



**NICOLA**  
*Understanding Today for a Healthier Tomorrow*



# Spring Recipes



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## Introduction

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This book contains adaptable everyday meal ideas and recipes for following a healthy diet based on the Mediterranean style diet. These are recipes using foods which are in season in spring 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.

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## Cooking abbreviations

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**tbsp:** tablespoon

**tsp:** teaspoon

**oz:** ounce

**fl oz:** fluid ounce

**pt:** pint

**lbs:** pounds

# Breakfast



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# Fresh Fruit Salad

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## Ingredients (Serves 2)

.....  
½ cantaloupe melon, flesh removed with  
melon baller or cut into chunks

.....  
½ honeydew melon, flesh removed with  
melon baller or cut into chunks

.....  
½ pineapple, cut into chunks

.....  
125g strawberries, tops removed

.....  
Orange juice (100%, unsweetened)

.....  
125g Grapes

.....  
1 Kiwis

.....  
½ Mango

.....

## Instructions

Combine fruit in large bowl.

Drizzle orange juice on top  
and serve

### Tip

Any combination of fruit can be used in this recipe. You could make a very berry fruit salad using strawberries, blueberries, blackberries, raspberries and drizzling in 100% unsweetened cranberry juice.

**Contains 7 key Mediterranean diet foods**

.....  
**Total meal cost: £4.17**  
**Cost per serving: £2.08**

.....

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# Crunchy Oat Yoghurt

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## Ingredients (Serves 1)

.....  
25g jumbo **oats**  
.....  
4 tbsps **almonds**, crushed  
.....  
1 tbsp dried **apricots**  
.....  
1 tbsp **sultanas** or **raisins**  
.....  
150g natural yoghurt  
.....

## Instructions

Mix the oats, yoghurt, sultanas or raisins and almonds in a bowl.

Top with apricots.

(Ready in 5 minutes)

### Tip

Try using a flavoured yogurt or adding different fresh or dried fruit to vary this recipe.

**Contains 4 key Mediterranean diet foods**

.....  
**Total meal cost: £1.15**

**Cost per serving: 57p**  
.....

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## Mediterranean Pancakes

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### Ingredients

(Serves 2)

.....  
90g Oats

.....  
60g Plain Flour

.....  
2 tbsp Flaxseed

.....  
1 tsp Baking soda

.....  
¼ tsp Salt

.....  
125g Greek Yoghurt

.....  
2 Large Eggs

.....  
2 tbsp Honey

.....  
2 tbsp Olive Oil

.....

### Instructions

Combine oats, flour, flaxseed, baking soda and salt in a blender and pulse process 30 seconds.

Add yogurt, eggs, oil, and honey and blend until smooth. Let batter stand to thicken, about 20 minutes.

Heat large non-stick pan over medium heat and brush pan with olive oil. Ladle batter by ¼ cupful's into pan. Cook pancakes until bottoms are golden brown and bubbles form on top, about 2 minutes.

Turn pancakes over; cook until bottoms are golden brown, about 2 minutes. Transfer to baking sheet. Keep warm in oven.

Repeat with remaining batter.

**Contains 4 key Mediterranean diet**

#### Tip

Serve with fresh fruit such as berries or banana

.....  
**Total meal cost: £1.88**

**Cost per serving: 94p**

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## Scrambled Egg

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### Ingredients (Serves 2)

.....  
1 tbsp olive spread

.....  
4 large eggs

.....  
Freshly ground black pepper

.....  
Wholegrain bread to serve

.....  
**Contains 2 key Mediterranean diet foods**

### Instructions

Place the eggs in a bowl and beat well. Heat the spread in a pan over low heat. Pour the eggs into the pan and stir them. The eggs are done when they are softly set and slightly runny. Remove from the heat at this point and leave to finish cooking as you prepare the toast.

Serve on top of the toast, seasoned with black pepper.

#### Tip

You can vary this breakfast through adding different herbs or grated cheese or serving with vegetables such as tomatoes and mushrooms or smoked salmon.

.....  
**Total meal cost: 69p**  
**Cost per serving: 35p**  
.....



# Lunch



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## Couscous and Vegetable Salad

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### Ingredients

(serves 2)

.....  
150g **couscous**

.....  
½ **garlic** clove

.....  
3 ½ **tblsps extra virgin olive oil**

.....  
¼ **chicken stock cube**

.....  
1 ½ **spring onions**, finely chopped

.....  
½ **aubergine**, finely chopped

.....  
½ **courgette**, finely chopped

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

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

.....  
Mixed **salad leaves**  
.....

