

7

Easy Recipes



7 Easy Recipes

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1

Caponata



2

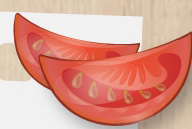
Caponata

Serves 4

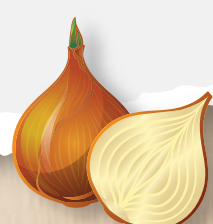
Ingredients

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|--|-----------------------------------|
| 3 coloured bell peppers, cut into small pieces | 4 tbsp capers, rinsed |
| 1 small aubergine, cubed | 1 tbsp oregano |
| 12 medium tomatoes, cubed | 3 tsp sesame seeds |
| 2 medium onions, cubed | 1 tbsp extra-virgin olive oil |
| 8 garlic cloves, finely chopped | 4 tbsp vinegar |
| 250ml water | ½ tsp freshly ground black pepper |
| 4 tbsp sliced black olives, rinsed | |

Method

- 
1. Cook the onions and garlic in 250ml of water.
 2. When ready, add the bell peppers, aubergine, tomatoes, olives, capers, oregano, sesame seeds, vinegar, olive oil and the black pepper.
 3. Cook until the mixture is soft and tender.

Serving suggestions

- 
- Use this recipe as a pasta sauce
 - Add on toasted wholemeal bread (bruschetta)
 - Enjoy with fish and roasted potatoes
 - Use as a lasagna filling

Dips & Spreads (1)



Dips/Spreads

Serves 4

Hummus Dip

Ingredients

100g cooked or canned chickpeas
(thoroughly rinsed)
1 tsp tahini
2 garlic cloves, minced
½ tsp ground cumin
½ tbsp extra-virgin olive oil
½ tsp fresh lemon juice
1 tbsp fresh parsley



Red Lentil Dip

Ingredients

100g dried red lentils, cooked
5 tsp 0% fat Greek yoghurt
1 tbsp fresh lemon juice
2 garlic cloves, minced
½ tsp grated fresh ginger
½ tsp ground cumin
¼ tsp ground coriander
¼ tsp turmeric
¼ tsp onion powder
Freshly ground black pepper

