



Autumn Recipes



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Introduction

This book contains adaptable everyday meal ideas and recipes for following a Mediterranean diet. These are recipes using foods which are in season in autumn but can be enjoyed at any time of the year.

For each recipe, an ingredient list, step by step method and an approximate meal cost is given.

Timings given are also approximate, so should be used as a guide only. Preparation timings may vary depending on techniques used by different people and cooking times may also vary.

These recipes are suggestions for you to try and the ingredients used can also be changed to suit your preferences. No specialist equipment is required to make these recipes.

Most recipes are designed to serve two people. If you wish to make a recipe for one person, the ingredients should be halved. E.g. 150g pasta for two people would mean 75g would serve one person.

Cooking abbreviations

tbsp: tablespoon

tsp: teaspoon

oz: ounce

fl oz: fluid ounce

pt: pint

lbs: pounds

Breakfast



Cinnamon Muesli

Ingredients

(Serves 2)

.....
100g jumbo **oats**
.....

35g **bran flakes**
.....

40g **almonds**, crushed
.....

20g **hazelnuts**, crushed
.....

¼ tsp ground cinnamon
.....

100ml milk
.....

Instructions

Mix the oats, bran flakes, nuts and milk together in a bowl to form the consistency of porridge. Stir in the cinnamon and serve.

(Ready in 5 minutes)

Contains 4 key Mediterranean diet foods

Tip

Fruit can be added to vary this recipe.

.....
Total meal cost: £1.12

Cost per serving: 56p
.....

Yoghurt with Fruit and Nuts

Ingredients

(Serves 2)

.....
15g almonds

.....
15g walnuts

.....
125g natural yoghurt

.....
120 ml milk

.....
50g raspberries

.....
50g blueberries
.....

Instructions

Cut the nuts into smaller pieces using a sharp knife or food processor.

Stir together the yoghurt and milk in a bowl and divide into dishes. Top each with nuts and berries.

(Ready in 10-15 minutes)

Contains 4 key Mediterranean diet foods

Tip

You can vary this recipe by using different types of fruit and different flavours of yoghurt.

.....
Total meal cost: £1.27

Cost per serving: 63p
.....

French Toast

Ingredients

(makes 4 slices)

.....
4 slices **wholegrain bread**
.....

1 egg
.....

110ml milk
.....

1/4 tsp ground cinnamon (optional)
.....

Blackberries to serve
.....

Instructions

Beat together egg, milk and cinnamon (if using). Heat a lightly oiled frying pan over medium-high heat.

Dunk each slice of bread in egg mixture, soaking both sides. Place in pan, and cook on both sides until golden. Serve hot.

(Prep: 5 mins, Cook: 15 mins)

Contains 2 key Mediterranean diet foods

Tip

Vary the flavour of this recipe through using different spices such as nutmeg or cloves or create a savoury breakfast through replacing the spices with pepper and serving with cooked tomato and mushrooms.

.....
Total meal cost: 51p

Cost per serving: 26p (for 2 slices)
.....

Berry and Banana Porridge

Ingredients

(Serves 2)

.....
50g porridge **oats**

.....
225ml milk

.....
125g natural yogurt

.....
2 **bananas**, sliced

.....
200g **raspberries**

Instructions

Add the oats, milk and half the sliced bananas to a saucepan. Bring to the boil, stirring occasionally. Lower the heat and cook for 4-5 mins, stirring all the time.

Serve in bowls and top with the yoghurt, raspberries and remaining bananas

(Prep: 15 mins, Cook: 5 mins)

Contains 3 key Mediterranean diet foods

Tip

You can vary the flavour by adding blueberries, blackberries or strawberries or replacing fruit with chopped nuts.

.....
Total meal cost: £2.64

Cost per serving: £1.32

.....

