COOKING WITH *Ana*

30 Recipes You'll Want to Make Again



TABLE OF CONTENTS

ONE-PAN & ONE-POT FAVORITES

Creamy garlic salmon with spinach **1**
The laziest one-pan creamy pasta **2**
One-pot Creamy Zucchini pasta **3**

CRISPY RICE PAPER CREATIONS

Crispy cheese rice paper pancake **4**
Baked rice paper parcels **5**

BREAKFAST & BRUNCH

Spiced-butter yogurt eggs **6**
Salmon & poached egg on spicy yogurt **7**
Sweet potato toasts with egg & avocado **8**
Loaded sweet potato with burrata **9**

SALADS & DIPS

Yogurt spinach dip with chickpeas **10**
Creamy Japanese-inspired potato salad **11**
Club sandwich salad **12**
Salmon, egg & sweet potato salad **13**
Crispy potato ribbon & salmon salad **14**
Creamy potato & avocado salad **15**
Tzatziki-isnpired chicken & chickpea salad **16**
Tuna & avocado lettuce tacos **17**
Mediterranian dipping oil with sardines **18**

TABLE OF CONTENTS

BAKES & SAVOURY TREATS

Cheesy, herby cauliflower bake	**19**
All-in-one chicken veggie loaf	**20**
Cheesy carrot-spinach roll	**21**
Cheesy zucchini roll	**22**
Crispy colorful vegetable nests	**23**
Potato broccoli pure with eggs	**24**
Garlic mushroom cheese bread	**25**
Savory veggies & herbs buns	**26**
Broccoli savory pie	**27**
One-pan brocolli & salmon egg bake	**28**
Baked sardines with garlic confit	**29**
Creamy potato & broccoli bake	**30**

CREAMY GARLIC SALMON WITH SPINACH & TOMATOES

Golden, tender salmon in the most delicious creamy garlic sauce with juicy cherry tomatoes and spinach.



PREP TIME	COOK TIME	SERVES
10 MIN	15 MIN	2

INGREDIENTS:

- 2 salmon fillets (approx. 150–180 g / 5–6 oz each)
- 1 small onion, diced
- 3 garlic cloves, minced
- 8–10 cherry tomatoes, halved
- 100 g / 3.5 oz fresh spinach
- 150 ml / ⅔ cup heavy cream
- Olive oil
- Salt and pepper
- Fresh parsley, chopped

TIP

Keep the sauce at a gentle simmer so the salmon stays tender and the cream doesn't split.

DIRECTIONS:

1. Season the salmon with salt and pepper. Heat a little olive oil in a pan over medium heat and sear skin-side down until golden. Flip, cook briefly on the other side, then remove.
2. In the same pan, add a little more oil and sauté the onion until softened. Add garlic, reduce the heat and cook for another minute.
3. Add cherry tomatoes and cook until they begin to soften. Pour in the cream, then add spinach. Stir and simmer until the spinach wilts.
4. Return the salmon to the pan, season with salt and pepper and sprinkle with parsley.
5. Simmer gently over low heat for 5–10 minutes, until the salmon is cooked through and the sauce has thickened.
6. Serve with rice, mashed potatoes or plenty of crusty bread to soak up that creamy sauce!

One pan, simple ingredients

THE LAZIEST ONE-PAN CREAMY PASTA

For those days when you're too lazy to cook but still want something delicious!



PREP TIME	COOK TIME	SERVES
10 MIN	15 MIN	2

INGREDIENTS:

- 200 g / 7 oz pasta (dry tagliatelle)
- 7-8 cherry tomatoes
- 100 g / 3.5 oz mushrooms, chopped
- 2 tbsp olive oil
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 handful fresh spinach
- 2 tbsp tomato paste
- 150 ml / ⅔ cup heavy cream
- 350 ml / 1½ cups water
- 1 cup grated parmesan cheese
- Salt & pepper to taste

TIP

The pasta releases starch as it cooks, thickening the sauce add more water if needed

DIRECTIONS:

1. Add the dry tagliatelle, tomatoes, mushrooms, onion, garlic and spinach directly to a large pan.
2. Add tomato paste, cream, water, a drizzle of olive oil, salt and pepper
3. Cover with the lid and bring to a gentle simmer over medium heat, stir occasionally, separating the pasta as it softens so everything cooks evenly
4. Reduce to medium-low heat and cook for 10-12 minutes, or until pasta is tender and the sauce is creamy. Add a splash of hot water whenever needed
5. Finish with freshly grated parmesan, give everything a good stir and serve immediately!

Creamy, comforting and so good

ONE-POT CREAMY ZUCCHINI PASTA

A silky zucchini and basil sauce blended until smooth, then cooked with pasta in the same pot and finished with plenty of Parmesan.