### Instructions

Place the couscous in a bowl. Measure out 250ml of water, place in a saucepan and add 2 tblsps olive oil, the garlic and the stock cube.

When the water boils, pour it into the bowl of couscous. Mix well and let stand for 10 minutes.

Remove the garlic from the bowl, and fluff the couscous up with a fork until all the grains are separated. Add the chopped vegetables, beans and serve with mixed salad leaves drizzling the remaining olive oil on top.

#### Tip

You can vary this recipe by adding different vegetables or using pasta instead of couscous.

**Contains 9 key Mediterranean diet foods**

.....  
**Total meal cost: £1.67**

**Cost per serving: 83p**  
.....

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## Mediterranean Frittata

---

### Ingredients

(Serves 2)

.....  
½ onion, chopped

.....  
1 clove, garlic

.....  
2 tbsp Olive Oil

.....  
4 medium eggs

.....  
25ml semi skimmed milk

.....  
20g feta cheese

.....  
½ red pepper, chopped

.....  
1 tbsp fresh basil

.....  
Ground black pepper to season

.....  
1 tbsp grated parmesan cheese

.....

### Instructions

In a large pan, cook onion and garlic in 1 tablespoons hot olive oil until onion is just tender.

Meanwhile, in a bowl, beat together egg. Stir in feta cheese, roasted sweet pepper and black pepper. Pour egg mixture over onion mixture in pan. Cook over medium heat.

As mixture sets, run a spatula around the edge of the pan, lifting egg mixture so uncooked portion flows underneath.

Continue cooking and lifting edges until egg mixture is almost set (surface will be moist.) Reduce heat as necessary to prevent overcooking.

Sprinkle parmesan cheese over frittata. Continue to cook for 1 to 2 minutes or until golden. Cut frittata in wedges to serve.

**Contains 4 key Mediterranean diet foods**

**Tip**

Serve with salad or oven roasted Mediterranean vegetables

.....  
**Total meal cost: £1.32**

**Cost per serving: 66p**

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## Mediterranean Pasta Salad

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### Ingredients

(Serves 2)

.....  
180g dried **wholegrain pasta**  
.....

10 **cherry tomatoes**  
.....

10 **black olives**  
.....

.....  
 $\frac{1}{2}$  **red onion**, finely sliced  
.....

40g feta cheese, crumbled  
.....

15g **walnuts**, toasted  
.....

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

Handful basil leaves  
.....

### Instructions

Cook the pasta according to the pack instructions.

Drain and refresh under cold water.

Toss the pasta together with the remaining ingredients and serve.

#### Tip

This dish makes a great lunch or you could serve it with chicken or fish as a main meal.

**Contains 7 key Mediterranean diet foods**

.....  
**Total meal cost: £1.47**

**Cost per serving: 74p**  
.....

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## Salmon, Spinach and Bean Salad

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### Ingredients

(Serves 2)

.....  
175g **Salmon** fillet

.....  
450g fresh **spinach**, washed

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

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

.....  
2 tbsp **extra virgin olive oil** and  
extra for drizzling

.....  
30g feta cheese, crumbled

.....  
Pepper

### Instructions

Heat 1 tbsp of the oil in a pan and fry salmon fillet skin side down to begin. When the fish has cooked up to almost halfway up the side edge, turn over and cook the other side for around 2 minutes, depending on thickness. Remove from pan and keep warm.

Add 1 tbsp oil into another pan and add spinach. Lightly wilt and add toasted pine nuts. Place in a large bowl.

Peel the skin away from the salmon fillet and break the flesh into a large chunks. Add to spinach and gently toss. Add feta, drizzle with extra virgin olive oil and season with pepper.

(Ready in 40 minutes)

**Contains 5 key Mediterranean diet foods**

#### Tip

You can also use this recipe to create a chicken, spinach and bean salad or experiment with different types of fish.

.....  
**Total meal cost: £4.72**

**Cost per serving: £2.36**

.....

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## Tomato and Cheese Salad

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### Ingredients

(Serves 2)

.....  
1 medium **red onion**, very thinly sliced

.....  
2 large **tomatoes**, sliced

.....  
125g packet soft mozzarella, thinly sliced

.....  
1 tbsp chopped fresh parsley

.....  
2 tbsp finely chopped basil

.....  
4 cloves **garlic**, crushed

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

.....  
2 tsp red wine vinegar, or to taste

.....  
Black pepper, to taste  
.....

### Instructions

Place a layer of onion in a small serving dish.

Cover with a layer of tomatoes and a layer of mozzarella.

Sprinkle with some of the parsley, basil, garlic and pepper.

Drizzle with a little oil and a splash of vinegar.