Lunch



Ratatouille

Ingredients

(Serves 2)

.....
½ red pepper and ½ yellow pepper, seeded and chopped into large pieces

.....
½ onion, diced finely

.....
½ courgette, sliced into cubes

.....
4 mushrooms, diced

.....
2 tbsp extra virgin olive oil

.....
1 tbsp fresh thyme (or 1 tbsp dried)

.....
½ garlic clove, crushed

.....
100g cherry tomatoes, halved

.....
Freshly ground black pepper

.....
½ large stick of wholegrain crusty bread

Instructions

Preheat oven to 200°C/ 400°F/ Gas mark 6. Combine peppers, mushrooms, courgette, onion, olive oil and thyme in a bowl and toss ingredients together. Place in a large roasting pan and cook for 20-25 minutes or until the vegetables are slightly charred.

Place the vegetables in a bowl and add the garlic, tomatoes and pepper. Serve with sliced bread with olive spread or a baked potato.

Tip

Ratatouille makes a great lunch or can be eaten as a side salad with an evening meal. You can use any combination of vegetables to create this dish.

Contains 8 key Mediterranean diet foods

.....
Total meal cost: £1.57

Cost per serving: 79p
.....

Stuffed Pepper

Ingredients

(Serves 2)

.....
2 red **peppers**

.....
250g microwaveable
wholegrain rice

.....
1 tbsp red pesto

.....
70g **sweetcorn**

.....
70g cheddar cheese, grated

.....
Salad to serve

Instructions

Cut the top off the peppers and scoop out the seeds. Put the peppers on a plate and cook in the microwave on high for 5-6 mins or until they have softened. Drain the sweetcorn and put into a bowl. Cook in the microwave on high for 2-3 minutes until steaming hot right through.

While the vegetables are cooking, mix the rice together with the pesto, and two-thirds of the cheese. Scoop the rice and sweetcorn into the peppers, top with the remaining cheese and continue to cook for 8-10 mins. Serve warm with salad.

Contains 4 key Mediterranean diet foods

Tip

To vary this recipe, you can use different types of cheese or fill the peppers with different vegetables.

.....
Total meal cost: £2.20

Cost per serving: £1.10

.....

Vegetable Soup

Ingredients

(Serves 2)

.....
1 **leek**, trimmed and sliced
.....

1 **onion**, chopped
.....

2 sticks of **celery**, chopped
.....

1 **carrot**, diced
.....

1 medium **potato**, diced
.....

2 tbsp **extra virgin olive oil**
.....

25g **olive oil spread**
.....

900ml vegetable stock
.....

600ml milk
.....

3 tbsp cornflour
.....

Fresh parsley
.....

Pepper
.....

Instructions

Heat the oil and spread in a saucepan and add the chopped vegetables. Sweat the vegetables for 5-6 minutes

Add the stock and bring to boil. Simmer for 15-20 minutes. Add milk.

Blend cornflour to a smooth paste with a little milk. Heat gently until the soup thickens.

Blend, garnish with parsley and serve with wholegrain bread.

Tip

Different herbs or spices can be added to vary the flavour of this soup.

Contains 7 key Mediterranean diet foods

.....
Total meal cost: £1.54

Cost per serving: 77p
.....



Rice and Lentil Salad

Ingredients (Serves 2)

-
80ml chicken stock
.....
40g **wholegrain rice**
.....
65g dry green **lentils**
.....
40 ml **extra virgin olive oil**
.....
20 ml fresh **lemon** juice
.....
½ **garlic** clove, crushed
.....
2 **spring onions**, finely chopped
.....
100g **cherry tomatoes**,
quartered
.....
½ **pepper** (any colour) diced
finely
.....
¾ **carrot**, grated or finely diced
.....
Freshly ground black pepper
.....
Crumbled feta cheese to serve
.....

Instructions

Add stock to a saucepan and bring to a boil. Add rice, cover, and simmer on medium heat until liquid has been absorbed, about 30 minutes.

Meanwhile, place lentils in a saucepan over medium heat and cover with 150ml water. Simmer until just tender, about 15 minutes. Drain and let cool. Combine the cooked rice and lentils in a bowl.

To make the dressing, mix together the olive oil, lemon juice and garlic in a bowl. Pour over lentils and rice. Add spring onion, tomatoes, pepper and carrots.