PREP TIME	COOK TIME	SERVES
10 MIN	20 MIN	3-4

INGREDIENTS:

- 2-3 tbsp Olive oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 2 zucchini, chopped
- Handful of fresh basil leaves
- About 300 ml / 1¼ cups water (plus a little more if needed)
- 200 g / 1½ cups small pasta (such as ditalini, orzo or small shells)
- Salt and black pepper
- Plenty of grated Parmesan

DIRECTIONS:

1. Heat a drizzle of olive oil in a large pot or deep pan on medium heat. Sauté the onion for 3–5 minutes until soft and translucent.
2. Add the garlic and cook for another 2–3 minutes, until fragrant and softened.
3. Stir in the chopped zucchini and cook until tender. Add the basil leaves and cook for another minute. Pour in about 300 ml of water and bring to a gentle simmer.
4. Scoop out 2 ladles of the zucchini mixture and blend until completely smooth. Pour the blended sauce back into the pot.
5. Add the pasta and cook directly in the sauce until al dente, stirring occasionally. Add a splash of water if needed.
6. Season with salt and black pepper. Stir through plenty of grated Parmesan until the sauce becomes creamy.
7. Serve with even more Parmesan and a few fresh basil leaves.

Comforting and made without any cream.

CRISPY CHEESY RICE PAPER

PANCAKE ♡

Layers of rice paper soaked in eggs and milk, spring onions and melted cheese, cooked until golden and crispy



PREP TIME	COOK TIME	SERVES
15 MIN	10 MIN	2

INGREDIENTS:

- 8–10 rice paper sheets (approx. 22 cm / 8.5 in)
- 2 eggs
- 150 ml / ⅔ cup milk
- ½ tsp salt
- 2 handfuls spring onions, chopped
- 60–80 g / 2–3 oz grated mozzarella & cheddar
- Butter, for cooking

DIRECTIONS:

1. Whisk eggs, milk and salt in a wide shallow dish. Dip each rice paper sheet until softened.
2. Butter a 24 cm / 9.5-inch non-stick pan. Layer 3–4 soaked sheets, add spring onions, then another 2–3 sheets.
3. Sprinkle with grated cheese and more spring onions. Finish with 2–3 rice paper layers, tucking in the edges.
4. Cook over low heat until golden and crispy underneath. Add a little more butter around the edges, then carefully flip using a wide spatula.
5. Cook the other side until golden and crispy. Transfer to a board, slice and enjoy while warm!

TIP

A wide spatula makes flipping easier than using a plate, as the uncooked side can stick to the plate.

Such a fun and delicious way to use rice paper!

BAKED RICE PAPER PARCELS ♡

Rice paper filled with juicy chicken and vegetables, baked until perfectly golden and crispy.



PREP TIME	COOK TIME	SERVES
30 MIN	30 MIN	3

INGREDIENTS:

Filling

- 500 g / 1 pound chicken mince (or 500 g finely diced mushrooms or tofu for a vegetarian version)
- 3 spring onions, chopped
- 2 carrots, grated
- 1 iceberg lettuce, finely shredded
- 2–3 tbsp vegetable oil
- 1 tsp garlic powder
- Fresh grated ginger, to taste
- Salt and black pepper

Assembly

- 12-15 rice paper sheets
- Olive or vegetable oil, for brushing
- Sesame seeds

Dipping Sauce

- Soy sauce
- Rice vinegar
- Chili bean paste
- Crispy chili oil

DIRECTIONS:

1. In a large bowl, combine the chicken mince, spring onions, grated carrots, shredded iceberg lettuce, vegetable oil, garlic powder, grated ginger, salt and pepper. Mix until everything is well combined.
2. Dip each rice paper sheet in water until softened. Place about 1 tablespoon of the filling in the center. Fold into an envelope, sealing the filling inside.
3. Arrange the parcels on a baking tray lined with parchment paper. Brush lightly with oil and sprinkle with sesame seeds.
4. Bake at 180°C fan (356°F) for 30–40 minutes, until golden, crispy and the filling is fully cooked.
5. Meanwhile, stir together the soy sauce, rice vinegar, chili bean paste and crispy chili oil.
6. Serve the crispy parcels warm with the dipping sauce.

Perfect as an appetizer, lunch or light dinner.

SPICED-BUTTER YOGURT EGGS

Creamy garlicky yogurt, jammy eggs, avocado and tomatoes, finished with warm spiced butter



PREP TIME	COOK TIME	SERVES
10 MIN	6 MIN	1

INGREDIENTS:

- 175 g / ¾ cup Greek yogurt
- 1 garlic clove, minced
- Juice of ½ lemon
- 2–3 tbsp olive oil
- A small bunch of parsley, chopped
- Salt and pepper
- 2 soft-boiled eggs, halved
- ½ avocado, sliced
- 5–6 cherry tomatoes, halved
- For the spiced butter:
- 20 g / 1½ tbsp butter
- 1 tsp paprika
- ½ tsp chilli flakes
- 1 tsp turmeric, optional

TIP

Cook the eggs for 6 min to have them runny and jammy

DIRECTIONS:

1. Mix the yogurt with the garlic, lemon juice, olive oil, parsley, salt and pepper. Spread it over a plate, then add the eggs, avocado and tomatoes.
2. Melt the butter over low heat. Add the paprika, chilli flakes and turmeric, then let the spices gently infuse for 1–2 minutes without burning.
3. Drizzle the warm spiced butter over everything and serve with plenty of bread for dipping.

