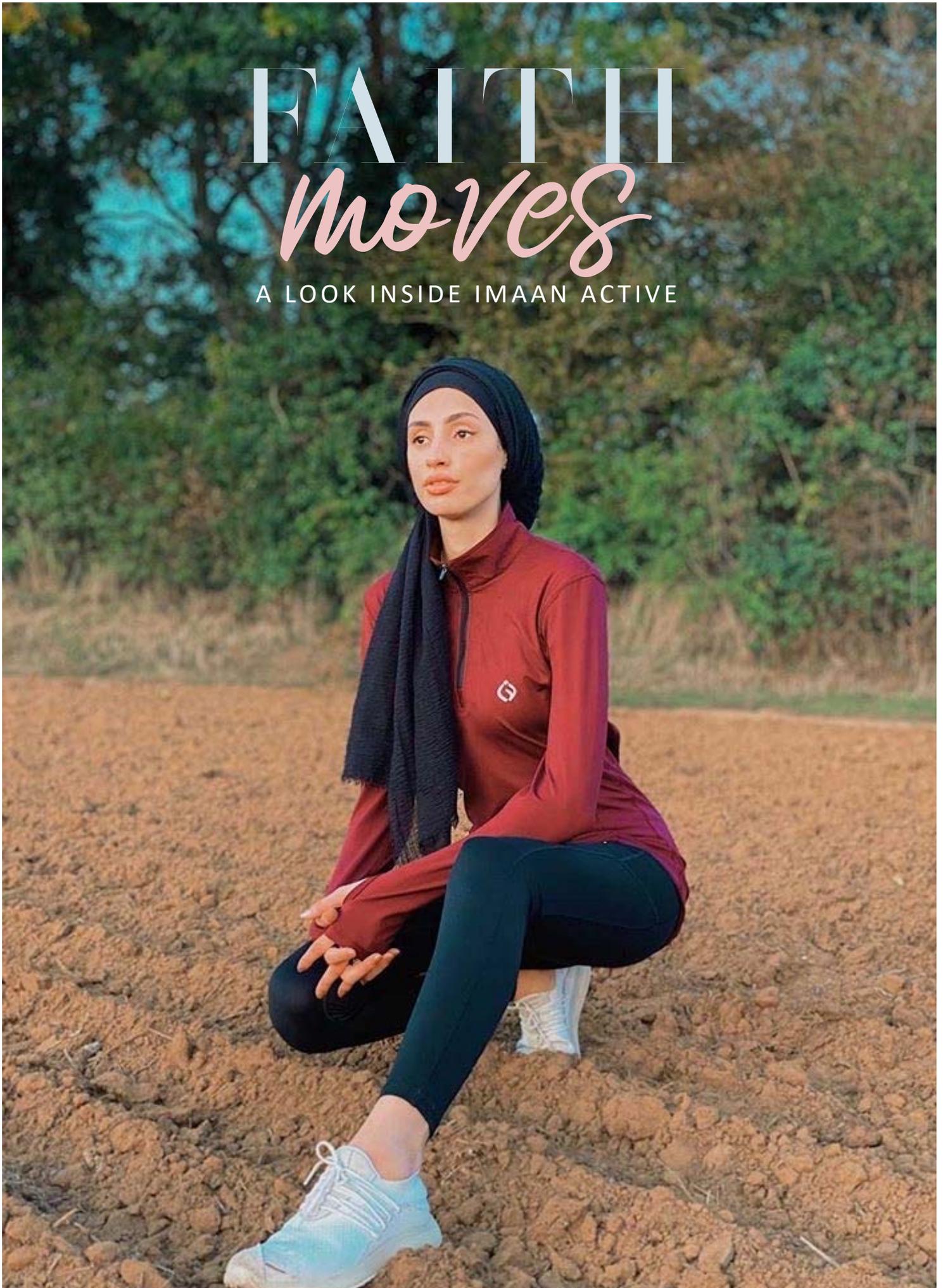
As part of the Fugeelah x Collaboration, Fugeelah by Dhan Illiani will commit a percentage of the profit towards the new Fugee School Girls' Circle Program.

*Click the icons to follow Fugeelah online and on social.*



# FAITH MOVES

A LOOK INSIDE IMAAN ACTIVE





**T**he world of fitness unfortunately isn't filled with many hijabi women. That's because for a while now, modest activewear were few and far between. In fact, rewind a few years and the word 'modest' would hardly have come before the word 'activewear'.