Chill in the refrigerator for at least 2 hours and then serve with feta and seasoned with black pepper.

Tip

This salad makes a great lunch or can be eaten as a side salad with an evening meal.

Contains 9 key Mediterranean diet foods

.....
Total meal cost: £1.60

Cost per serving: 80p
.....



Butternut Squash Soup

Ingredients (Serves 2)

.....
1 medium **butternut squash**,
peeled, deseeded and
chopped

.....
1 **onion**, chopped

.....
1 **red pepper**, chopped

.....
2 tbsp **extra virgin olive oil**

.....
25g **olive oil spread**

.....
450ml vegetable stock

.....
450ml milk

.....
Fresh parsley

.....
Pepper

Instructions

Heat the oil and spread in a saucepan and add the chopped vegetables. Sweat the vegetables for 5-6 minutes.

Add stock, bring to boil and simmer for between 20-30 minutes.

Add milk and blend.

Serve, garnished with fresh parsley and wholegrain bread.

Tip

Different herbs or spices can be added to vary the flavour of this soup.

Contains 5 key Mediterranean diet foods

.....
Total meal cost: £2.05

Cost per serving: £1.02

.....



Salmon Quiche

Ingredients

(makes 4 servings)

.....
110g ready-made short crust pastry

.....
25g watercress, roughly chopped

.....
100g smoked salmon, shredded

.....
2 ½ eggs, beaten

.....
50ml milk

.....
75g feta cheese

.....
Pepper

.....
Salad to serve drizzled in olive oil

Instructions

Lay pastry onto a deep baking tray. Arrange salmon and watercress at the bottom.

Whisk eggs, add pepper and feta. Pour mixture over salmon and bake for 30-40 min.

Serve with salad drizzled in olive oil.

Tip

You can use this recipe to make different types of quiche; you could create a vegetable quiche using your favourite vegetables.

Contains 4 key Mediterranean diet foods

.....
Total meal cost: £3.99

Cost per serving: 99p (per slice)

Tomato and Basil Pasta

Ingredients

(Serves 2)

.....
1 tbsp **extra virgin olive oil**

.....
½ clove **garlic**, crushed

.....
375g **cherry tomatoes**

.....
42g **mushrooms**, diced

.....
250g **wholegrain pasta**

.....
Fresh basil leaves

.....
Pepper

.....
Parmesan cheese, to serve

Instructions

Heat the oil in a frying pan, add the garlic and fry for 1 minute on a low heat. Add the tomatoes and mushrooms and then bring to the boil. Reduce the heat, then simmer uncovered for 5 mins, stirring occasionally.

Cook the pasta according to packet instructions, drain and add the tomato sauce.

Stir through torn basil leaves, season with pepper and serve with parmesan cheese

Tip

This makes a great lunch or add chicken or fish to the recipe for an evening meal.

Contains 5 key Mediterranean diet foods

.....
Total meal cost: £1.74

Cost per serving: 87p

.....

Dinner



Salmon in Thai curry sauce

Ingredients (Serves 2)

.....
1 tsp **extra virgin oil**

.....
½ tbsp Thai red curry paste

.....
½ **onion**, sliced

.....
125ml light, unsweetened
coconut milk

.....
½ tbsp ginger

.....
½ **lime** (juice)

.....
250g skinless **salmon fillets**,
chopped

.....
100g pack trimmed **green
beans**

.....
Wholegrain rice, to serve

.....
Fresh basil, to serve
.....

Instructions

Heat the oil in a large pan, then add the curry paste. Stir in the onion, then cook gently for about 5 mins until softened. Pour in the coconut milk, ginger and lime juice and bring to the boil. Reduce to a simmer, then add the salmon pieces and green beans.

Simmer for 5 mins until the fish flakes easily and the beans are tender. Scatter with basil, and serve with wholegrain rice.

Tip

Different vegetables can be included or salmon swapped for chicken to vary this recipe.

Contains 6 key Mediterranean diet foods

.....
Total meal cost: £1.77

Cost per serving: 89p
.....

