



**M**EDITERRANEAN  
**COOKBOOK** *for two*  
by dr lavinia baresi **DIET** *in 20*  
*minutes*



4 WEEKS MEAL PLAN & SHOPPING LIST



# *Salads*







# BLACK LENTIL SALAD WITH AVOCADO & BASIL



**Method**  
Oven



**Serves**  
2



**Time**  
15 Mins



**Calories**  
470

## EQUIPMENT

- Baking tray
- Parchment paper
- Medium frying pan
- Knife and chopping board
- Measuring spoons
- Salad bowl

## INGREDIENTS

- 1 avocado
- 60g (1/4 cup) maple & mustard dressing (sauces & dips chapter)
- 30g (1 oz) pitted black olives
- 1 red onion
- 1 handful fresh flat-leaf parsley
- 1 roasted red pepper
- 40g (1 1/2 cups) arugula
- 180g (6.3 oz) broccoli
- 240g (8.5 oz) canned beluga lentils
- 110g (3.9 oz) tomatoes
- 40g (1.4 oz) sundried tomatoes



*This vitamin-packed salad is a quick and nutritious option, perfect for a light meal. Beluga lentils, rich in fiber, are combined with a flavorful sundried tomato and black olive sauce. The salad is brightened with juicy red pepper and creamy avocado, complemented by tenderstem broccoli and fresh rocket.*

## INSTRUCTIONS

### Step 1: Roast the Broccoli

Preheat the oven to 240°C (fan 220°C) / gas mark 9, or set the air fryer to 180°C. Trim the tenderstem broccoli (180g or 6.3 oz) and place it on a lined baking tray. Toss with 2 tsp of olive oil (10 ml) and a pinch of sea salt and black pepper. Roast for 10-15 minutes (or air fry for 5-7 minutes) until golden and tender.

### Step 2: Sauté the Onion

Finely dice the red onion (1 red onion). Heat a medium frying pan over medium heat with 1 tsp of olive oil (5 ml). Add the diced onion and cook for 5-7 minutes, stirring occasionally, until softened.

### Step 3: Prepare the Salad Base

Drain and rinse the black beluga lentils (240g or 8.5 oz). Thinly slice the roasted red pepper (1 roasted red pepper), halve the pitted black olives (30g or 1 oz), and seasonal tomatoes (110g or 3.9 oz). Roughly chop the sundried tomatoes (40g or 1.4 oz). Add these ingredients to the frying pan with the onions, cooking for an additional 5 minutes. Season with sea salt and black pepper to taste.

### Step 4: Final Assembly

Thinly slice the avocado (1 avocado). Finely chop the fresh flat-leaf parsley (1 handful) and stir it through the lentil mixture.

### Step 5: Serve

Place a bed of rocket (40g or 1 1/2 cups) in serving bowls. Top with the lentil mixture, sliced avocado, and roasted broccoli. Drizzle with the maple and mustard dressing (60g or 1/4 cup).







# WATERMELON AND FETA SALAD WITH MINT



**Method**  
Mixing



**Serves**  
2



**Time**  
15 Mins



**Calories**  
210

*Watermelon and Feta Salad with Mint combines the sweet juiciness of watermelon with the creamy tang of feta cheese, enhanced by the freshness of mint. Perfect for a hot summer day, this salad offers a delightful fusion of textures and flavors, bringing a taste of the Mediterranean coast to your table.*

## INSTRUCTIONS

### Step 1: Prepare Ingredients

Cube 4 cups watermelon and place in a large mixing bowl. Thinly slice 1/4 cup red onion and add to the bowl.

### Step 2: Add Cheese and Mint

Chop 1/4 cup fresh mint leaves and crumble 1 cup feta cheese. Add both to the mixing bowl.

### Step 3: Add Olives

Add 1/2 cup pitted and halved Kalamata olives to the salad mixture.

### Step 4: Make Dressing

In a small bowl, whisk together 2 tbsp olive oil and 1 tbsp balsamic reduction.

### Step 5: Dress Salad

Drizzle dressing over the watermelon and feta mixture. Gently toss to coat evenly.

### Step 6: Season Salad

Season with 1/2 tsp sea salt and 1/4 tsp black pepper. Give a final gentle toss.