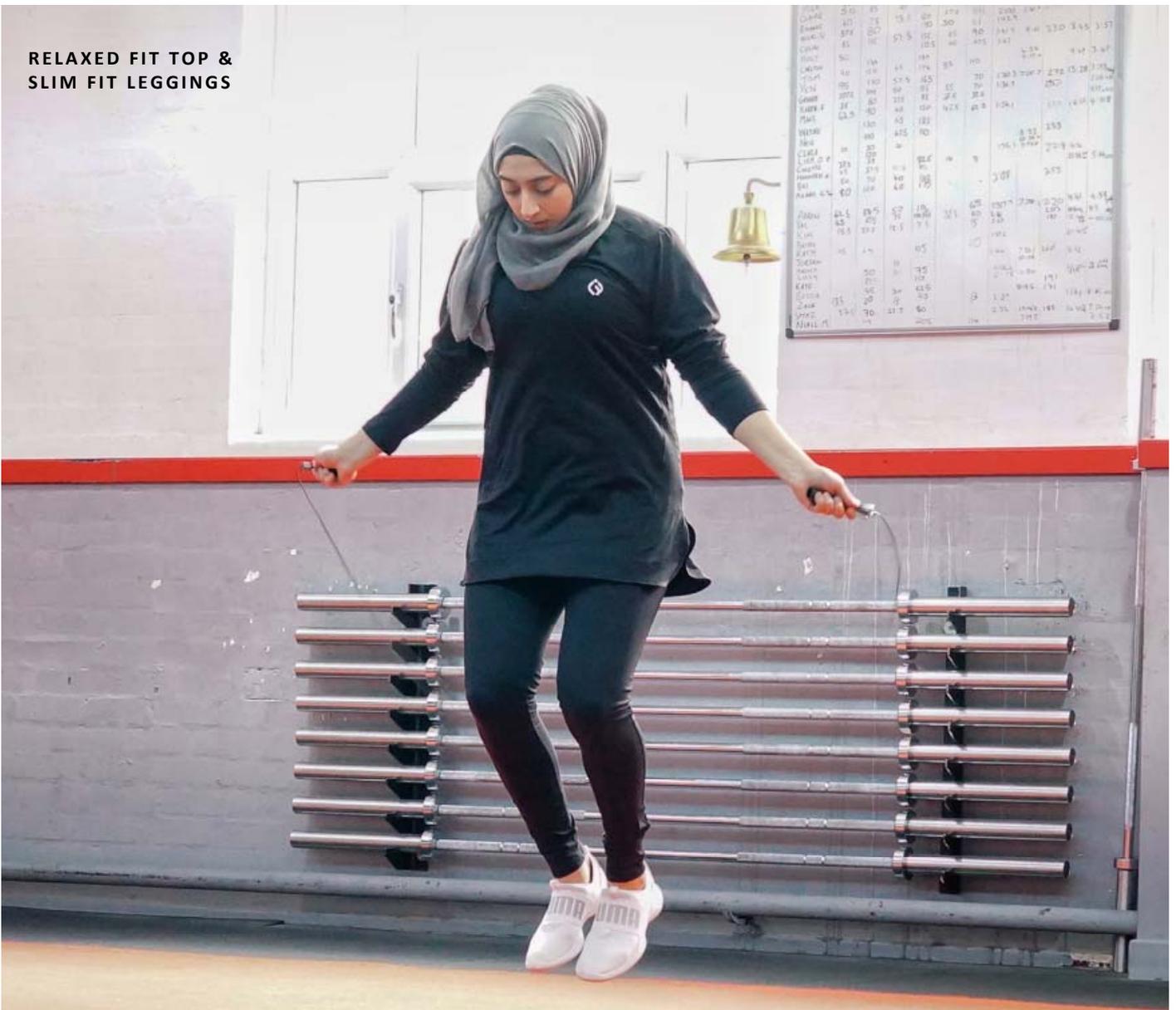
Gym clothes were tight tights, short shorts, razor back this, midriff that. Muslim women or women who choose modesty were left at the back of the arena. Today however, we've started to see ourselves represented in the fitness/sports industry.

Women like American Muslim fencer, Ibtihaj Muhammad, have changed the landscape for Muslim hijabi women. With it, comes a whole new understanding of modest activewear. What is it? Why does it exist? Why does it need to exist? Who needs it?

Think modest activewear and Nike with its sports hijab comes to mind. But let's not forget that it was our own sisters who filled that gap first way before Nike came onto the scene.

Furthermore, modesty doesn't necessarily mean hijab. What about the non-hijabis or even non-Muslims who simply choose to dress modestly?