Chicken and Butternut Casserole

Ingredients

(Serves 2)

.....
2 tbsp **extra virgin olive oil**

.....
2 skinless chicken thigh fillets,
quartered

.....
½ **butternut squash**
peeled, seeded and cut into chunks

.....
½ **onion**, finely chopped

.....
½ red **pepper**, finely chopped

.....
½ **garlic** clove, finely diced

.....
1x 400g **tin tomatoes**, chopped

.....
Feta cheese, crumbled
.....

Contains 6 key Mediterranean diet foods

Instructions

Heat 1 tbsp oil in a frying pan and fry the chicken over a medium to high heat until lightly browned. Lift out on to a plate. Add the butternut squash, pepper and onion into the pan and fry over a high heat for about 8 minutes, stirring occasionally. Return the chicken to the pan, add the garlic and cook for 1 minute. Then add the tomatoes.

Lower the heat, half-cover with a lid and simmer gently for 30-40 minutes until the butternut squash is tender.

Preheat the oven to 220°C/gas 7/fan 200°C. Place the ingredients into a casserole dish. Drizzle the last tbsp of olive oil on top and sprinkle with feta cheese. Bake uncovered until golden brown. Serve straight from the casserole.

(Prep: 30 mins - 45 mins Cook: 1 hr)

Tip

You can replace the chicken with extra vegetables to create a vegetable casserole.

.....
Total meal cost: £2.22

Cost per serving: £1.11
.....

Vegetable Lasagne

Ingredients (Serves 2)

Extra virgin olive oil for brushing

.....
1 tbsp olive oil spread

.....
½ garlic clove, finely chopped

.....
1 aubergines, sliced

.....
½ red pepper, chopped

.....
2 courgettes, sliced

.....
½ tbsp finely chopped fresh basil

.....
110g cheddar cheese, grated

.....
400g tin tomatoes

.....
90g dried lasagne sheets

.....
30g parmesan cheese

.....
Black pepper

Sauce:

150ml milk

.....
1 tbsp olive oil based spread

.....
1 ½ tbsp wholemeal flour

.....
Salad to serve

.....
Contains 8 key Mediterranean diet foods

.....
Total meal cost: £3.80

Cost per serving: £1.90

Instructions

To make the sauce, pour the milk into a saucepan and add black pepper. Heat to just below boiling point, then remove from the heat. Melt the olive spread in a separate saucepan. Sprinkle in the flour and cook over low heat, stirring constantly for 1 minute. Stir in the milk, then bring to the boil and cook, stirring until thickened and smooth.

Brush a grill pan with olive oil and heat until smoking. Add half the aubergine slices and cook over medium heat for 8 minutes, or until golden brown. Remove from the grill pan and repeat with the remaining aubergine slices.

Melt the spread in a frying pan and add the garlic, courgettes, peppers and basil. Cook over medium heat, stirring frequently for 5 minutes or until the courgettes are golden.

Layer the aubergines, courgettes, pepper, cheddar cheese, tomatoes and lasagne in an ovenproof dish brushed with olive oil, finishing with a layer of lasagne. Pour over the sauce, making sure that all the pasta is covered. Sprinkle with parmesan cheese and bake in pre-heated oven, 200°C/ 400°F/ gas mark 6 for 30-40 minutes, or until golden brown. Season with black pepper and serve with a salad.

Mediterranean Beef Stew

Ingredients

(Serves 2)

.....
½ onion, sliced

.....
½ garlic clove, sliced

.....
1 tbsp extra virgin olive oil

.....
150g pack beef stir-fry strips,
or beef steak, thinly sliced

.....
½ pepper (any colour), deseeded
and thinly sliced

.....
4 mushrooms, sliced

.....
200g chopped tomatoes

.....
½ tsp dried thyme

.....
Freshly ground black pepper

.....
Wholegrain rice serve

.....
Contains 7 key Mediterranean diet foods

.....
Total meal cost: £2.27

Cost per serving: £1.14
.....