Simple, delicious & filling

SALMON & POACHED EGGS ON SPICY YOGURT ♡

Creamy yogurt with a little kick of sriracha topped with tender salmon



PREP TIME	COOK TIME	SERVES
10 MIN	20 MIN	1

INGREDIENTS:

- 175 g / ¾ cup Greek yogurt
- 1 garlic clove, minced
- 1 tbsp olive oil
- Squeeze of lemon juice
- ½ tsp salt
- Small bunch of parsley, chopped
- 1 tbsp sriracha (adjust to taste)
- 100 g / 3.5 oz salmon fillet
- 2 poached eggs
- ½ avocado, sliced
- ½ cucumber, sliced
- Crispy chilli oil & parsley, to finish

DIRECTIONS:

1. Mix Greek yogurt, garlic, olive oil, lemon juice, salt, parsley and sriracha until creamy.
2. Season and pan-sear the salmon until golden and cooked through. Or bake in the oven for 20 minutes
3. Spread the spicy yogurt generously over a serving plate.
4. Arrange cucumber, avocado, salmon and poached eggs on top.
5. Finish with a drizzle of crispy chilli oil and fresh parsley.

TIP

Start with 1 tsp sriracha if you prefer a milder sauce, then add more to taste.

it's the sauce that brings everything together. 😌

SWEET POTATO TOASTS WITH CREAMY EGG & AVOCADO ♡

Golden sweet potato slices topped with creamy egg and avocado, then finished with juicy marinated tomatoes.



PREP TIME	COOK TIME	SERVES
15 MIN	30 MIN	2

INGREDIENTS:

- 2 medium sweet potatoes
- Olive oil
- Salt and pepper

For the creamy filling:

- 4 eggs
- 1 avocado
- 1 tbsp Greek yogurt
- 1 tbsp mayonnaise, optional
- Juice of ½ lemon
- Chives or spring onion/scallion, chopped
- Salt and pepper

For the marinated tomatoes:

- 7–8 cherry tomatoes, halved
- 1 garlic clove, finely chopped
- A little parsley, finely chopped
- Olive oil
- Salt and pepper

DIRECTIONS:

1. Peel the sweet potatoes and cut them lengthwise into 1–1.5 cm / approximately ½-inch slices.
2. Brush both sides with olive oil and season with salt and pepper. Arrange on a lined baking tray and bake at 190°C / 375°F for 25–30 minutes, turning halfway if needed, until golden and soft inside.
3. Mix the tomatoes with the garlic, parsley, olive oil, salt and pepper. Set aside to marinate.
4. Meanwhile, boil the eggs for 7 minutes, then cool and peel them. Add them to a bowl with the avocado, yogurt, mayonnaise, lemon juice, chives, salt and pepper. Mash everything together until creamy.
5. Let the sweet potato slices cool for a few minutes, then cover each one generously with the egg and avocado filling. Finish with the marinated tomatoes and their juices.

That kind of toast you can eat on repeat 😍

LOADED SWEET POTATO WITH *BURRATA*

Soft roasted sweet potato topped with creamy burrata, juicy roasted tomatoes, avocado and a poached egg.



PREP TIME	COOK TIME	SERVES
10 MIN	1 hour	2

INGREDIENTS:

- One large sweet potato (approx 450-500g)

Topping

- 1 ball of Burrata (approx 120 g)
- 10 cherry tomatoes
- 3 garlic cloves
- Olive oil
- Salt & pepper
- ½ avocado
- 1 poached egg
- Chili oil

DIRECTIONS:

1. Bake the sweet potatoes whole (skin on) at 180°C for about 1 hour, until soft. Or in airfryer
2. In a small baking dish, roast the cherry tomatoes with 2 tbsp olive oil, garlic, salt and pepper until softened and juicy.
3. Slice the sweet potato open and gently press it.
4. Add burrata and open it so it melts into the potato.
5. Top with roasted tomatoes and their juices.
6. Add sliced avocado and a poached egg.
7. Finish with chili oil and a drizzle of the tomato juices.

Everything melts together for the perfect bite.

YOGURT SPINACH DIP WITH CRISPY CHICKPEAS ♡

Creamy yogurt spinach topped with crispy spiced chickpeas.



PREP TIME	COOK TIME	SERVES
10 MIN	20 MIN	2

INGREDIENTS:

- 2 carrots, grated
- 1 red pepper chopped
- 100 g / 3.5 oz spinach
- 175 g / ¾ cup Greek yogurt
- 1 garlic clove grated
- Salt and black pepper

For the topping

- 200 g cooked chickpeas
- Olive oil
- 1 tsp chili flakes

DIRECTIONS:

1. Heat 2-3 tbsp olive oil in a pan on medium heat. Add the grated carrots and sauté for a few minutes
2. Add the chopped red pepper and cook until softened. Add the spinach and cook until all the moisture has evaporated.
3. Season with salt and black pepper. Remove from the heat and let cool completely.
4. In a separate bowl, mix together greek yogurt & grated garlic
5. Add the cooled spinach mixture to the yogurt and stir until well combined.
6. For the topping, heat the olive oil in a pan. Add the chili flakes and cooked chickpeas. Cook until the chickpeas are golden and slightly crispy.
7. Spoon the warm chickpeas over the yogurt spinach mixture and serve.

One spoonful leads to another! 😍

CREAMY JAPANESE INSPIRED POTATO SALAD

Soft potatoes, eggs, carrots and cucumber tossed in a creamy yogurt-mayo dressing.



