

English Recipes

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Easy Roasted Sirloin

Ingredients: 2 servings

- 1 pound beef sirloin-roast
- trimmed of all visible fat
- 1 clove garlic, halved
- Salt & black pepper

Preparation: time 10 m

- Preheat oven to 400 degrees F (200 degrees C).
- Secure roast with cooking twine.
- Make some slits around the roast, and insert 1/2 garlic clove into each slit.
- Sprinkle with fresh ground pepper. Place on a rack in roasting pan.
- Roast in preheated oven for 20 minutes.
- Reduce heat to 325 degrees F, and insert meat thermometer into roast.
- Continue cooking about 1 hour, or to desired doneness; remove from oven.
- Loosely cover with foil, and let roast stand 15 minutes before slicing.
- To serve, slice as thinly as possible against the grain.

Nutritional facts

Energy	480 Kcal
Carbohydrates	1g
Protein	96g 40%
Fat	10g 19%
Fiber	1g

Solefilets and Cucumber Salad

Ingredients: 2 servings / time: 20'.

- 8 fillets sole (skin removed)
- 2 Tbsp. Olive oil
- Cucumber salad
- lemon juice or baslamico
- Tbsp. Capers, salt and pepper
- Green salad, peperoni
- Tomato, radish for garnish

Directions:

Lay fillets on a flat surface. Season with salt and pepper and lemon juice.

Chop cucumber and gherkins together and sprinkle with the balsamico.

Divide the mixture (incl olive oil) onto each of the fillets and roll the fish inside.

Place the stuffed fillets on a baking dish and sprinkle any of the remaining cucumber mixture over the fish.

Put in a moderate oven with cover and bake for approximately 20 minutes.

Place the sole fillet onto green salad leaves and coat each stuffed filled with tomato sauce. Garnish with twists of cucumber, tomato, peperoni, radish and caper.

Nutritional facts

Energy	754 Kcal
Carbohydrates	16g
Protein	150g 79%
Fat	10g 12%
Fiber	4g

Smoked Salmon Swirls

Ingredients: 2 servings

- 6 oz. curd cheese
- 2 tsp. lemon juice
- lettuce leaves / salt and pepper
- 6 oz. cottage cheese
- 3 oz. fresh chopped chives
- 9 x1 oz. thin slices smoked salmon, lemon to garnish

Nutritional facts

Energy	720 Kcal
Carbohydrates	30g 18%
Protein	105g 62%
Fat	20g 20%
Fiber	1g

Preparation

Mix the curd and cottage cheese together, Add. the lemon juice, chives and seasoning.

Lay out the smoked salmon slices and spread with the cheese mixture over each slice.

Roll up and place on a plate, cool in fridge.

Using a sharp knife cut roll at 45 degree angle 3/4 inch apart to form swirl effect.

Arrange 3 pieces on a bed of lettuce garnishing with lemon wedges and parsley for decoration

Oven Barbeque Chicken

Ingredients: 2 servings / 900 per 2 pounds = 1'000 Kcal

- 2 pounds boneless skinless
- chicken breasts
- 2/4 cup ketchup & 1/4 cup salsa
- 1/8 cup honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon chili powder
- 1/2 teaspoon: cumin & cornstarch

Preparation: time: 30 min

Whisk together, ketchup, salsa, honey, mustard, cumin and chili powder. Pour over chicken breasts on both sides.

Bake, uncovered at 400 degrees for 30 minutes.

When chicken is cooked, keeping warm.

Mix cornstarch in a small bowl with 1 tablespoon water until smooth.

Stir into sauce and bring to a boil.

Cook until sauce is thickened, stirring constantly.

Pour sauce over chicken and serve warm.