Continue layering the rest of the ingredients.

Refrigerate until well chilled.

**Contains 4 key Mediterranean diet foods**

#### Tip

This dish makes a great lunch or you could serve it with chicken as a main meal

.....  
**Total meal cost: £1.32**

**Cost per serving: 66p**  
.....



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## Salmon Cakes

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### Ingredients

(makes 4 cakes)

.....  
540g **salmon**, skinned and cut  
into chunks

.....  
2 **spring onions**, finely  
chopped

.....  
1 ½ tbsp fresh parsley,  
chopped

.....  
Zest of 1 **lemons**

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

.....  
Pepper

**Contains 4 key Mediterranean  
diet foods**

### Instructions

Place the spring onions, parsley and lemon zest in a bowl. Season with pepper.

Place the salmon into a food processor and pulse 2 or 3 times to finely chop, but not puree. (Alternatively, finely chop salmon) Add the chopped salmon to the bowl and gently mix until combined.

Divide the mixture into 8 patties. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

Heat 2tbsp oil in a frying pan over medium heat. Add 4 salmon cakes and cook until browned on both sides and cooked through (about 6 to 8 minutes). Repeat with the remaining oil and salmon cakes.

(Ready in 30 minutes)

#### Tip

Salmon cakes can be eaten with a salad or served in a roll as a burger.

.....  
**Total meal cost: £6.59**

**Cost per serving: £1.64 (per cake)**

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# Tomato Bruschetta

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## Ingredients

(Serves 2)

.....  
4 slices of **wholegrain crusty bread**

.....  
2 cloves of **garlic**, chopped in half

.....  
4 **cherry tomatoes**, diced

.....  
2 tbsps **extra virgin olive oil**, for drizzling

.....  
Mixed herbs

.....  
Fresh basil leaves

.....

## Instructions

Using the grill, lightly toast the bread on both sides. Rub each piece of toast with half a garlic clove and then return to the grill for a few seconds.

Spoon the chopped tomatoes on the toast. Season with mixed herbs, drizzle with olive oil and garnish with basil leaves.

**Contains 4 key Mediterranean diet foods**

### Tip

You can vary the flavour of your bruschetta through topping with olives and cheese.

.....  
**Total meal cost: 66p**  
**Cost per serving: 33p**

.....



# Dinner



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## Mediterranean Style Marinated Fish

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### Ingredients

(Serves 2)

.....  
2 fish fillets

.....  
2 tbsp extra virgin olive oil

.....  
2 tsp red wine vinegar

.....  
½ tsp ground black pepper

.....  
½ dried mixed herbs

.....  
½ garlic clove

.....  
2 bay leaves

### Instructions

In a bowl, mix olive oil, vinegar, pepper, mixed herbs and garlic.

Coat both sides of the fish/ chicken fillets.

Break the bay leaves into 3-4 pieces, press onto both sides of fillets.

Cover and refrigerate for at least an hour. Remove the bay leaves.

Cook in a non-stick pan over a medium-high heat.

Serve with potatoes, wholegrain pasta, wholegrain rice or another 'grain' such as couscous or polenta

**Contains 3 key Mediterranean diet foods**

**Tip**

This recipe can also be used to make marinated chicken.

.....  
**Total meal cost: £3.13**

**Cost per serving: £1.57**  
.....

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## Pasta with Sardines

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### Ingredients

(Serves 2)

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

.....  
 $\frac{1}{4}$  **onion**, finely chopped

.....  
250g fresh **sardines**, scaled,  
cleaned and filleted

.....  
1 tbsp **tomato purée**

.....  
4 **cherry tomatoes**

.....  
4 **mushrooms**

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

.....  
200g **wholegrain pasta**

.....  
15g feta cheese, crumbled

.....  
Pepper

.....

### Instructions

Heat the olive oil in a frying pan over a medium heat. Add the onions and fry for 5 minutes or until softened.

Add half the sardines and the tomato puree and stir for a few minutes. Then add the pine nuts and cook gently for 15 minutes. Add the rest of the sardine fillets, tomatoes and mushrooms and cook for a further 10 minutes.

Meanwhile, cook the pasta according to packet instructions.

Drain the pasta and serve with the sardine sauce on top. Season with pepper.

(30 mins prep, 10-30 mins cooking)

**Contains 8 key Mediterranean diet foods**

#### Tip

You can use different types of fish or chicken for this recipe.