### Step 7: Serve

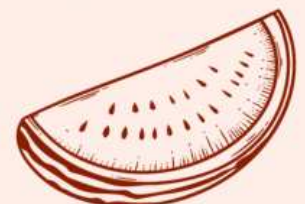
Let salad sit for 5 minutes to meld flavors. Serve chilled or at room temperature, garnished with additional mint leaves if desired.

## EQUIPMENT

- Large mixing bowl
- Small whisking bowl
- Knife
- Chopping board
- Serving platter

## INGREDIENTS

- 4 cups watermelon, cubed (about 600g or 21oz)
- 1 cup feta cheese, (150g or 5.3oz)
- 1/4 cup fresh mint
- 2 tbsp extra virgin olive oil (30ml)
- 1 tbsp balsamic reduction (15ml)
- 1/2 tsp sea salt (2.5g)
- 1/4 tsp black pepper
- 1/4 cup red onion, thinly sliced (about 40g or 1.4oz)
- 1/2 cup Kalamata olives, pitted and halved (about 50g or 1.8oz)



# *Vegetarian meals*







# ZUCCHINI WITH QUINOA, GOAT CHEESE & ALMONDS



**Method**  
Oven



**Serves**  
2



**Time**  
20 Mins



**Calories**  
290

*This Mediterranean-style stuffed zucchini dish is a delicious combination of nutty quinoa, creamy goat cheese, and the crunch of toasted almonds. Zucchini serves as the perfect vessel for this wholesome, flavorful filling, while fresh herbs brighten the dish, making it a balanced, healthy meal ready in no time.*

## INSTRUCTIONS

### Step 1: Preheat the Oven

Preheat the oven to 350°F (175°C) if you prefer to bake the stuffed zucchinis, although you can also cook them on the stovetop.

### Step 2: Prepare the Zucchini

Cut 2 medium zucchinis (300g) in half lengthwise and scoop out the center to create a hollow space for the filling. Lightly season the zucchini halves with salt and pepper.

### Step 3: Prepare the Filling

In a mixing bowl, combine 1/2 cup cooked quinoa (85g), 1/4 cup crumbled goat cheese (40g), 2 tbsp toasted almonds (15g), minced garlic, 1 tbsp fresh parsley, and 1 tsp thyme. Mix until well combined.

### Step 4: Stuff the Zucchini

Fill the hollowed zucchini halves with the quinoa mixture. Press down gently to pack the filling. Add 110g (3.9 oz) cherry tomatoes on top.

### Step 5: Cook the Zucchini

If baking, place the stuffed zucchini in a baking dish and bake for 10-12 minutes until the zucchini is tender. Alternatively, cook them in a skillet with a lid over medium heat for 8-10 minutes.

### Step 6: Serve

Once cooked, drizzle with 1 tbsp olive oil (15ml) and serve immediately.

## EQUIPMENT

- Skillet
- Mixing bowl
- Knife
- Cutting board
- Measuring cups and spoons
- Baking dish

## INGREDIENTS

- 2 medium zucchinis, halved and hollowed (approx. 300g)
- 110g (3.9 oz) tomatoes
- 1/2 cup cooked quinoa (85g)
- 1/4 cup goat cheese, crumbled (approx. 40g)
- 2 tbsp slivered almonds, toasted (approx. 15g)
- 1 tbsp olive oil (15ml)
- 1 clove garlic, minced
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh thyme, chopped
- Salt and pepper, to taste



# RED PEPPERS WITH FETA, WALNUTS & FRESH DILL



**Method**  
Oven



**Serves**  
2



**Time**  
20 Mins



**Calories**  
230

## EQUIPMENT

- Skillet or grill pan
- Knife
- Cutting board
- Mixing bowl
- Measuring cups and spoons

## INGREDIENTS

- 2 large red bell peppers, halved and seeds removed (approx. 250g)
- 1/4 cup crumbled feta cheese (approx. 40g)
- 2 tbsp walnuts, chopped and toasted (approx. 15g)
- 1 tbsp olive oil (15ml)
- 1 tbsp fresh dill, chopped
- 1 tbsp balsamic vinegar (15ml)
- Salt and pepper, to taste



*This dish highlights the sweet, smoky flavor of roasted red peppers paired with tangy feta cheese and the crunch of walnuts. The addition of fresh dill gives this Mediterranean classic a refreshing twist, while the nuts add a nutritious boost, making it a perfect quick and healthy vegetarian option.*



## INSTRUCTIONS

### Step 1: Preheat the Grill or Skillet

Preheat a grill or skillet over medium-high heat.

