

The Saheeh International Quran Translation

وَمُصَدِّقًا لِّمَا بَيْنَ يَدَيَّ مِنَ التَّوْرَةِ وَلِأَحِلَّ لَكُم بَعْضَ الَّذِي هُرِّمَ عَلَيْكُمْ^ج وَجِئْتُكُمْ
بِآيَةٍ مِّن رَّبِّكُمْ فَاتَّقُوا اللَّهَ وَأَطِيعُوا

And [I have come] confirming what was before me of the Torah and to
make lawful for you some of what was forbidden to you. And I have
come to you with a sign from your Lord, so fear Allah and obey me.