Remember: As part of a Mediterranean diet, meals containing red meat should be eaten no more than twice/ week and meals containing processed meat should be eaten no more than once/week.

Instructions

In a large saucepan, cook the onion and garlic in olive oil for 5 mins until softened and turning golden. Add the beef strips, pepper, mushrooms, tomatoes and thyme, then bring to the boil. Simmer for 15 mins until the beef is cooked through. Season with pepper and serve with wholegrain rice.

(Prep: 10 mins, Cook: 20 mins)

Tip

As an alternative to beef stew you could create a vegetable, fish or chicken stew. This dish could also be served with potatoes.

Mackerel Risotto

Ingredients

(Serves 2)

.....
½ tbsp **olive spread**

.....
½ **onion**, finely chopped

.....
125g **wholegrain risotto rice**

.....
500ml vegetable stock

.....
250g **mackerel**, skin removed

.....
1 **spring onion**, sliced

.....
4 **cherry tomatoes**, quartered

.....
50g fresh **spinach**

.....
160g **cannellini beans**

.....
To serve:

2 tbsp **extra virgin olive oil**

.....
1 tbsp **pine nuts**

.....
Salad

.....
Contains 11 key Mediterranean diet foods

.....
Total meal cost: £3.96

Cost per serving: £1.98
.....

Instructions

Heat the olive spread in a large frying pan. Gently fry the onion for 5 minutes until softened. Stir in the rice and mix until coated in the spread.

Pour in half the stock, stir, and then leave to gently cook for 10 minutes. Add half of the remaining stock, stir again and cook for another 5 mins. Keep adding stock and cooking until the rice is tender.

Scrape away any dark brown flesh from the mackerel, then flake and stir into the rice with the spring onions, spinach, tomatoes and beans. Cook until the spinach has wilted slightly (about 5 minutes). Serve straight away with salad drizzled in olive oil and pine nuts sprinkled on top.

(Prep: 5 mins, Cook: 20 mins)

Tip

You can vary this dish with different types of fish or chicken.

Spicy Lentil Bolognese

Ingredients (Serves 2)

.....
1 tsp **extra virgin olive oil**
.....
½ tsp **garlic**, finely chopped
.....
½ **onion**, finely chopped
.....
1 **celery stalk**, finely chopped
.....
½ **green pepper**, finely chopped
.....
½ **yellow pepper**, finely chopped
.....
½ **carrot**, finely chopped
.....
42g **mushrooms**, diced
.....
200g **chopped tomatoes**, strained through a colander and the juice and tomatoes kept separately
.....
2 tbsp green **lentils**, cooked
.....
1 pinch **chilli flakes** or to taste
.....
Fresh **basil** to garnish
.....
Wholegrain spaghetti to serve
.....

.....
Total meal cost: £1.32
Cost per serving: 66p
.....

Instructions

Add the oil and garlic to a saucepan and cook over low heat, stirring until golden brown. Add all the vegetables, except the mushrooms, and cook on a medium heat, stirring occasionally for 10-12 minutes, or until softened.

Add the mushrooms and cook on high heat for 2 minutes. Add the juice from the tomatoes and cook until the liquid is reduced by half.

Add the lentils, chilli flakes and tomatoes and cook for a further 3-4 minutes.

Serve the sauce spaghetti, garnished with basil.

Tip

This recipe could also be used to make chicken and lentil Bolognese.

Contains 11 Mediterranean diet foods

Mediterranean Chicken

Ingredients

(Serves 2)

.....
2 tbsp **extra virgin olive oil**

.....
2 chicken fillets

.....
½ **onion**, sliced

.....
½ clove of **garlic**, finely sliced

.....
½ **red pepper**, sliced

.....
½ **yellow pepper**, sliced

.....
300g **tinned tomatoes**, chopped

.....
1 tbsp red pesto

.....
160g **chickpeas**, drained

.....
Pepper

.....
Basil leaves, shredded

.....

Instructions

Heat 1 tbsp olive oil in a large frying pan, add chicken fillets each sliced into 3 and fry for 2 minutes, then place onto a plate.