### Step 2: Grill the Peppers

Brush the halved red bell peppers (250g) with 1 tbsp olive oil (15ml) and place them on the grill or skillet. Cook for 4-5 minutes per side until charred and tender.

### Step 3: Prepare the Topping

In a mixing bowl, combine 1/4 cup crumbled feta cheese (40g), 2 tbsp toasted walnuts (15g), and 1 tbsp fresh dill. Set aside.

### Step 4: Assemble the Peppers

Once the peppers are grilled, remove them from the heat and arrange them on a serving plate. Drizzle with 1 tbsp balsamic vinegar (15ml).

### Step 5: Add Topping and Serve

Spoon the feta and walnut mixture over the warm peppers. Season with salt and pepper to taste, and serve immediately.





BAKED BEANS WITH DILL



# BAKED BEANS WITH DILL



**Method**  
Oven



**Serves**  
2



**Time**  
20 Mins



**Calories**  
250

## EQUIPMENT

- Ovenproof pot or skillet
- Knife and chopping board
- Measuring cups and spoons

## INGREDIENTS

- 1 can (400g) cannellini or navy beans, rinsed
- 1 tbsp olive oil
- 1/2 large onion, finely chopped
- 2 cloves garlic, minced
- 1/2 can diced tomatoes (approx. 200g)
- 1 tbsp tomato paste
- 1/2 tsp sugar
- 3/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp red wine vinegar
- 1/2 cup water
- 2 tbsp fresh dill, chopped, plus extra for garnish



*This baked beans recipe brings together simple, wholesome ingredients for a flavorful and satisfying dish. The combination of soft beans, tangy tomatoes, and fresh dill creates a refreshing twist on a classic. It's a comforting meal that's easy to prepare and perfect for a cozy lunch or dinner.*

## INSTRUCTIONS

### Step 1: Preheat Oven

Preheat your oven to 375°F (190°C).

### Step 2: Sauté Onion and Garlic

In an ovenproof pot or skillet, heat 1 tbsp olive oil over medium heat. Add 1/2 chopped onion and cook for 5 minutes until softened. Stir in 2 minced garlic cloves and cook for 1 minute.

### Step 3: Make the Sauce

Add 200g diced tomatoes, 1 tbsp tomato paste, 1/2 tsp sugar, 3/4 tsp salt, 1/4 tsp black pepper, and 1 tbsp red wine vinegar. Stir well, then add 1/2 cup water and bring to a simmer.

### Step 4: Add Beans and Bake

Stir in the drained beans and mix to combine. Transfer the pot to the preheated oven and bake for 10-12 minutes until the sauce thickens and the beans are heated through.

### Step 5: Add Dill and Serve

Once baked, remove from the oven and stir in 2 tbsp fresh dill. Garnish with extra dill and serve warm.

*Pasta*





CHICKEN & COURGETTE PASTA ALFREDO



# CHICKEN & COURGETTE PASTA ALFREDO



**Method**  
Stove



**Serves**  
2



**Time**  
20 Mins



**Calories**  
500

*Decadent pasta Alfredo, made with healthy brown penne, almond cream, free-range chicken, and green veggies. Garnish with black pepper, cheese, and parsley.*

## INSTRUCTIONS

### Step 1: Cook Chicken

Heat 1 tbsp oil in a frying pan over medium-high heat. Add 300g diced chicken and cook for 4-5 minutes until golden.

### Step 2: Add Veggies

Dice 1 onion and 1 1/2 courgettes. Add onion, 2 tsp garlic paste, and 1/4 tsp red chili flakes to the chicken. Cook for 2-3 minutes until softened.

### Step 3: Make Sauce

Add courgettes, 100ml almond cream, 1/2 tbsp nutritional yeast, and half the cheese. Season with salt and pepper. Simmer for 8-10 minutes until sauce thickens.