PREP TIME	COOK TIME	SERVES
10 MIN	15 MIN	2

INGREDIENTS:

Dressing

- 150 g / ⅔ cup yogurt
- 1 tsp wholegrain mustard
- 40 g / 3 tablespoons mayonnaise
- 3 tbsp milk
- Salt & pepper

Salad

- 2 boiled potatoes
- 3 eggs (boiled 7-8 min)
- 2 small cooked carrots
- 1 cucumber, chopped
- 100 g lardons, cooked (optional)

To serve

- 1 soft-boiled egg
- Spring onions, finely chopped

DIRECTIONS:

1. In a large bowl, mix together the yogurt, mustard, mayonnaise, milk, salt and pepper.
2. Add the potatoes, eggs, carrots, cucumber and cooked lardons.
3. Using a fork, gently break the potatoes, eggs and carrots into chunky pieces mixing with the sauce
4. Mix everything together until coated in the dressing.
5. Serve topped with a halved soft-boiled egg and chopped spring onions.

Simple, comforting and packed with texture.

CLUB SANDWICH

SALAD ♡

Creamy chicken and avocado, juicy tomatoes, crunchy sourdough croutons, crispy prosciutto and jammy eggs.



PREP TIME	COOK TIME	SERVES
10 MIN	15 MIN	4

INGREDIENTS:

For the salad:

- 150 g / 5.3 oz cooked chicken breast, shredded
- 10 cherry tomatoes, halved
- 1 avocado, diced
- A few lettuce leaves, sliced
- A small bunch of chives or 1 spring onion/scallion, chopped
- 2 eggs

For the crispy toppings:

- A few slices of sourdough bread, diced
- A few slices of prosciutto
- Olive oil

For the dressing:

- 250 g / approximately 1 cup Greek yogurt
- 2 tbsp mayonnaise
- 1 tsp wholegrain mustard
- 1 garlic clove, minced
- Juice of ½ lemon
- 1 tbsp olive oil
- ½ tsp salt
- Black pepper

DIRECTIONS:

1. Boil the eggs for 7 minutes, then cool, peel and cut them in half.
2. Coat the diced sourdough with a little olive oil. Arrange it on a lined baking tray with the prosciutto and bake at 200°C / 390°F for 10–15 minutes, until crisp and golden. Keep an eye on the prosciutto, as it may be ready sooner.
3. Mix all the dressing ingredients in a large salad bowl. Add the chicken, lettuce, avocado, tomatoes and chives, then toss until everything is creamy and well coated.
4. Transfer to a serving plate and top with the jammy eggs, sourdough croutons and pieces of crispy prosciutto.

All the best parts of a club sandwich in one salad!

CREAMY SALMON, EGG & SWEET POTATO SALAD

Roasted sweet potato, tender salmon, jammy eggs and avocado, all mixed into a light yogurt-mustard dressing.



PREP TIME	COOK TIME	SERVES
10 MIN	25 MIN	3-4

INGREDIENTS:

For the salad:

- 1 sweet potato, peeled and diced
- 150 g / 5.3 oz salmon fillet
- 4 eggs
- 1 avocado
- ½ cucumber, sliced
- Olive oil, salt and pepper

For the sauce:

- 175 g / ¾ cup Greek yogurt
- 1 tbsp mayonnaise
- 2 tbsp milk
- 1 tsp wholegrain mustard
- Salt and pepper

To serve:

- 1 spring onion/scallion, sliced
- Crispy chilli oil

DIRECTIONS:

1. Season the sweet potato and salmon with 2 tbsp olive oil, salt and pepper. Place on a lined tray and bake at 200°C / 390°F for 20–25 minutes, until the sweet potato is golden and the salmon is cooked. Remove the salmon earlier if it cooks more quickly.
2. Meanwhile, boil the eggs for 6–7 minutes, then cool and peel.
3. Mix all the sauce ingredients in a large bowl. Add the sweet potato, salmon, avocado, cucumber and three eggs. Gently break everything up with a spoon and mix until creamy.
4. Serve with the remaining egg, spring onion and crispy chilli oil.

The high-protein salad that's creamy, fresh and so filling

CRISPY POTATO RIBBON & SALMON SALAD

Crispy golden potato ribbons, flaky salmon, crunchy vegetables and the most delicious creamy mustard-yogurt dressing.



PREP TIME	COOK TIME	SERVES
10 MIN	25 MIN	2

INGREDIENTS:

- 4 medium potatoes
- 200 g / 7 oz salmon fillet
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp salt, pepper
- Olive oil
- Grated cheese (optional)

For the salad & dressing:

- 200 g / ¾ cup + 1 tbsp Greek yogurt
- Juice of ½ lemon
- 1 tbsp mayonnaise
- 1 tsp wholegrain mustard
- ½ tsp salt, pepper
- 1 small cucumber, diced
- 1 carrot, grated
- ½ red onion, thinly sliced
- Fresh chives, chopped

DIRECTIONS:

1. Peel potatoes, then use a vegetable peeler to create thin ribbons. Pat dry, toss with olive oil, paprika, garlic powder, salt and pepper.
2. Spread loosely on a lined baking tray, keeping the ribbons separated. Sprinkle with grated cheese if using.
3. Place seasoned salmon on the same tray and bake at 200°C / 390°F fan for 20-25 min, removing the salmon earlier once cooked. Continue baking potatoes until golden and crispy. Can also air fry them
4. Mix yogurt, lemon juice, mayonnaise, mustard, salt and pepper in a large bowl.
5. Add cucumber, carrot, red onion, chopped chives and flaked salmon.
6. Fold in most of the crispy potatoes just before serving. Plate up and top with the remaining potato ribbons for extra crunch!

