

Monday



lunch

courgette boats stuffed with Ricotta

Roasted Ray's Bream

side

Sautéed garlic mushrooms

dinner

Chicken quesadillas

Fruit / Yoghurt



Ricotta stuffed courgette



How to cook

Prepare the courgettes by slicing them in half and hollowing out the seedy pulp with a spoon to make the "boats". Finely chop the ingredients with a knife; ricotta, spinach, lemon, parmesan salt and pepper. Use a whisk to mix the ingredients well. Fill the courgette boats and top them with more Parmesan cheese. Bake for 20 minutes at 180°

Did you know?

Ricotta is not technically considered cheese. It's actually made from the whey left over from cheese making. The word "ricotta" - literal meaning is "re-cooked" in Italian. That actually makes it sound a little unappetizing. but it's so delicious!

Roast Ray's Bream

How to cook

Make diagonal slashes on either side of the fish. Season the fish inside and out with salt and pepper and add a lemon slice or sun-dried tomato into each slit. Roast in the oven at 180° for 20 minutes.



Tuesday



lunch

Tomato soup

Roasted pork tenderloin

side

Potato wedges

dinner

Plain omelette

Fruit / Yoghurt

inspired



Tomato soup



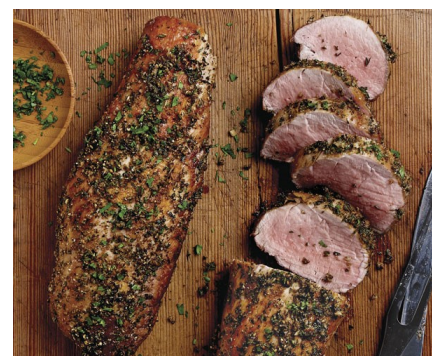
How to cook

In a large pot, melt some butter over medium-low heat. Add thinly chopped onions and cook gently, stirring occasionally, until soft and translucent, about 20 minutes. Stir in the tomatoes and their juices, chicken broth, sugar, salt, celery salt and pepper. Raise heat to medium until the liquid bubbles, then reduce heat to low. Simmer for 30 minutes, scraping the bottom of the pot frequently. Remove from heat and purée using a blender. Serve in bowls and top with cream and freshly ground pepper.

Roasted pork Tenderloin

How to cook

Heat some oil in a large pan over medium-high heat. Add the pork and cook, turning occasionally, until golden brown on both sides, 10 to 12 minutes. Spread chopped garlic and parsley mixture on a chopping-board. Roll the tenderloins in the mixture (it won't cover the pork completely), then put on an oven tray and roast for 15 minutes at 180°. Cut in thick slices and serve.



Wednesday



lunch

Pasta with pesto sauce

Seared Tuna

side

Roast Pumpkin

dinner

Vegetable soup

Fruit / Yoghurt



Pasta with pesto sauce



For the Pesto sauce

Combine basil, oil, pine nuts, and garlic in a blender. Blend until paste is formed, you may need to stop the process to ensure the basil is blended. Add both cheeses and salt; blend until you get a smooth. paste Mix with the boiled pasta and add some extra parmesan cheese.

Did you know?

It takes 15 litres of milk to produce one kilogram of Parmesan cheese. The minimum maturation period for Parmigiano Reggiano cheese is 12 months, but it is at its best when it reaches approximately 24 months of amaturity.

Seared Tuna

Nutritional facts

Tuna has many nutritious elements. It is an excellent source of selenium, vitamin B3 (niacin), vitamin B12, vitamin B6, and protein. Tuna is a very good source of phosphorus as well as a good source of vitamin B1 (thiamin), vitamin B2 (riboflavin), choline, vitamin D, and the minerals potassium, iodine, and magnesium. In addition, tuna provides valuable amounts of omega-3 fatty acids.