### Step 4: Cook Pasta and Spinach

Boil 125g brown penne in salted water for 7-8 minutes. Add 80g baby spinach in the last 1-2 minutes. Drain.

### Step 5: Combine and Serve

Ensure the chicken is cooked through. Stir the spinach and pasta into the sauce. Serve garnished with parsley and the remaining cheese.

## EQUIPMENT

- Large frying pan
- Large saucepan
- Cutting board
- Knife
- Colander

## INGREDIENTS

- 1/4 tsp red chilli flakes
- 1 1/2 courgettes
- 300g (10.5 oz) diced chicken breast
- 1/2 tbsp nutritional yeast
- 1 brown onion
- 1/2 handful fresh parsley
- 125g (4.4 oz) brown penne
- 80g (2.8 oz) baby spinach
- 100ml (3.4 fl oz) almond cream
- 10g (0.35 oz) Parmesan or Pecorino
- 2 tsp garlic paste
- 1 tbsp olive oil
- Sea salt and black pepper





# YELLOWFIN TUNA, BURNT LEMON & KALE PESTO PENNE



**Method**  
Stove



**Serves**  
2



**Time**  
20 Mins



**Calories**  
610

## EQUIPMENT

- Oven
- Baking tray
- Large saucepan
- Lined parchment paper
- Knife and chopping board
- Measuring spoons
- Small bowl

## INGREDIENTS

- 1 tbsp aged balsamic vinegar
- 40g (1 1/2 cups) kale
- 1 lemon
- 250g (9 oz) brown rice penne
- 1 shallot
- 4 tsp garlic paste
- 8 tbsp green pesto
- 200g (7 oz) seasonal mixed tomatoes
- 40g (1 1/2 oz) sundried tomatoes
- 2 x 220g (7.8 oz each) yellowfin tuna



*This impressive pasta dish features pan-fried yellowfin tuna chunks, sustainably sourced, served with penne tossed in a vibrant kale pesto, drizzled with aged balsamic and garnished with burnt lemon.*



## INSTRUCTIONS

### Step 1: Cook Penne and Kale

Boil salted water in a large saucepan. Cook the brown rice penne (250g or 9 oz) for 7-8 minutes. Add the kale (40g or 1 1/2 cups) for the last 2-3 minutes. Drain and return to the pan.

### Step 2: Prepare Ingredients

Thinly slice the shallot (1). Halve the sundried tomatoes (40g or 1 1/2 oz) and fresh tomatoes (200g or 7 oz). Quarter the lemon (1).

### Step 3: Cook Tuna and Lemon

Heat 1 tbsp oil in a large frying pan over medium-high heat. Season the tuna (2 x 220g or 7.8 oz each) with sea salt and black pepper. Cook for 3-4 minutes, turning regularly. Drizzle lemon with 1 tsp oil and add to the pan, cooking for 2-3 minutes until charred. Remove and set aside.

### Step 4: Combine Ingredients

Reheat the pan with 1 tsp oil over medium heat. Cook the shallot (1) and garlic (4 tsp) for 2-3 minutes. Mix the pesto (8 tbsp), sundried tomatoes (40g or 1 1/2 oz), and fresh tomatoes (200g or 7 oz) into the penne and kale. Toss gently with the tuna chunks.

### Step 5: Serve

Serve in bowls, drizzle with balsamic vinegar (1 tbsp), and garnish with burnt lemon wedges. Squeeze lemon juice over the top to taste.

# *Meat & Poultry*



HOT-SMOKED DUCK WITH HAZELNUT & BEETROOT





# HOT-SMOKED DUCK WITH HAZELNUT & BEETROOT



**Method**  
Stove



**Serves**  
2



**Time**  
15 Mins



**Calories**  
573

*Chunks of hot-smoked duck crown this warm, summery salad – stuffed with beetroot, orange segments, potatoes, and little gem lettuce. Crushed hazelnuts add crunch, while dill brings freshness.*

## INSTRUCTIONS

### Step 1: Cook Potatoes

Boil a kettle. Quarter the baby white potatoes (900g) and place in a saucepan. Cover with lightly salted boiling water and boil for 10-12 minutes until cooked. Drain, rinse under cold water to cool, and set aside.