RELAXED FIT TOP &  
SLIM FIT LEGGINGS



Today we look at the new kid on the block, **Imaan Active** – a modest activewear brand that isn't only modest but also caters to the demographic of women who simply choose to dress modestly. Hijab or no hijab. With its Relaxed Fit and Slim Fit choices, Imaan Active bridges that gap.

Created out of pure necessity, Imaan Active joins the ranks of other modest activewear brands. After all, necessity is the mother of invention. Misbah Mogradia, founded Imaan Active when the love for fitness hit her and she struggled to find fitness clothes that were modest and had a variety of designs that fit her style and personality.

Why does general fitness wear for women have more variety (we're talking razor backs, skin-tight tights and such) than modest fitness wear? We speak to Misbah about her brand, how she got started and how important it is for our community to be represented in fitness and sports.

SLIM FIT TOP &  
RELAXED FIT JOGGERS



**It's not that easy to find quality modest activewear in the market – in fact, modest activewear itself is few and far between.**

**So it's really inspiring to learn about a new kid on the modest activewear block. Could you tell us more about how it all began?**

The initial idea of Imaan Active started back in 2018, I had just joined the gym in my first year of university.

As a newbie I was already quite conscious about how I looked and had to be particularly careful on performing certain exercises.

As a result, I looked for modest activewear – but found that they were either not the right style, not great material, colours were not suitable and extremely over-priced. I decided then there was definitely a gap in the market, and took a leap of faith and started to design my own collection.

The brand took just under 2 years to launch, as I wanted the products itself to reflect quality in the style and fabrics used. After numerous attempts and samples, we launched in September 2019 and are currently just over a year in business!



**With the Relaxed Fit and the Slim Fit, Imaan Activewear caters to all regardless whether you're a hijabi, a non-hijabi or even a non-muslim who simply prefers modest wear.**

**Could you tell us more about these 2 different collections?**

I find the concept of modesty fluid and personal to each woman, regardless of their faith. I didn't want MY idea on modesty to be the sole basis of the brand, I want Imaan Active to reflect the diverse preferences of all women! That is why, I chose to come out with two different collections for our debut launch.

The Relaxed Fit Collection – for those who prefer a looser and non-clingy fit. This collection ticks all the boxes. The top includes a longer back so for movements such as squats, deadlifts etc. you are not worried on being exposed!

The new launch of the Relaxed Fit Joggers also provides a non-clingy-fit, but what's perfect about them is that the crotch area is lowered so it doesn't fit tightly around the bottom area.

I also advise my customers that this collection is perfect for lower body days. Both items have a zipped pocket which is really handy for phone and small items. The Slim Fit Collection boasts a more tailored fit.

With a half-zip collar design, this is perfect for women who like to wear the turban hijab.

I love to wear my slim fit collection on upper body days as I feel it allows full range of motion when performing exercises such as shoulder press or lateral raises. The slim fit leggings are squat proof and has a handy phone insert so you don't need to worry about carrying your phone around!

**Tell us what sets Imaan Activewear apart from the other modest activewears in the market.**

Imaan Active is not just a brand, we're a community. Although I put particular emphasis on the amazing products we launch, the thing that makes Imaan Active truly special is the community we've been able to create.

I showcase the amazing women who come from different backgrounds, walks of life – whether they are a student or a full time mum that they ARE strong and are confident geared up in Imaan Active. We all have the similarity of wanting to cover a little more at the gym, and we are all proof to each other that this won't stop our capability or performance. I love the sisterhood we've been able to create in the past year, we are boss babes!