.....  
**Total meal cost: £3.94**

**Cost per serving: £1.97**

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## Vegetable Curry

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### Ingredients

(Serves 2)

100g carrots

50g broccoli

150g potatoes

1 tbsp extra virgin olive oil

$\frac{3}{4}$  tsp cumin seeds

1 onions, grated

$\frac{1}{2}$  tsp ground coriander

$\frac{3}{4}$  tsp chilli powder

$\frac{1}{2}$  bay leaf

$\frac{1}{2}$  large garlic clove, crushed

175 ml strained tinned tomatoes

100ml vegetable stock

55g frozen peas

### Instructions

Cut the carrots into chunks, the broccoli into small florets and the potatoes into quarters. Place in a steamer and steam until just tender or cook in boiling water in a saucepan.

Heat the oil over medium heat in a large saucepan and fry the cumin seeds until they start to sizzle. Add the onions, partially cover and cook over medium-low heat until they soften.

Add the coriander, chilli powder, bay leaf and garlic and cook, stirring for 1 minute. Add the strained tomatoes, stock, carrots, broccoli and potatoes, partially cover and cook for 10-15 minutes or until the vegetables have softened. Add the peas and cook for a further 2-3 minutes.

Serve with wholegrain rice or bread.

#### Tip

You can use any combination of vegetables that take your fancy for this recipe and chicken can be added to create a chicken curry.

**Contains 8 key Mediterranean diet foods**

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**Total meal cost: 82p**

**Cost per serving: 41p**



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## Tuna Pasta

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### Ingredients

(Serves 2)

.....  
200g wholegrain pasta

.....  
35g broccoli

.....  
35g tinned sweetcorn

.....  
100g cherry tomatoes, halved

.....  
160g tin tuna in spring water, drained

.....  
½ Large pack parsley, roughly chopped

.....  
¼ lemon, juiced

.....  
Black pepper

.....  
**Contains 6 key Mediterranean diet foods**

### Instructions

Cook the pasta according to packet instructions in a saucepan of boiling water. Add the broccoli, sweetcorn and cherry tomatoes for the final 3 mins of cooking time. Drain, then add the tuna, stirring through until hot

Remove from the heat. Stir through parsley and squeezed lemon juice and serve seasoned with pepper.

(Prep: 10 mins, Cook: 15 mins)

**Tip**

Vary this dish by swapping tuna for cooked chicken.

.....  
**Total meal cost: £3.02**

**Cost per serving: £1.51**

.....

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# Lemon Chicken

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## Ingredients (Serves 2)

.....  
2 tsp wholegrain mustard

.....  
1 tbsp honey

.....  
2 skinless chicken breasts

.....  
2 **red onions**, cut into 8 wedges each

.....  
½ a **garlic** bulb, broken into cloves,  
but not peeled

.....  
Mixed herbs

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

.....  
10floz chicken stock

.....  
ground black pepper

.....  
**Wholegrain pasta**

.....  
**Salad extra virgin olive**  
**oil**, to serve drizzled with

.....  
**Contains 6 key**  
**Mediterranean diet foods**

## Instructions

Pre-heat oven to 200°C/ Gas mark 6/  
390°F. Mix the mustard and honey  
and spread on the top of each chicken  
breast.

Place the chicken in a deep baking  
tray with the garlic cloves, onion  
wedges and mixed herbs.

Squeeze the lemon juice over the top  
and place the left over lemon peel in  
the tray too.

Pour over the stock and season.

Cover with foil and bake in the oven  
for 45 minutes, then remove foil and  
bake for further 5 minutes.

Meanwhile cook the pasta.

Remove the lemon from the baking  
tray and discard. Remove the chicken  
breasts. Toss the cooked pasta in the  
baking tray.

Serve topped with a chicken breast,  
sliced and salad.

### Tip

To vary this recipe, try serving with rice or  
with potatoes and vegetables.

.....  
**Total meal cost: £3.53**

**Cost per serving: £1.76**

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## Mediterranean Beef and Vegetables

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### Ingredients

(Serves 2)

- .....
- 2 lean sirloin or rump steaks
- .....
- 1 tsp paprika
- .....
- 4 tbsp **extra virgin olive oil**
- .....
- 1 small **red onion**, sliced
- .....
- 2 **peppers** (yellow and green),  
chopped
- .....
- 200g (7oz) **cherry tomatoes**
- .....
- Fresh parsley, chopped
- .....
- ½ tbsp red wine vinegar
- .....

### Instructions

Rub the steaks on both sides with paprika and 2 tbsp of olive oil. Grill or fry for 2 minutes each side. Rest for 5 minutes before slicing into strips.

Combine the onion, peppers, tomatoes, parsley, 2 tbsp olive oil and vinegar. Mix well and toss through the steaks.

Serve with potatoes or a salad.

(Ready in 20 minutes)

#### Tip

To vary this recipe you can replace the beef with chicken.