### Step 2: Prepare Orange

Segment the orange (1) and squeeze the juice from the remaining membrane into a large bowl.

### Step 3: Make Dressing

In the bowl of orange juice, add honey (25g) and wholegrain mustard (1 tbsp). Whisk in 1 1/2 tbsp olive oil, then season with sea salt and black pepper.

### Step 4: Prepare Salad Ingredients

Cut the little gem lettuce (1) into wedges and separate the leaves. Pick the dill fronds (1 handful). Dice the pre-cooked beetroot (250g). Roughly chop or crush the hazelnuts (20g).

### Step 5: Assemble Salad

In the bowl with the dressing, add lettuce, potatoes, orange segments, and half the dill. Lightly toss to combine.

### Step 6: Add Duck and Serve

Remove the skin from the hot-smoked duck fillets (2) and cut into chunks. Serve the salad topped with duck, diced beetroot, crushed hazelnuts, and remaining dill.

## EQUIPMENT

- Medium saucepan
- Large bowl
- Knife and chopping board
- Measuring spoons

## INGREDIENTS

- 250g pre-cooked beetroot
- 1 handful fresh dill
- 20g hazelnuts
- 25g honey
- 1 little gem lettuce
- 1 tbsp wholegrain mustard
- 1 orange
- 900g baby white potatoes
- 2 hot-smoked duck fillets
- 1 1/2 tbsp olive oil
- Sea salt and black pepper to taste





# SHAWARMA STEAK, QUINOA TABBOULEH & TAHINI



**Method**  
Stove



**Serves**  
2



**Time**  
15 Mins



**Calories**  
550



## EQUIPMENT

- Large saucepan
- Small bowl
- Frying or griddle pan
- Knife
- Cutting board

## INGREDIENTS

- 2 tbsp (30ml) apple cider vinegar
- 1 cucumber
- 2 garlic cloves
- 1 lemon
- 1 b fresh mint
- 1 red onion
- 1 b flat-leaf parsley
- 80g (2.8 oz) tricolor quinoa
- 1 tbsp shawarma spice mix
- 1 tbsp (15g) tahini
- 2 tomatoes
- 2 Denver steaks (approx. 200g / 7 oz each)
- 1 tbsp olive oil
- Sea salt and black pepper

## INSTRUCTIONS

### Step 1: Cook Quinoa

Boil a kettle. Heat a large saucepan with salted water. Add 80g (2.8 oz) quinoa and boil for 10 minutes until cooked. Drain, return to the pan, and set aside.

### Step 2: Pickle Onions

Thinly slice the red onion. Place half in a small bowl with 2 tbsp (30ml) apple cider vinegar, 1 tbsp cold water, and a pinch of sea salt. Leave to pickle.

### Step 3: Make Tahini Dressing

Mix 1 tbsp (15g) tahini, a squeeze of lemon juice, and 1-2 tbsp cold water in a small bowl. Season with sea salt and black pepper. Mix until smooth.

### Step 4: Cook Steaks

Rub 2 steaks with 1 tbsp olive oil, 1 tbsp shawarma spice, a pinch of salt, and black pepper. Chop 2 garlic cloves. Heat a griddle pan over medium heat. Cook steaks for 2-3 minutes on each side for medium, or 3-4 minutes for medium-well, adding garlic and remaining onion halfway through. Let the steaks rest before slicing thinly.

### Step 5: Prepare Tabbouleh

Chop the parsley and mint. Finely dice 1 cucumber and 2 tomatoes. Mix all with the quinoa, pickled onion, and some pickling liquid. Season with salt and pepper.

### Step 6: Serve

Spoon the quinoa tabbouleh onto warm plates. Serve with sliced steak and drizzle with tahini dressing. Pour over any cooking juices.



# *Fish & Seafood*



# SPANISH HAKE & BUTTERBEAN STEW



**Method**  
Stove



**Serves**  
2



**Time**  
15 Mins



**Calories**  
420

*This hearty Spanish Hake & Butterbean Stew combines tender fish with butter beans, kale, baby tomatoes, and fresh rosemary, seasoned with smoked paprika and cumin.*

## INSTRUCTIONS

### Step 1: Cook Shallots

Boil the kettle. Heat 1 tsp oil in a medium saucepan over medium-high heat. Peel and slice the shallot (1) and cook for 2 minutes.

