

# Healthy Portuguese Summer Recipes

## ① Chickpea Salad

2 tins of chickpeas drained  
1 clove of garlic minced  
½ a teaspoon of olive oil  
small bunch of parsley chopped  
pinch of salt to taste  
½ a teaspoon of paprika

- Put all the ingredients in a bowl and mix and serve.

## ② Rocket & White Grape Salad

50g of wild rocket  
small bunch of grapes chopped in half  
small bunch of basil leaves chopped  
olive oil  
balsamic vinegar

- Mix all the ingredients in a bowl and serve.



## ③ Blackeye Bean Salad



1 kg of cooked salad potatoes cut in rounds or cubes  
2 tins of blackeye beans drained  
4 hard boiled eggs cut in cubes  
1 medium onion finely chopped  
1 tablespoon of olive oil or more if needed  
1 medium bunch of parsley chopped  
pinch of salt to taste  
1 teaspoon of cider vinegar or enough to taste

- Put all the ingredients in a bowl, mix all together and serve.

## ④ Green Bean Salad

100g of frozen French beans cooked  
2 eggs hard boiled and cut into squares  
3 fresh tomatoes chopped  
olive oil to taste  
salt to taste  
fresh parsley chopped  
1 onion finely chopped

- Mix all the ingredients in a bowl and mix and serve.





### ⑤ Garden Fish

some green beans slightly cooked  
75g of white flour  
25g of wholemeal flour  
1 teaspoon of olive oil  
1 teaspoon of juice of lemon  
1 pinch of turmeric  
1 pinch of mild curry powder  
enough water to mix to make a batter  
salt to taste

#### Ingredients for the sauce

2 small tubs of firm natural yoghurt  
salt  
olive oil  
2 tablespoons of chopped fresh mint  
½ a teaspoon of lemon juice  
1 clove of garlic minced, if you like it

- Mix all together.
- Mix the flour with the water. Add the olive oil, lemon juice, turmeric and curry powder. Mix until the mixture is smooth and thick like a pancake mix.
- Take each green bean and dip in the mixture then put in the frying pan to cook. Serve with the mint sauce to dip.

### ⑥ Tomato Bake

old bread cut in slices  
1kg of tomatoes peeled and chopped  
1 green pepper chopped  
1 onion chopped  
300ml of vegetable stock [eg. Knorr vegetable stock]  
fresh coriander chopped  
5 eggs  
salt - if needed as the stock has salt  
olive oil



- In a saucepan put the olive oil, add the onion, sauté for 2 minutes. Add the chopped tomatoes and green peppers until they are slightly cooked.
- Heat 300ml of water, add the Knorr cube and dissolve. Add the vegetable stock to the tomatoes and pepper and bring to the boil.
- Put the slices of bread in a Pyrex dish one slice over the other slice, so the two are together. Pour the tomato, green pepper and the vegetable stock on the top of the bread.
- Make a little hole on the top of the bread and crack an egg and pour into the hole. Sprinkle everything with the chopped coriander. Put in the oven for about 25 minutes or until the eggs are cooked.