Every bite is an explosion of flavours and textures! 😋

CREAMY POTATO & AVOCADO

SALAD

Tender potatoes, avocado, cucumber and eggs served over a creamy mustard yogurt dressing.



PREP TIME	COOK TIME	SERVES
15 MIN	20 MIN	2-3

INGREDIENTS:

- 175 g / ¾ cup Greek yogurt
- ½ tsp salt
- Black pepper
- 1 tsp wholegrain mustard
- Juice of ½ lemon
- 2-3 tbsp olive oil
- Herb mix (optional)
- 1 garlic clove, minced

Salad

- 3-4 cooked potatoes, chopped
- 1 cucumber, chopped
- 1 avocado, chopped
- 1 red onion, thinly sliced
- 2-3 hard-boiled eggs, halved

To Finish

- Extra virgin olive oil

DIRECTIONS:

1. In a bowl, whisk together the Greek yogurt, salt, black pepper, wholegrain mustard, lemon juice, olive oil, herbs (if using) and minced garlic until smooth.
2. Spread the dressing over a large serving plate.
3. Arrange the cooked potatoes, cucumber, avocado and red onion over the dressing.
4. Top with the halved boiled eggs.
5. Finish with a drizzle of extra virgin olive oil, a little black pepper and, if you like, a sprinkle of fresh herbs.

A simple salad where the dressing steals the show.

TZATZIKI-INSPIRED CHICKEN & CHICKPEA DIP

It's fresh, crunchy, satisfying and perfect for sharing with chips or crispbread.



PREP TIME	COOK TIME	SERVES
15 MIN	20 MIN	2-3

INGREDIENTS:

For the salad:

- 1 large cucumber
- 1 avocado, diced
- 1 small red onion, diced
- 250 g / 8.8 oz cooked chicken, shredded
- 100 g / 3.5 oz chickpeas, drained—reserve some for serving
- Salt

For the yogurt dressing:

- 250-300 g / approximately 1-1¼ cups yogurt
- 1 garlic clove, minced
- Juice of ½ lemon
- 2 tbsp olive oil
- Up to 1 tsp salt, or to taste
- Black pepper

DIRECTIONS:

1. Grate approximately two-thirds of the cucumber. Sprinkle with a little salt and leave it for a few minutes, then squeeze out as much liquid as possible
2. Remove the seeds from the remaining cucumber and dice it. Add both preparations to a large bowl with the avocado, red onion, shredded chicken and most of the chickpeas.
3. In another bowl, mix the yogurt, garlic, lemon juice, olive oil, salt and pepper. I used 150 g Greek yogurt mixed with 125 g plain yogurt.
4. Pour the dressing over the salad and mix until everything is beautifully creamy.
5. Spread onto a serving dish, drizzle with more olive oil and finish with the reserved chickpeas. Serve with chips, crackers or crispbread.

Somewhere between tzatziki & chicken salad

TUNA & AVOCADO LETTUCE TACOS

Creamy avocado, tuna, eggs and fresh herbs tucked into crisp iceberg lettuce leaves.



PREP TIME	COOK TIME	SERVES
10 MIN	8 MIN	2

INGREDIENTS:

- 3 hard-boiled eggs
- 1 avocado
- 1 can tuna in olive oil
- 1 shallot, finely chopped
- Small bunch of chives, chopped
- 1 tbsp cream cheese
- Juice of ½ lemon
- Pinch of salt
- Black pepper
- Iceberg lettuce leaves

To Finish

- Extra virgin olive oil
- Balsamic vinegar

DIRECTIONS:

1. Mash the hard-boiled eggs and avocado together in a large bowl using a fork.
2. Add the tuna, shallot, chives, cream cheese, lemon juice, salt and pepper.
3. Mix until everything is well combined.
4. Spoon about 2 tablespoons of the filling into each iceberg lettuce leaf.
5. Arrange them on a serving plate like tacos.
6. Finish with a drizzle of olive oil and balsamic vinegar

A fresh, protein-packed lunch or appetizer that's ready in minutes.

MEDITERRANEAN DIPPING OIL WITH SARDINES

A simple mix of olive oil, garlic, sun-dried tomatoes, olives and sardines.



PREP TIME	COOK TIME	SERVES
10 MIN	45 MIN	2

INGREDIENTS:

- 3-4 tbsp Olive oil
- 1 tbsp Balsamic vinegar
- 3 garlic cloves (roasted)
- 50 g / ⅓ cup sun-dried tomatoes, chopped
- 50 g / ⅓ cup black olives, chopped
- 2-3 sardines (in olive oil)
- Parmesan, grated
- Few branches of parsley, chopped
- Black pepper
- Mild chili flakes

DIRECTIONS:

1. Roast the garlic cloves wrapped in foil with a little olive oil until soft. Approx 45 min. You can use pre-made garlic confit too
2. On a plate, pour olive oil and balsamic vinegar (to taste).
3. Add roasted garlic, sun-dried tomatoes, olives and sardines.
4. Sprinkle with Parmesan, parsley, pepper and chili flakes.
5. Gently mix, lightly mashing the garlic and sardines into the oil.
6. Serve with fresh bread and enjoy.

CHEESY, HERBY CAULIFLOWER BAKE

A cozy, fragrant cauliflower dish with herbs, spices and a golden cheesy top.