### Step 2: Add Seasonings

Add ½ tsp smoked paprika, ½ tsp ground cumin, and 2 tbsp sundried tomato paste. Cook for 30 seconds.

### Step 3: Combine and Cook

Add halved baby plum tomatoes (60g), kale (40g), drained butter beans (120g), and 125ml stock (¼ chicken stock cube dissolved in boiling water). Season with sea salt. Bring to a boil, reduce heat, and place hake fillets (2 x 150g) on top. Simmer with lid on for 6-8 minutes.

### Step 4: Garnish and Serve

Chop half the rosemary leaves and thyme and sprinkle over the stew. Serve in bowls.

## EQUIPMENT

- Medium saucepan
- Knife and chopping board
- Jug

## INGREDIENTS

- 240g butter beans
- ½ tsp ground cumin
- 40g kale
- 2 x 150g hake fillet
- ½ tsp smoked paprika
- 1 handful fresh rosemary
- 1 handful fresh thyme
- 1 shallot
- 1 chicken stock cube
- 2 tbsp Belazu sundried tomato paste
- 60g baby plum tomatoes
- 1 tsp olive oil
- Sea salt to taste
- 125ml boiling water









# *Snacks*

# ZUCCHINI FRITTERS WITH MINT AND DILL



**Method**  
Oven



**Serves**  
2



**Time**  
15 Mins



**Calories**  
190



*Crispy zucchini fritters are light, herbaceous, and perfect for a quick snack or mezze. Fresh mint and dill add a refreshing twist to the zucchini, making them an excellent choice for a summer appetizer.*

## INSTRUCTIONS

### Step 1: Prepare the Zucchini

Grate 1 medium zucchini (200g) and squeeze out excess moisture using a clean kitchen towel.

### Step 2: Make the Fritter Batter

In a mixing bowl, combine the grated zucchini, 2 tbsp flour (15g), 1 beaten egg, 1 tbsp mint (2g), and 1 tbsp dill (2g). Season with salt and pepper.

### Step 3: Fry the Fritters

Heat 2 tbsp olive oil (30ml) in a skillet over medium heat. Drop spoonfuls of the batter into the skillet, flattening slightly. Cook for 3-4 minutes per side until golden and crispy.

### Step 4: Serve

Serve the fritters hot with a side of yogurt or lemon wedges.

## EQUIPMENT

- Baking sheet
- Knife
- Mixing bowl
- Spoon

## INGREDIENTS

- 1 medium zucchini, grated ( 200g)
- 2 tbsp flour (approx. 15g)
- 1 egg, beaten
- 1 tbsp fresh mint, chopped ( 2g)
- 1 tbsp fresh dill, chopped ( 2g)
- 2 tbsp olive oil (30ml)
- Salt and pepper, to taste





# *Dips & Sauces*





# SMOKED AUBERGINE DIP WITH POMEGRANATE & WALNUTS



**Method**  
Stove



**Serves**  
2



**Time**  
15 Mins



**Calories**  
538

## EQUIPMENT

- Grill or broiler
- Baking sheet
- Fork
- Colander
- Food processor
- Serving bowl

## INGREDIENTS

- 2 medium aubergines (eggplants), approx. 1 1/3 lbs (600g)
- 3 tbsp (45ml) extra virgin olive oil
- 1 clove garlic, minced
- Juice of 2/3 lemon (20ml)
- 1/3 cup (80ml) tahini
- 1/3 tsp ground cumin
- 1/3 tsp smoked paprika
- Salt and pepper
- 1/3 cup (58g) pomegranate seeds
- 1/3 cup (40g) walnuts
- Fresh parsley



*The smoked aubergine dip with pomegranate and walnuts is a delightful blend of smoky, creamy, and crunchy textures. The rich, velvety aubergine is balanced by the sweetness of pomegranate seeds and the earthy bite of walnuts, making it an irresistible appetizer. Perfect for dipping with pita or serving as part of a mezze platter, it's a dish that's both vibrant and satisfying.*

## INSTRUCTIONS

### Step 1: Grill Aubergines

Preheat the grill or broiler to high. Pierce 2 medium aubergines (approx. 1 1/3 lbs or 600g) with a fork. Grill until the skin is charred and the flesh is soft, 15-20 minutes.