**Contains 4 key Mediterranean diet foods**

.....

**Total meal cost: £10.72**

**Cost per serving: £5.36**

.....

**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.

# Dessert





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## Poached Pears

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### Ingredients (Serves 2)

.....  
2-4 ripe **pears**, depending on size  
.....  
1/2 **orange**, juice and pared zest  
.....  
150ml Sauternes, or other medium  
sweet white **wine**  
.....  
250ml water  
.....  
20g honey  
.....  
70g sugar  
.....  
1 **lemons**, juice only  
.....  
Ground cinnamon  
.....  
1 ½ cloves  
.....

**Contains 4 key Mediterranean diet foods**

#### Tip

You can vary this recipe by poaching different fruits such as peaches, plums or apricots or by experimenting with different spices such as nutmeg or vanilla.

.....  
**Total meal cost: £2.95**  
**Cost per serving: £1.48**  
.....

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

### Instructions

Using a small, sharp knife, score a zigzag pattern in the skin around the top of each pear, working downwards from the stalk. Leaving the zigzag skin at the top in place, peel the rest of each pear very thinly so as to preserve their shape. Remove the core from the base using a corer or small melon baller. Cut the orange zest into thin strips.

Combine all the ingredients in a large saucepan. Set over a medium heat until the liquid comes to the boil, then reduce the heat so that it is barely simmering. The cooking time will vary according to the ripeness of the pears. Very ripe pears will only take 5 minutes, much less ripe fruit will need up to 15 minutes. As soon as they are ready, turn off the heat.

Transfer the pears with their poaching syrup to a bowl and leave at room temperature until needed. Serve one or two pears on each plate with a little orange zest and some of the syrup. (Prep: 10 mins, Cook: 20 mins)

## 7 day Spring Mediterranean Diet Menu

Here is what an example healthy 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><b><u>Breakfast</u></b></p> <p>Wholegrain bagel with olive spread</p> <p>Glass of 100% fruit juice</p>	<p><b><u>Breakfast</u></b></p> <p>Fresh Fruit salad</p>	<p><b><u>Breakfast</u></b></p> <p>Crunchy oat yoghurt &amp; glass of 100% fruit juice</p>	<p><b><u>Breakfast</u></b></p> <p>Wholegrain toast &amp; banana</p>	<p><b><u>Breakfast</u></b></p> <p>Scrambled egg &amp; wholegrain toast with olive spread (2 slices)</p>	<p><b><u>Breakfast</u></b></p> <p>Mediterranean pancakes with Greek yoghurt &amp; glass of 100% fruit juice</p>	<p><b><u>Breakfast</u></b></p> <p>Wholegrain cereal with berries, wholegrain toast with olive spread &amp; 100% fruit juice</p>
<p><b><u>Lunch</u></b></p> <p>Mediterranean Frittata</p> <p><i>Handful of nuts as a snack</i></p>	<p><b><u>Lunch</u></b></p> <p>Curried parsnip soup with wholegrain bread and olive oil spread</p>	<p><b><u>Lunch</u></b></p> <p>Mediterranean pasta salad</p> <p><i>Wholemeal bread with olive spread (2 slices)</i></p>	<p><b><u>Lunch</u></b></p> <p>Salmon, spinach and bean salad &amp; an orange</p> <p><i>Handful of nuts as a snack</i></p>	<p><b><u>Lunch</u></b></p> <p>Tomato bruschetta</p> <p><i>A piece of fruit as a snack</i></p>	<p><b><u>Lunch</u></b></p> <p>Tomato and cheese salad &amp; wholemeal bread with olive spread</p> <p><i>Handful of nuts as a snack</i></p>	<p><b><u>Lunch</u></b></p> <p>Salmon cakes</p> <p><i>A piece of fruit as a snack</i></p>
<p><b><u>Dinner</u></b></p> <p>Pasta with sardines.</p> <p>Strawberries with Greek Yoghurt</p>	<p><b><u>Dinner</u></b></p> <p>Vegetable curry</p>	<p><b><u>Dinner</u></b></p> <p>Mediterranean style marinated fish &amp; a sliced peach</p>	<p><b><u>Dinner</u></b></p> <p>Mediterranean style marinated chicken with lemon potatoes</p>	<p><b><u>Dinner</u></b></p> <p>Mediterranean beef and vegetables &amp; fruit and low fat yoghurt</p>	<p><b><u>Dinner</u></b></p> <p>Tuna pasta &amp; fresh fruit salad</p>	<p><b><u>Dinner</u></b></p> <p>Lemon chicken &amp; salad</p>