Thursday



lunch

Vegetable curry

Russian veal fillets

side

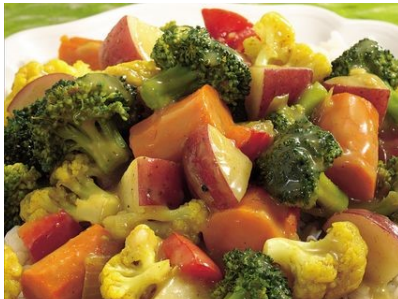
Mashed potatoes

dinner

BLT sandwich

Fruit / Yoghurt

Vegetable curry



How to cook

In 3-quart saucepan, heat oil over medium-high heat until hot. Add curry powder, salt, cumin and ground red pepper; cook and stir 1 minute. Add onion and garlic; cook and stir 1 minute longer. Add potatoes, carrots, bouillon cube and 1,5 cups of water. Heat to boiling point. Reduce heat to medium; cover and simmer 10 minutes. Add broccoli, cauliflower and bell pepper; cover and simmer 4 to 6 minutes or until vegetables are crisp-tender. Add some cream or starch to thicken the sauce and serve.

Russian veal fillets

How to cook

Add some garlic chopped parsley, one egg, 2 table spoons of milk to the minced meat and season with salt, pepper and cumin powder. Make the fillets and sear with olive oil.



Friday



lunch

Turmeric basmati rice

Galician style hake

side

Steamed cauliflower

dinner

Assorted paninis

Fruit / Yoghurt

inspired



Turmeric basmati rice



How to cook

Boil rice with cloves, cardamom, cinnamon. When the rice is cooked to your liking, drain, remove the cloves, cardamom and cinnamon. In a pan, heat the oil, add the mustard, the cumin seeds and the chili flakes. Cook until the mustard seeds start popping, then add the onion. Sauté until the onion begins to brown, about 5-7 minutes. Add the garlic and sauté another 2-3 minutes. Add the rice and mix well. Sprinkle the turmeric over the rice and mix well. Cook for another 3-4 minutes, stirring often.

Galician style hake

How to cook

Boil the hake over a low heat for 8 minutes. Then remove the casserole dish from the heat and pour off the stock, reserving a little. Garlic mixture: Sauté the chopped onion and the garlic cloves in a frying pan with oil. Remove from the heat and add the paprika and some vinegar, so it does not burn. Add salt and a little fish stock and heat again. Pour the mixture over the hake.



Saturday



lunch

Vegetable soup

Baked chicken thighs with mustard

side

Mashed sweet potatoes

dinner

Green salad

Fruit / Yoghurt

inspired



Roast chicken thighs



How to cook

Season both sides of the chicken thighs with salt and pepper and place them into a baking dish. In a bowl, whisk together the olive oil, both mustards (regular and Dijon), honey, garlic, and red pepper flakes until well incorporated. Brush the sauce over both sides of the chicken thighs. Bake for 35 minutes or until the chicken skin is crispy. Add some chopped parsley or ciboulet right before serving.

Mashed sweet potatoes

How to cook

Dice the potatoes roughly the same size and place into a large pot. Cover with water, season generously with salt, and set over high heat until boiling. Boil for 15 – 20 minutes, stirring occasionally, until the potatoes are easily pierced with a knife. Once the potatoes are done, drain the water, return to the pot removed from the heat. Add some olive oil while mashing the potatoes using a potato masher or hand mixer. Add salt and cinnamon, mix well.



Sunday



lunch

Chickpea salad

Grilled calamari

side

Roast Aubergine sticks

dinner

Ham and cheese sandwich

Fruit / Yoghurt



Chickpea, avocado, feta salad



How to cook

Empty and drain one can of Chickpeas in a strainer. Place drained chickpeas into a medium sized bowl, along with your chopped cilantro, green onions and lime juice. Stir to combine and then add in the chopped avocado, season with salt and pepper and stir once more. Add in the cubed feta cheese and stir once more until all well combined. Lastly top with some grated feta, and serve.

Grilled calamari

Nutritional facts

Calamari is a complete protein, which means that it provides all nine of the essential amino acids in adequate amounts. It offers 0.50 grams of omega-3 fatty acids per 100 grams, which is a reasonable serving. Calamari appears to be one of the least-affected types of seafood from mercury contamination.