SLIM FIT TOP &  
SLIM FIT LEGGINGS



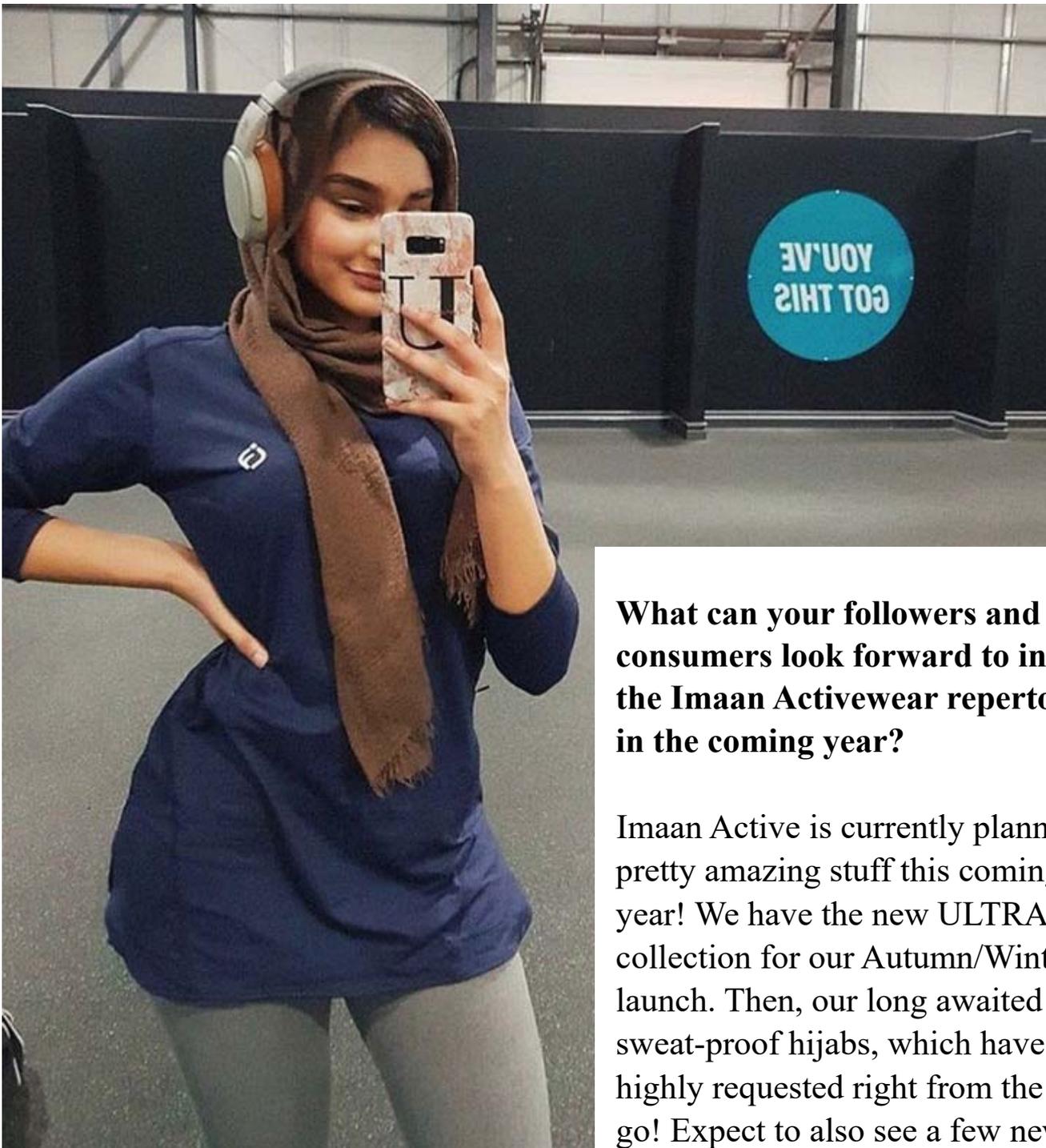


**We love seeing Muslim women/hijabis in boxing or even lifting weights. Talk about the power of the female!**

**In your opinion, does having modest activewear in the market encourage more Muslim women to venture into sports and fitness? And in your opinion, do you think it's important to see Muslim women or women in general be represented in these arenas?**

Clothing can act as a barrier and sometimes, stop us from doing things that we love! That is why it is especially important for Muslim women to have a choice on what to wear as it encourages them to take the first step and feel confident when entering the gym. I also think, the gym is already a male-dominated place as it is, imagine the added complexity of getting stared at for wearing covering more and wearing a hijab?

This is why, we need to make sure the clothing we do wear, it empowers us and helps us feel secure! It's really important for Muslim women to be recognised in sports/fitness. We do share dreams and aspirations to excel in this arena, and the more we see others like us participate, the more we will feel empowered to also take a step forward too!



**What can your followers and consumers look forward to in the Imaan Activewear repertoire in the coming year?**

Imaan Active is currently planning pretty amazing stuff this coming year! We have the new ULTRA collection for our Autumn/Winter launch. Then, our long awaited sweat-proof hijabs, which have been highly requested right from the get-go! Expect to also see a few new colours in our Relaxed and Slim Fit collections. It's time to expand and we couldn't be more excited!

*Click the icons to find Imaan Active online and on social.*



# COACH

## SPRING 2021

COACH INTRODUCES SPRING 2021  
WITH "COACH FOREVER"





Coach today debuts its Spring 2021 collection within Coach Forever, a mix of past, present and future designs in a virtual presentation made in collaboration with Juergen Teller. Created in unprecedented times, Coach Forever spotlights the optimism of craft, community and responsibility to the planet through new, vintage and archival Coach designs. It also features recontextualized key pieces from Fall 2020.