PREP TIME	COOK TIME	SERVES
15 MIN	55 MIN	4

INGREDIENTS:

- 1 medium cauliflower, cut into florets
- 2 carrots, grated
- 1 onion, thinly sliced
- Fresh parsley, chopped
- Fresh spring onion, chopped
- 2 eggs
- 400 ml / 1⅔ cups milk
- 60 ml / ¼ cup olive or vegetable oil
- 4 tbsp flour
- 1 tsp baking powder
- Salt
- Black pepper
- Cumin
- Chili flakes
- Grated melting cheese (mozzarella, emmental, etc.)

TIP

Drain cauliflower well to avoid excess moisture during baking

DIRECTIONS:

1. Boil the cauliflower in salted water until just tender (approx 6-8 min). Drain well and spread in a baking dish.
2. Sauté the onion and grated carrots in a little oil until soft and lightly golden. Spread over the cauliflower.
3. In a bowl, whisk together the eggs, milk, oil, flour, baking powder, salt and spices. Stir in the chopped parsley and spring onions.
4. Pour the sauce evenly over the vegetables.
5. Bake at 200°C conventional oven (390°F) for 25-30 minutes, until set and lightly golden.
6. Remove from the oven, top with grated cheese and return to the oven until bubbly and golden about 10 min.
7. Serve hot and enjoy the fragrant, herby, cheesy goodness

Perfect to share with someone who says they don't like cauliflower 😉

ALL-IN-ONE CHICKEN VEGGIE LOAF



A complete meal baked in one dish — protein, vegetables and carbs all together. A bit of chopping, then the oven does the rest.

PREP TIME	COOK TIME	SERVES
15 MIN	60 MIN	4

INGREDIENTS:

Batter

- 4 eggs
- 100 ml / ½ cup milk
- 100 g / ¾ cup flour
- 100 g / 3.5 oz grated cheese
- 3 potatoes, grated and squeezed dry
- Salt to taste
- ½ teaspoon oregano

Filling

- 1 onion, chopped
- 275 g / 9.7 oz chicken filet, diced
- 250 g / 8.8 ounces mushrooms, sliced
- 1 zucchini, sliced, salted and squeezed
- Salt & black pepper to taste
- ½ teaspon garlic powder

DIRECTIONS:

1. In a pan, sauté the onion until soft. Add the chicken and cook until lightly golden 6-8 minutes
2. Add the mushrooms and zucchini (salt the zucchini before and then squeeze all the liquid).
   Season with salt, pepper and garlic powder. Sauté for another 8-10 min till tender.
3. In a bowl, whisk the eggs with milk, salt and oregano. Add the flour, grated potatoes, cheese and mix until smooth.
4. Add the chicken and vegetable mixture to the batter and mix well.
5. Pour everything into a baking dish.
6. Bake at 180°C (356°F) for 40–45 minutes, until golden and set.
7. Let rest a few minutes before slicing and serving.

Perfect for busy days and great as leftovers. It's even good cold the next day!

CHEESY CARROT - SPINACH ROLL

Naturally sweet, cheesy, and incredibly satisfying.



PREP TIME	COOK TIME	SERVES
15 MIN	30 MIN	2

INGREDIENTS:

- 5 carrots, grated
- 3 eggs
- 100 g / 3.5 oz mozzarella, grated
- Salt & pepper

For the filling

- 5-6 Cheese slices
- Sautéed spinach
- Extra mozzarella

For the sautéed spinach

- 1 tbsp Olive oil
- 2 garlic cloves, chopped
- 120g / 4.2 oz Fresh spinach
- Salt & pepper

DIRECTIONS:

1. Preheat the oven to 180°C (356°F).
2. Mix the grated carrots with eggs, mozzarella, salt and pepper. Spread the mixture onto a baking tray lined with parchment paper, forming an even sheet.
3. Bake the sheet for 20-25 minutes, until set and lightly golden.
4. Meanwhile, heat olive oil in a pan on medium-low heat and sauté the garlic briefly. Add the spinach, season with salt and pepper, and cook until just wilted.
5. Remove the carrot sheet from the oven and carefully peel off the paper. Layer the sheet with cheese slices, spread sautéed spinach and extra mozzarella on top.
6. Roll into a log and return to the oven for about 10 minutes, until the cheese is melted.
7. Slice and serve warm.

A great way to eat more vegetables without even thinking about it

CHEESY ZUCCHINI

ROLLS ♡

Golden, cheesy, and incredibly satisfying.
Even zucchini skeptics love these.



PREP TIME	COOK TIME	SERVES
15 MIN	30 MIN	2

INGREDIENTS:

- 3 zucchini
- 3 eggs
- 80 g mozzarella, grated
- 5 Cheese slices (of your choice)
- 3-4 Ham slices
- Extra grated mozzarella
- Salt & pepper

DIRECTIONS:

1. Preheat the oven to 180°C (356°F).
2. Grate the zucchini and squeeze out as much liquid as possible using a clean cloth or towel. Place in a bowl, add the eggs, grated mozzarella, salt and pepper, and mix well.
3. Spread the mixture evenly on a baking tray lined with parchment paper forming a sheet. Bake for 20-25 minutes, until set and lightly golden.
4. Remove from the oven, flip the zucchini sheet upside down and carefully peel off the parchment paper.
5. Layer with cheese slices, ham, and a little extra grated mozzarella.
6. Roll tightly into a log and return to the oven for about 10 minutes, until the cheese is melted.
7. Slice and serve warm.