Nutritional facts

Energy	624 Kcal
Carbohydrates	45g 28%
Protein	98g 62%
Fat	6g 20%
Fiber	2g

Bacon and Egg Burritos Breakfast

Ingredients: 2 servings

- 8 slices turkey bacon, cooked in microwave and crumbled
- 1/2 cup green pepper, chopped
- 1/2 cup onion
- 1 cup egg substitute
- 1/4 cup low fat Cheddar cheese
- Salsa, black pepper
- 4 - 6 inch flour tortillas
- Olive oil

Preparation: time: 20 min

To microwave bacon;

Arrange 4 slices on paper plate until bacon is crisp.

Put in the skillet olive oil and cook green pepper and onion until vegetables are tender

Reduce heat to medium and add egg substitute and pepper to vegetables.

Cook 2 to 3 minutes or until eggs are almost done.

Remove skillet from heat and stir in cheese and bacon.

Wrap tortillas in the microwave for 10" /20"

Place 1/4-cup mixture on each tortilla. Roll up tortilla, top with salsa and serve.

Nutritional facts

Energy	720 Kcal
Carbohydrates	30g 18%
Protein	105g 62%
Fat	20g 20%
Fiber	1g

Teriyaki Pork pittas

Ingredients: 2 servings / 6 sandwiches

- 1 teaspoon dark sesame oil
- 1-pound lean boneless pork loin
- chops, cut into thin bite-size strips
- 1 cups bok choy, thinly sliced
- 1 medium carrot, into bite strips
- 1 small sweet red bell pepper, into strips
- 1/4 cup green onions,
- red pepper flakes
- 1/6 cup premade purchased teriyaki baste and glaze
- 2 - 6 inch pita breads, cut in half

Preparation

- **Heat** the wok over high heat, add sesame oil and swirl in pan to heat.
- **Add** pork and cook and stir 2 minutes.
- Add bok choy, carrots, bell pepper and onions.
- **Cook** for 4's until vegetables are tender-crisp and pork is no longer pink.
- **Add** red pepper flakes and teriyaki baste and glaze.
- Cook and stir for 1 minute or until thoroughly heated.
- **Spoon** mixture evenly into pita halves.

Nutritional facts

Energy	878 Kcal
Carbohydrates	81g 37%
Protein	98g 45%
Fat	18g 8%
Fiber	6g

Italian Spicy Tuna & Linguine with Garlic & Pine Nuts

Ingredients : 2 servings

- 16 oz. White Tuna, and chunked
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 cups sliced mushrooms
- 1/2 cup chopped onion
- 1-1/2 cups chopped plum tomatoes
- 8 oz. Chicken Broth
- 1 cups water & add Salt & crushed red pepper
- 6 oz. uncooked fresh linguine pasta
- 1/4 cup: chopped fresh cilantro & toasted pine nuts or almonds

Nutritional facts

Energy	600 Kcal
Carbohydrates	50g 33%
Protein	68g 46%
Fat	14g 21%
Fiber	4g

Preparation: time: 12 min

Heat olive oil over medium-high heat; sauté garlic, mushrooms, onion and red pepper until golden brown.

Add tomatoes, chicken broth mixture, salt and black pepper; bring to a boil.

Separate uncooked linguine into strands; place in skillet and spoon sauce over. Reduce heat to simmer; cook, covered, 4 more minutes or until cooked through. **Toss** gently; add tuna and cilantro and toss again. Sprinkle with pine nuts.

Portuguese Razor-Fish Salad with White Beans

Ingredients: 2 servings

1 pound razor-fish (solen)
1/8 pound smoked pork sausage
1/2 can cooked white beans
1 clove garlic / 1 small bunch fresh coriander
0.2 dl olive oil
2 tbsp. Vinegar add salt and pepper to taste

Nutritional facts

Energy	802 Kcal
Carbohydrates	40g 20%
Protein	72g 51%
Fat	26g 29%
Fiber	5g

Preparation: time 30 min

The **razor-fish** are to be previously washed and put into salty water for a few hours (just like cockles), for sand elimination.