Coach forever is a reflection on what matters most right now and a statement about responsibility, renewal and reduction. Inspired by Coach Creative

Stuart Vevers' vision of practical optimism, the collection tells the story of Coach bags beyond the runway as they are worn, cared for, personalized and passed down. Grounded in Coach's legacy of craft, it offers a vision of a more mindful future featuring better-made things.

“With Coach Forever, I wanted to find new ways of doing things,” said Vevers. “It was important to me to challenge how we create our collections, and consider their impact on our communities and the planet. I'm excited to keep exploring that through designing and learning, and to have brought this to life with Juergen and our Coach Family.”



KIKO MIZUHARA  
IN COACH

Worn by members of the Coach Family, a global cast that includes Kaia Gerber, Kate Moss, Debbie Harry, Kiko Mizuhara, Jeremy Lin, Megan Thee Stallion, Cole Sprouse, Jon Batiste, Paloma Elsesser, Hari Nef, Binx Walton, Lexi Boling, Xiao Wen Ju, Kelsey Lu, Bob the Drag Queen and Rickey Thompson, the presentation brings together friends of Coach to tell a story about the enduring importance of community and inclusivity.



**KATE MOSS**  
IN COACH



BINX WALTON  
IN COACH



Shot remotely from around the world, Coach Forever will be unveiled as a film presentation and supported with additional social content over the course of three days, all revealing the collection and cast through the lens of Teller. For the film presentation, Vevers and Teller worked with singer, songwriter and producer :31ON to design the music and debut “Yesterday,” a not-yet-released track.

**JON BATISTE**  
IN COACH

Emphasizing the house's commitment to a more environmentally responsible approach to fashion, Coach Forever introduces bags crafted to last from vegetable-tanned, naturally-dyed leather alongside totes made completely of recycled materials.

These include fabrics made from recycled plastic bottles, accessories and ready-to-wear crafted of up-cycled remnants, and vintage pieces personalized with embellishments and embroidery.

Coach Forever also introduces "A Love Letter to New York," a special collection crafted by New York City artisans in support of the fashion community in the house's hometown. It is dedicated to the city's enduring spirit of creativity, optimism and courage.



# EARTH *edit*



**T**he rise of conscious fashion and call for more sustainable practices in the fashion industry has presented an opportunity for ZALORA, Asia's Online Fashion & Lifestyle Destination to introduce its curated assortment of more sustainable products, aptly titled **Earth Edit**.

A selection of pieces and brands meeting our carefully defined sustainability criteria, Earth Edit is one of the key milestones in ZALORA sustainability journey.

“ZALORA hopes to shape a sustainable fashion ecosystem by remaining conscious about our own social and environmental impact. Our customers are adjusting their purchasing decisions to reflect a more responsible and thoughtful approach to shopping. We strive to accelerate this process by allowing customers to find more sustainable products faster than others through the Earth Edit filter,” says Giulio Xiloyannis, Chief Commercial Officer.

**ZALORA's Earth Edit criteria encompasses 6 main criteria:**

**Sustainable Materials:** Products made of raw materials with a lower environmental impact than conventional alternatives.



**Fair Production:** Products manufactured in a location holding a certificate associated with decent working conditions.

**Eco-Production:** Products manufactured through a process with a lower environmental impact and using less harmful chemicals.

**Animal Friendly:** Products made using non-animal alternative materials, or methods associated with good animal welfare.



**Community Engagement:** Products made by brands associated with community benefits or committed to give back to the community through donations.

**Pre-Loved:** Second hand luxury and premium products that are sold by specialised third party sellers on ZALORA.



Earth Edit on ZALORA currently hosts more than 15,000 products by 670 brands in the fashion and beauty categories for women, men, and kids. ZALORA has also launched its own range of sustainable apparel with TENCEL, which released its second drop earlier this month.

Customers can enjoy sustainable selections from fashion brands such as ZALORA, Mango, Nike, Adidas, Levi's, etc. and also beauty brands such as The Body Shop, AVEDA, and more.

The Luxury segment is also included in the curated edit, inspiring more circular fashion habits by offering Pre-Loved products.