Perfect appetizer to impress your guests

CRISPY, COLORFUL VEGETABLE NESTS

A fun way to turn vegetables into a real meal - crispy edges, soft inside, and naturally a little sweet from the carrots.



PREP TIME	COOK TIME	SERVES
15 MIN	30 MIN	2

INGREDIENTS:

- 1 zucchini, julienned
- 1 carrot, julienned
- 3 potatoes, julienned
- Salt
- 2 eggs
- Olive oil
- Black pepper
- 1-2 Spring onions, chopped
- 3-4 sprigs Fresh parsley, chopped
- 60 g / ½ cup flour
- Mozzarella, grated
- 3 Cherry tomatoes
- Smoked bacon (optional)

DIRECTIONS:

1. Place the julienned zucchini, carrot and potatoes in a bowl. Salt lightly and let sit for 5 minutes, then squeeze out as much liquid as possible.
2. Add the eggs, a drizzle of olive oil, pepper, spring onions, parsley and flour. Mix well.
3. Line a baking tray with parchment paper.
   Form small nest shapes with the vegetable mixture.
4. Top with grated mozzarella and a cherry tomato.
   (For non vegetarian version can add smoked bacon on top.)
5. Bake at 180°C (356°F) for 15–20 minutes, until golden and crispy at the edges.
6. Serve hot

TIP

You should get approx 6 nests

So delicious and easy to store for a meal prep

POTATO BROCCOLI PURÉE WITH EGGS

Crispy on the edges, soft inside, with a baked egg in the center.



PREP TIME	COOK TIME	SERVES
15 MIN	30 MIN	2

INGREDIENTS:

- 4 medium potatoes
- 1 medium broccoli head
- Salt to taste
- 30-40/⅓-½ cup g Grated Parmesan
- Olive oil
- 4 eggs
- Black pepper
- Spring onions, chopped (to serve)

DIRECTIONS:

1. Boil the potatoes and broccoli florets until fork tender. Drain well and mash together in a bowl.
2. Season with salt and add grated Parmesan. Mix well.
3. On a baking tray lined with parchment paper, place 4 spoonfuls of the mixture and shape into small rounds. Press the center with a spoon to create a well for the egg.
4. Brush lightly with olive oil. Bake at 190°C (375°F) for 10–15 minutes, until set and lightly golden.
5. Remove from the oven and crack one egg into each nest. Season with salt and pepper.
6. Bake again for 3–5 minutes, depending on how runny you like the egg.
7. Serve hot, topped with chopped spring onions.

Perfect for breakfast or brunch.

GARLIC MUSHROOM CHEESE BREAD

A warm loaf filled with garlicky mushrooms and melted cheese, baked until golden and bubbling.



PREP TIME	COOK TIME	SERVES
15 MIN	30 MIN	2

INGREDIENTS:

- 1 bread loaf / or baguette
- 300 g / 10.5 oz mushrooms, sliced
- 30 ml / 2 tbsp olive oil
- 20 g / 1/4 stick butter
- 3 garlic cloves, minced
- Salt & pepper to taste
- Fresh parsley (a few springs)
- Few gouda slices (or any cheese slices)
- Mozzarella (grated)
- Chili oil (optional)

DIRECTIONS:

1. Heat olive oil and butter in a pan over medium heat.
2. Add sliced mushrooms and cook until reduced and all water evaporates.
3. Add minced garlic and cook until fragrant (on low heat)
4. Season with salt, pepper and add chopped parsley. Mix well and cook for another 2 min
5. Slice the bread loaf through the middle. Spread the mushroom mixture on the base. Add Gouda slices and mozzarella on top.
6. Bake at 180°C for 10 min until cheese is melted and golden.
7. Finish with fresh parsley and chili oil.

SAVORY VEGGIES & HERB BUNS

Soft, fluffy savory buns filled with cheese, herbs, olives and peppers.



PREP TIME	COOK TIME	SERVES
25 MIN	25 MIN	4

INGREDIENTS:

- 600 g / 4¾ cups flour
- 200 g / 1¾ sticks butter (softened)
- 50 ml / 3½ tablespoons vegetable oil
- 120 g / ½ cup yogurt
- 2 eggs (separate 1 yolk for brushing)
- 1½ tsp salt
- 10 g / 2 teaspoons baking powder (1 packet)
- Dill and parsley (finely chopped, to taste)
- 2 small bell peppers, finely chopped
- 100 g / ⅔ cup olives, pitted/ chopped
- One medium size grated carrot

For filling:

- Grated cheese (e.g. mozzarella or cheddar)

DIRECTIONS:

1. In a bowl, combine all ingredients except the herbs, olives, and veggies.
2. Knead until you get a soft dough. You can add more or less flour to obtain the soft, non sticky texture.
3. Add the chopped herbs, olives, carrots and peppers. Mix gently until well combined.
4. Divide the dough into small balls. Flatten each piece and add grated cheese in the center. Close and shape into buns.
5. Place on a baking tray.
6. Brush with the reserved egg yolk.
7. Bake in a preheated oven at 180°C (fan) for 25 min until golden.

Perfect for breakfast, brunch, or snacks.