### Step 2: Cool and Peel

Let aubergines cool. Peel off skin, discard, and transfer flesh to a colander. Drain for 10 minutes.

### Step 3: Blend Ingredients

In a food processor, combine aubergine flesh, 3 tbsp (45ml) olive oil, 1 minced garlic clove, juice of 2/3 lemon (1 1/3 tbsp or 20ml), 1/3 cup (80ml) tahini, 1/3 tsp ground cumin, 1/3 tsp smoked paprika, salt, and pepper. Blend until smooth.

### Step 4: Adjust Seasoning

Taste and adjust seasoning. Add more lemon juice or olive oil if it is too thick.

### Step 5: Serve

Transfer the dip to a serving bowl. Top with 1/3 cup (58g) pomegranate seeds, 1/3 cup (40g) roughly chopped walnuts, and fresh chopped parsley. Serve with warm pita or as part of a mezze platter.

# *Desserts*



# BAKED FIGS WITH HONEY, WALNUTS, AND RICOTTA



**Method**  
Stove



**Serves**  
2



**Time**  
20 Mins



**Calories**  
270

## EQUIPMENT

- Baking dish
- Parchment paper
- Mixing bowl
- Measuring cups and spoons
- Knife
- Spoon

## INGREDIENTS

- 8 fresh figs (about 1 lb or 450 grams)
- 1/2 cup ricotta cheese (120 grams)
- 1/4 cup honey (60 ml)
- 1/2 cup walnuts, roughly chopped (60 grams)
- Zest of 1 lemon
- Pinch of ground cinnamon
- Fresh mint leaves for garnish



*This simple, yet exquisite dish combines the natural sweetness of ripe figs with the rich creaminess of ricotta and the earthy crunch of walnuts. Ideal as a sophisticated appetizer or a light dessert, these baked figs promise to elevate any meal with their warm, caramelized notes and rustic charm.*

## INSTRUCTIONS

### Step 1: Preheat Oven

Preheat oven to 350°F (175°C)

### Step 2: Prepare Figs

Rinse and pat dry the figs. Slice the tops off, then cut a cross halfway down each fig. Gently press the sides to open slightly. Place in a baking dish lined with parchment paper.

### Step 3: Mix Ricotta

Mix 1/2 cup ricotta cheese, lemon zest, and a pinch of ground cinnamon in a small bowl.

### Step 4: Fill Figs

Spoon the ricotta mixture into the center of each fig.

### Step 5: Add Honey and Walnuts

Drizzle 1/4 cup honey over figs and ricotta. Sprinkle 1/2 cup chopped walnuts over the figs.

### Step 6: Bake

Bake for 15 minutes until figs are tender and walnuts are toasted.

### Step 7: Serve

Let cool for a few minutes. Garnish with fresh mint leaves before serving.







# *Mocktails*

## RASPBERRY LIME FIZZ



**Serves**  
2



**Time**  
10 Mins



**Calories**  
55

### INGREDIENTS

- 1 cup fresh raspberries (120g or 4.2 oz)
- 1 tablespoon lime juice (15ml or 0.5 oz)
- 1 cup cold water (240ml or 8 oz)
- 1 cup sparkling water (240ml or 8 oz)
- Ice cubes

### INSTRUCTIONS

- Blend raspberries and lime juice with cold water until smooth.
- Strain into glasses and top with sparkling water.
- Serve over ice.



## GINGER LEMONGRASS REFRESHER



**Serves**  
2



**Time**  
20 Mins



**Calories**  
40



### INGREDIENTS

- 1 cup filtered water (240ml or 8 oz)
- 1 tablespoon fresh ginger, sliced (10g or 0.35 oz)
- 1 stalk lemongrass, sliced (10g or 0.35 oz)
- 1 tablespoon honey (optional, 15ml or 0.5 oz)
- 1 tablespoon lime juice (15ml or 0.5 oz)
- 1 cup sparkling water (240ml or 8 oz)

### INSTRUCTIONS

- Boil water with ginger and lemongrass for 10 minutes. Strain and let cool.
- Stir in honey and lime juice (if using).
- Chill and serve over ice with sparkling water.