*Click the icons to follow Zalora online and on social.*



# COACH X JENNIFER LOPEZ

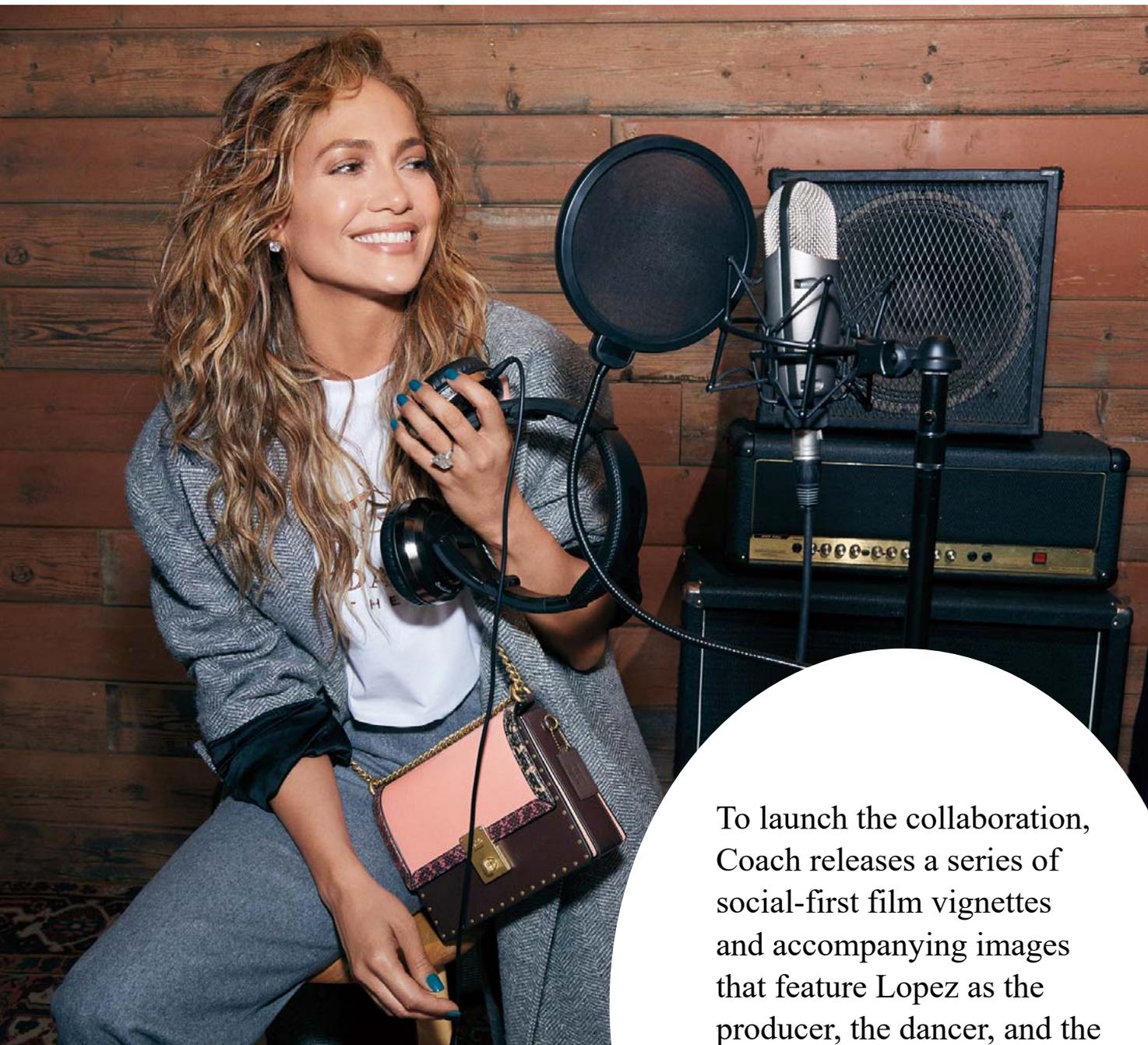


COACH INTRODUCES  
COACH X JENNIFER LOPEZ  
COLLABORATION WITH  
SPECIAL-EDITION HUTTON BAG

**C**oach introduces the Coach x Jennifer Lopez Hutton bag as part of the global superstar's first collaboration with the house. Designed with Creative Director Stuart Vevers and inspired by the values of authenticity and inclusivity that Coach and Lopez share, the bag reimagines the house's modern-day icon with Lopez's singular approach to style.

Crafted in refined calf leather and genuine snakeskin, the Coach x Jennifer Lopez Hutton bag is finished with a special hangtag and storypatch featuring the star's signature.

Designed by a multi-hyphenate with multi-hyphenate lives in mind, the timeless, versatile bag is made for living on-the-go.



To launch the collaboration, Coach releases a series of social-first film vignettes and accompanying images that feature Lopez as the producer, the dancer, and the recording artist—spotlighting the multi-hyphenate she is, as well as the versatility of the bag’s design.



“It was really fun to create something unique and special with Jennifer,” said Vevers. “She brings her passion and style to everything she does and her approach to this design felt personal and authentic.”