BROCCOLI SAVOURY PIE

Soft, savoury, and packed with vegetables - perfect for lunch, dinner, or even the next day.



PREP TIME	COOK TIME	SERVES
15 MIN	40 MIN	4

INGREDIENTS:

- Florets from 1 medium raw broccoli head, finely chopped.
- 1 carrot, finely chopped or grated
- 1 leek, thinly sliced
- 100 g / ¾ cup feta cheese, crumbled
- 250 g / 2 cups cooked chicken breast, chopped
- 2 eggs
- 250 ml / 1 cup milk
- 150 g / 1¼ cups flour
- 10 g / 2 teaspoons baking powder
- Olive oil
- Salt & pepper
- ½ teaspoon garlic powder

DIRECTIONS:

1. Preheat the oven to 180°C (356°F).
2. In a large bowl, combine the broccoli, carrot, leek, add the eggs, feta, milk, flour, baking powder a drizzle of olive oil, and chicken. Season with salt, pepper and garlic powder.
3. Mix until well combined.
4. Pour the mixture into a baking dish (approx 29x26 cm) lined with parchment paper.
5. Bake for 30-40 minutes, until golden and set in the centre.
6. Let cool slightly, then slice and serve.

Perfect for meal prep

ONE-PAN BROCCOLI & SALMON EGG

BAKE

Lots of tender broccoli, juicy salmon, fluffy eggs and melted mozzarella, all baked together in one pan.



PREP TIME	COOK TIME	SERVES
10 MIN	25 MIN	2

INGREDIENTS:

- ½ broccoli, boiled and cut into florets
- 100 g / 3.5 oz salmon, diced
- 3 eggs
- 40 ml / 2½ tbsp heavy cream
- 5–6 cherry tomatoes, halved
- 1 spring onion, chopped
- 30–40 g / 1–1.4 oz grated mozzarella
- ½ tsp each: salt, pepper, paprika & garlic powder

DIRECTIONS:

1. Arrange cooked broccoli florets evenly in a 24 cm / 9.5-inch oven-safe pan.
2. Add diced salmon, eggs, cream, seasonings and chopped spring onion. Mix gently to distribute everything evenly.
3. Scatter cherry tomatoes on top and finish with grated mozzarella.
4. Bake at 180°C / 355°F fan for approximately 25 minutes, until golden and the eggs are fully set.
5. Let cool slightly, slice and enjoy!

TIP

Drain the broccoli well before adding it to avoid excess moisture in the bake.

Simple, delicious and packed with goodness! 🤤

BAKED SARDINES WITH GARLIC CONFIT

Juicy sardines baked with sweet tomatoes, red onion, capers and soft garlic confit.



PREP TIME	COOK TIME	SERVES
10 MIN	60 MIN	2

INGREDIENTS:

- 1 can sardines
- 1 red onion, chopped
- 15 cherry tomatoes
- Capers (to taste)
- 8–10 garlic cloves
- Olive oil
- Salt & pepper to taste

DIRECTIONS:

1. Place garlic cloves in a small baking dish, cover with olive oil and bake at 375°F (190°C) for 30 to 45 minutes until tender and lightly browned
2. In another baking dish (approx 25-26 cm) add chopped onion, cherry tomatoes, capers and sardines.
3. Add the garlic confit with its oil.
4. Season with salt and pepper and mix gently.
5. Bake at 180°C for 15–20 minutes until the vegetables are soft and release their juices.

Everything melts together into a rich, flavorful sauce you'll want to scoop up with bread.

CREAMY POTATO & BROCCOLI BAKE WITH *BACON* ♡

This is definitely a richer one - but sometimes you need the creamy, cheesy potato bake!



PREP TIME	COOK TIME	SERVES
15 MIN	55 MIN	3

INGREDIENTS:

- 6 baby/new potatoes, halved
- A few broccoli florets
- 1 leek, chopped
- 125 g / 4.4 oz bacon lardons, optional
- A small knob of butter
- 2 garlic cloves, minced
- 250 ml / 1 cup cream
- 100 ml / scant ½ cup potato cooking water
- 1 tbsp cream cheese
- A handful of grated cheese
- Grated mozzarella, for topping
- Olive oil, salt and pepper

For the herb oil:

- 30 ml / approximately 2½ tbsp olive oil
- Juice of ½ lemon
- 1 small garlic clove, finely grated
- A few parsley sprigs, finely chopped
- Salt and pepper

DIRECTIONS:

1. Boil the potatoes in salted water for approximately 12–15 minutes, until fork-tender. Remove them, then blanch the broccoli in the same water for 4–5 minutes. Drain everything well.
2. Heat a little olive oil in a pan and sauté the leek over medium heat until soft. Add the bacon and cook until lightly caramelised, then set aside.
3. Using the same pan over low heat, melt the butter and cook the garlic for about 30 seconds. Add the cream, reserved cooking water, cream cheese, salt, pepper and grated cheese. Simmer gently for 8–10 minutes, until smooth and slightly thickened.
4. Pour the sauce into a baking dish. Arrange the potatoes cut-side down, then add the broccoli and leek-bacon mixture. Top with mozzarella and bake at 190°C / 375°F for 10–15 minutes, until bubbling and lightly golden.
5. Mix the herb oil ingredients and spoon it over each serving for a fresh, lemony finish.

Cosy, indulgent and so satisfying.