Add an additional 1 tbsp oil and add onion, garlic peppers and chickpeas and fry for 5 minutes. Add the tinned tomatoes and pesto.

Return the chicken to the pan and simmer for 10 minutes or until cooked through.

Serve scattered with basil leaves and seasoned with pepper.

Contains 7 key Mediterranean diet foods

.....
Total meal cost: £3.48

Cost per serving: £1.74

.....

Dessert



Apple Tarts

Ingredients

(makes 4 servings)

.....
1kg **apples**, peeled,
cored and sliced
.....

.....
½ tsp cinnamon
.....

.....
1 packet (320g) puff pastry
.....

.....
1 **lemon**
.....

.....
1 egg
.....

.....
4 tbsp clear honey
.....

.....
30g (1oz) melted butter
.....

.....
3 tbsp caster sugar
.....

Contains 2 key Mediterranean diet foods

Tip

You can use different fruits to vary this recipe, for example using rhubarb to create rhubarb tarts.

Instructions

Tip half the apples into a pan with the cinnamon; add a squeeze of lemon juice. Cook for 10-15 minutes on a medium heat until the apples are soft, stirring to make sure the apples do not stick to the pan (add a splash of water, if necessary). Add sugar to taste if you think it is required.

Roll out the pastry to form a square and cut into quarters. Score a 1cm/½in frame around each piece and dock the centre in several places with the point of a sharp knife.

Spread a spoonful of the purée into the centre of each square, taking care not to go over the edges of the frame as this will prevent the pastry rising properly. Top with the remaining apple slices. Brush the frame with beaten egg and drizzle the apples with honey, butter and sugar.

Bake at 190°C/375°F/Gas mark 5 for 12-15 minutes until the tarts are crisp and caramelised.

.....
Total meal cost: £4.20

Cost per serving: £1.05
.....

Remember: As part of a Mediterranean diet, no more than 3 servings of sweet food should be eaten/ week.
.....

7 day Autumn Mediterranean Diet Menu

Here is what an example Mediterranean menu plan might look like. This can be altered to suit your likes and dislikes, adapting the Mediterranean style ingredients as you wish.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Breakfast</u></p> <p>Cinnamon muesli</p>	<p><u>Breakfast</u></p> <p>Wholegrain bagel with banana and olive spread & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Wholegrain toast with olive spread & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Wholegrain cereal & milk with nuts & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Yoghurt with fruit and nuts & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Smoked salmon on crusty with olive spread & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Berry and banana porridge</p>
<p><u>Lunch</u></p> <p>Vegetable soup & wholegrain bread with olive spread</p> <p><i>A piece of fruit as a snack</i></p>	<p><u>Lunch</u></p> <p>Rice and lentil salad</p>	<p><u>Lunch</u></p> <p>Ratatouille with wholegrain bread</p> <p><i>Fruit as a snack</i></p>	<p><u>Lunch</u></p> <p>Spiced mackerel with Mediterranean Bread</p> <p><i>Handful of nuts</i></p>	<p><u>Lunch</u></p> <p>Tomato and basil pasta</p> <p><i>A piece of fruit as a snack</i></p>	<p><u>Lunch</u></p> <p>Stuffed pepper & wheaten bread with olive oil spread</p>	<p><u>Lunch</u></p> <p>Butternut squash soup & wholegrain bread with olive spread</p>
<p><u>Dinner</u></p> <p>Salmon in thai curry sauce & fresh fruit salad</p>	<p><u>Dinner</u></p> <p>Chicken and butternut casserole</p> <p>Bowl of mixed berries</p>	<p><u>Dinner</u></p> <p>Vegetable lasagne</p>	<p><u>Dinner</u></p> <p>Mediterranean beef stew</p> <p>Sliced pineapple</p>	<p><u>Dinner</u></p> <p>Mackerel risotto</p>	<p><u>Dinner</u></p> <p>Spicy lentil Bolognese</p> <p>Fruit and low fat yoghurt</p>	<p><u>Dinner</u></p> <p>Mediterranean chicken</p> <p>Sliced mango</p>