“Designing my first bag with Coach was a great experience,” said Lopez. “I really wanted the Coach x Jennifer Lopez Hutton to feel like me. The colorblock leather and polished hardware details are really my style. It’s a bag that makes me look pulled together and ready for anything, and I can’t wait to share it with everyone.”

# ORGANIC Skin food



WALK INTO THE WORLD OF ORGANIC SKINCARE & WELLNESS WITH US AS WE TALK ALL THINGS SKINCARE WITH THE FOUNDER OF **ZI BEAUTY, ZEENAT M.** GET YOUR CHRISTMAS SHOPPING DONE EARLY WITH BEAUTIFUL BEAUTY PRODUCTS.

**Tell us more about Zi Beauty and why you chose to come up with a line of organic skincare?**

Zi beauty is an organic skincare and wellness brand with sustainability at heart. The business started in the midst of the global pandemic when I had the chance to reflect on my lifestyle and came to realise a few things needed to change.

I became more conscious on what I was consuming daily and how they were mentally and physically effecting me. This is one of the main reasons I created a self-care pamper box.

I knew it would help me and others during these difficult times, and give people a chance to experience organic products that I have used and come to love for many years growing up.

ZI BEAUTY  
ROSEHIP OIL



## **How are your products made? What goes into them?**

All of Zi beauty products are handmade in the UK with a lot of love and care. I use plant-based ingredients meaning there are no harsh chemicals or preservatives within them. Therefore, they are not just kind to your skin but also kind to the environment.

**The brand's ethos is "Love yourself and the environment around you".**

**Could you tell us more about this and how the brand promotes sustainable living?**

If you look around us, we're unfortunately surrounded by a lot of unrealistic beauty standards that have been set by large fashion and beauty brands with celebrity endorsements.

It is so hard for women and men to be themselves when they are constantly bombarded with this culture, especially through social media. This is one of the main reasons I wanted Zi beauty to be different. I wanted everyone who came to know about the brand or used the products to realise they can still be beautiful, successful and kind in their own skin.

By promoting this message alongside the benefits of our plant-based ingredients and how 98% of our packing is eco-friendly (can be recycled or reused) it encourages people to reflect on their lifestyle and make a switch to sustainability.





**Research have shown that the fashion and beauty industry is one of the biggest contributors to climate change, and not in a good way. As consumers, what, in your opinion, can we do to help save our planet?**

I feel the best way people can contribute to helping save our planet is by first accepting we have a serious problem. Once they realise this and take a look within their homes, they will be able to make small, daily changes that will have a great impact on themselves, their family and the environment.

For example, I walk to places if I can, I have drastically reduced the use of plastics and only have it for essentials, I've cut down on the use of electricals and I'm eating a lot more green! There is so much information out there and people who can help you, it's the best decision I've made.