Wash them and cook them in a small quantity of water.

Drain, separate the shells, let them cool and cut them into halves.

Open the beans can and drain them.

Remove the smoked pork sausage skin and cut it into thin slices.

Mix it all in a bowl. In another bowl, mix the minced garlic, minced coriander, salt, pepper, olive oil and vinegar. Stir it well and baste the salad with this sauce.

South Europe Salmon steaks

Ingredients: 4 servings

- Salmon steaks
- Parsley +Dill
- Bell pepper
- Leim juice
- Hot mustard
- Salt, Black pepper,
- Olive oil
- Water

Nutritional facts

Carbohydrate	15%
Protein	40%
Fat	36%
Fiber	10%

Preparation: time 15' + 15' cooking.

Prepare: Puree in some water: Parsley, Dill, lime juice, , salt, pepper, olive oil and hot mustard.

Add: The salmon in marinade for about 45 min and Turn the salm occasionally.

Preheat: the oven to 400° F.

Cut: bell peppers in stripes and bake for about 10 min in a baking dish

Remove: Salm steaks from marinade and add the salmon on the half baked bell peppers

Cook : **Salm steaks to your choice and cut salmon steaks in half.**

Serve: with green salad leaves and fresh cucumbers and tomatoes.

South Europe Salmon steaks

Choose your individual Calorie amount

Ingredients		600 Kcal	650 Kcal	700 Kcal	750 Kcal	800 Kcal	850 Kcal	900 Kcal	1000 Kcal
olive oil	teaspoon	1½	1½.	2	2½	2¾	3	3	3⅓
Bell pepper in stripes	large	1½	1½	2	1½	2	2	3	3
Salmon steaks	oz	14 oz	15 oz	16 oz	17 oz	19 oz	19 oz	20 oz	22 oz
Lime juice	Tablesp.	1	1½	2	2	2½	1 ½	3	3
Choped Parsley & Dill	cup	½	½	1	1	1	1½	1½	2
Salt	teaspoon	½	¾	1	⅔	less	less	1	1
Black pepper	teaspoon	¼	¼	½	⅔	½	½	½	½
Hot mustard	teaspoon	1	1	2	2	2	3	3	3
Tomatoes row	oz	6	7	7	8	9	10	11	12
Cucumber row	oz	6	7	7	8	9	10	11	12

French mustard Pork chops, corncob & Broccoli

Ingredients: 4 servings

- Lean pork chops
- French mustard
- Honey
- Balsamico or wine vinegard
- Boiled Broccoli
- boiled Corn cob
- Salt, Black pepper

Nutritional facts

Carbohydrate	30%
Protein	46%
Fat	24%
Fiber	19%

Preparation: time 20' + 30' cooking.

Make marinade, stir together mustard, honey, vinegard, salt, pepper. Put marinade and chops in a zip-close bag and let it a couple of hours.

Place Chops in prepared broiler rack and broil about 5-6 min per side

Serve with Broccoli and Corn colb

Boil the vegetables in meat broth , or

Add: some oil , salt, pepper and vinegard to the vegetables.

French mustard Pork chops, corncob & Broccoli

Choose your individual calorie amount

Porc chops 250 gr = 8.8 oz = 437 Kcal Broccoli 8 oz = 72 Kcal Corn cob 7 oz = 90 Kcal

Ingredients		600 Kcal	650 Kcal	700 Kcal	750 Kcal	800 Kcal	850 Kcal	900 Kcal	1000 Kcal
Lean pork chops	Per person	8.8 oz	9.5 oz	10¼	11	11¾	12½	13¼	15
Honey	teaspoon	8	8	9	9	10	10	10	10
Boiled Broccoli	Per person	8 oz	8	9	9	10	10	11	12
Boiled Corn cob	Per person	7 oz	7½	8	8½	9	10	11	13
Vinegard	teaspoon	1	1	1½	1½	1½	2	2	2