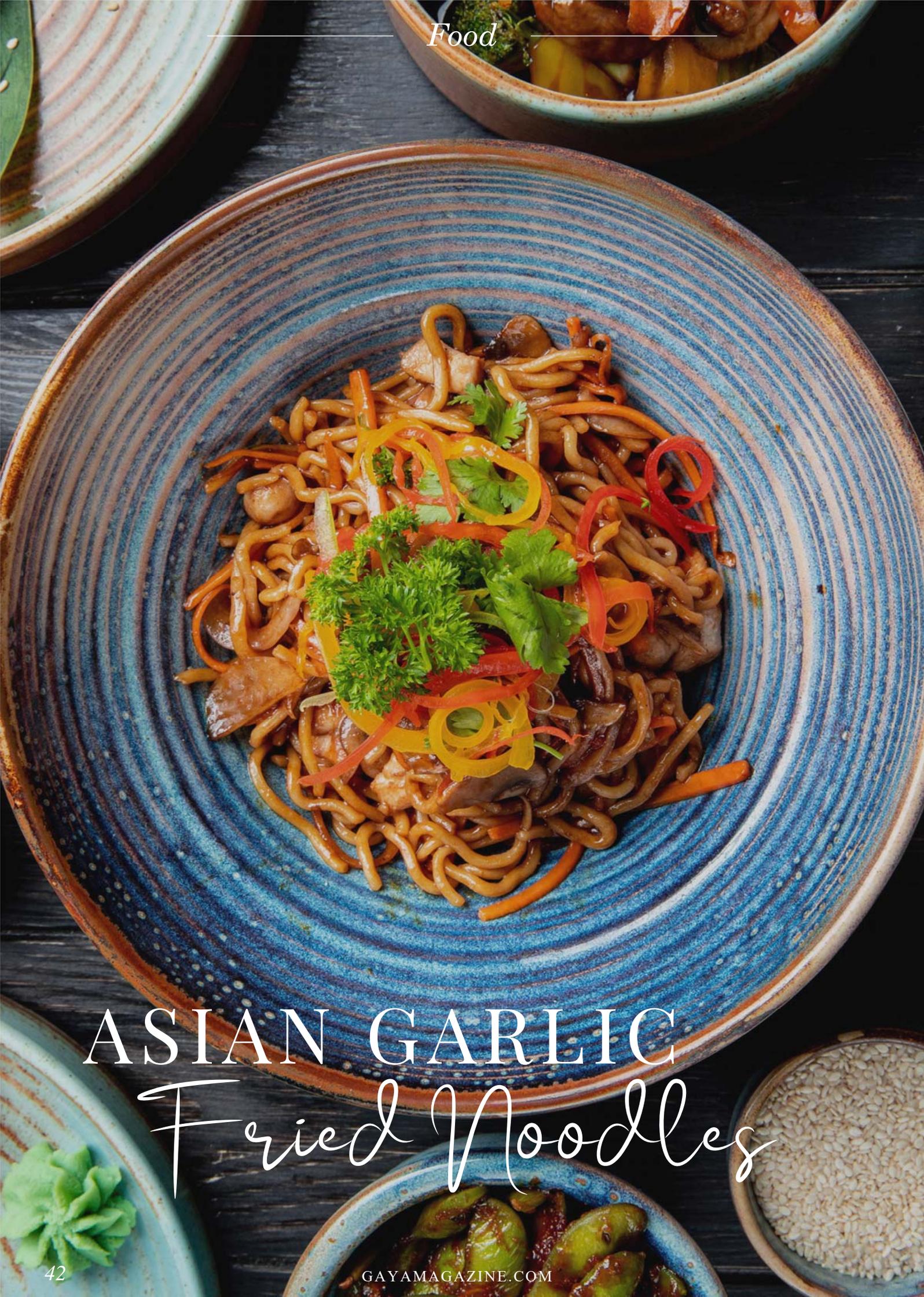
**What future plans can consumers look forward to at Zi Beauty?**

Zi beauty is a small business with high hopes. The brand has already made a great impact on a lot of people since it was launched 3 months ago.

The future looks bright with plans to collaborate with other like-minded brands to get the ethos across, launch new organic products and get involved in more market stalls and exhibitions when permitted, as personal interactions allow people to see and smell our beautiful products!

*Click the icons to follow Zi Beauty online and on social.*





ASIAN GARLIC  
*Fried Noodles*



# Ingredients

- 8 ounces spaghetti
- 12 ounces medium shrimp, peeled and deveined
- 1 tablespoon olive oil
- 8 ounces cremini mushrooms, sliced
- 1 red bell pepper, diced
- 2 zucchinis, diced
- 1 carrot, grated
- 2 tablespoons chopped fresh cilantro leaves

## FOR THE SAUCE

- 1/3 cup reduced sodium soy sauce
- 3 cloves, garlic, minced
- 2 tablespoons brown sugar, packed
- 1 tablespoon sambal oelek (ground fresh chile paste), or more, to taste\*
- 1 tablespoon oyster sauce
- 1 tablespoon freshly grated ginger
- 1 teaspoon sesame oil



# Method

- In a small bowl, whisk together soy sauce, garlic, brown sugar, sambal oelek, oyster sauce, ginger and sesame oil; set aside.
- In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
- Heat olive oil in a large skillet over medium high heat. Add shrimp and 2 tablespoons soy sauce mixture, and cook, stirring occasionally, until pink, about 2-3 minutes; set aside.
- Stir in mushrooms, bell pepper, zucchinis and carrot to the skillet. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in spaghetti, shrimp and remaining soy sauce mixture until well combined, about 2-3 minutes.
- Serve immediately, garnished with cilantro, if desired.

# GARLIC PARMESAN *Roasted Shrimp*



# Ingredients

- 1 pound medium shrimp, peeled and deveined
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 cup freshly grated Parmesan
- Kosher salt and freshly ground black pepper
- Juice of 1 lemon
- 2 tablespoons chopped parsley leaves, for garnish





# Method

- Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
- Place shrimp in a single layer onto the prepared baking sheet.
- Add olive oil, garlic, oregano, basil and Parmesan; season with salt and pepper, to taste. Gently toss to combine.
- Place into oven and roast just until pink, firm and cooked through, about 6-8 minutes. Stir in lemon juice.
- Serve immediately, garnished with parsley, if desired.



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