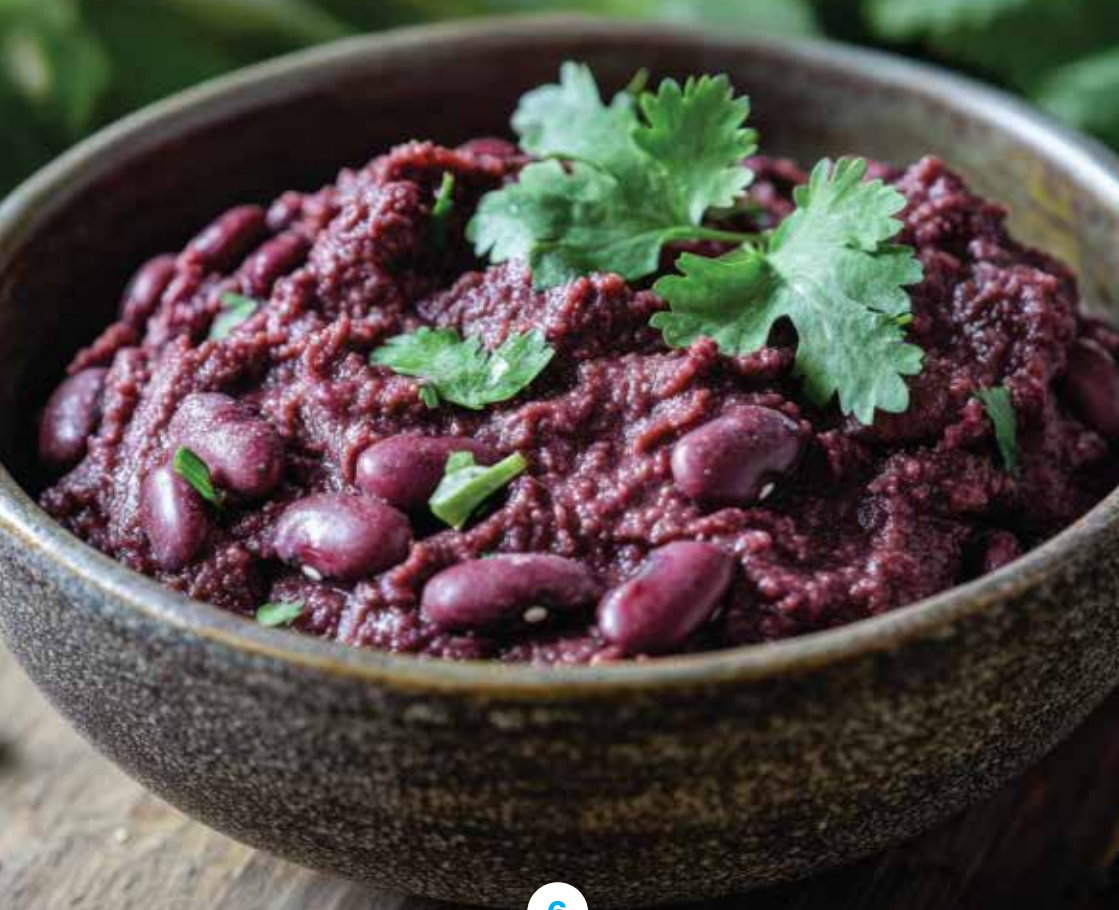


Tip: Use these dip/spread recipes to replace butter when making your sandwich.

Method & serving suggestions

Mix all ingredients in a food processor and blend until smooth. Garnish with parsley, crushed nuts, or seeds.

Dips & Spreads (2)



Dips/Spreads

Serves 4

Olive & Broccoli Dip

Ingredients

60g pitted olives (thoroughly rinsed)
4 or 5 broccoli florets, blanched
2 garlic cloves, minced
½ tsp rinsed capers
1½ tbsp fresh parsley
1 tsp poppy seeds, to garnish

Red Kidney Bean Dip

Ingredients

100g cooked or canned red kidney beans (thoroughly rinsed)
2 garlic cloves, minced
¼ tsp ground cumin
Pinch of red chilli powder
Pinch of crushed red pepper flakes
1 tbsp lemon juice
4 tbsp water, or as needed
½ tsp coriander, ground
1 tbsp extra-virgin olive oil

Tip: Be mindful of portion sizes. Dips can be calorie-dense, so enjoy them in moderation.

Method & serving suggestions

Mix all ingredients in a food processor and blend until smooth. Garnish with parsley, crushed nuts, or seeds.

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Bean & Lentil Pasta Salad



Bean & Lentil Pasta Salad with Cumin-Lemon Dressing

Serves 1

Ingredients

50g uncooked green/brown lentils
50g can black beans, rinsed thoroughly
1 red onion, finely chopped
1 yellow bell pepper, chopped into small pieces
6 cherry tomatoes, halved
1 handful of parsley
1 tsp extra-virgin olive oil
160g cooked wholegrain farfalle

For the dressing

1 tbsp lemon juice
½ tsp Dijon mustard
1 garlic clove, minced
½ tsp ground cumin
Pinch of dried thyme
Freshly ground black pepper

Method

1. Cook the lentils until tender (not mushy) and drain well.
2. In a small bowl, mix all the dressing, ingredients and set aside.
3. In a large bowl place the black beans, cooked lentils, bell pepper, onion, tomatoes, and parsley.
4. Add the cooked pasta.
5. Re-stir dressing, add to the salad and toss to combine.
6. Ready to serve.

Tip: Beans are high in antioxidants, which have anti-inflammatory, anti-cancer, and immune-boosting effects.



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Lentil Soup



Lentil Soup

Serves 4

Ingredients

200g red lentils (rinsed and drained)
2 potatoes, egg-size, (chopped in small cubes with skin on)
1 carrot, finely chopped
1 onion, finely chopped
3 garlic cloves, minced

4 tomatoes, diced
2 tsp cumin or other spices
A handful of chopped parsley
Olive oil spray
Freshly ground black pepper
1½ litres water



Method

1. Boil the water.
2. In a medium-sized pot, spray some olive oil.
3. Place the pot over medium heat.
4. Add the onion and sauté for 3-4 minutes.
5. Add the garlic and sauté for another minute.
6. Add the carrot, tomatoes, lentils, cumin, and pepper. Sauté for another 2 minutes.
7. Add the potatoes.
8. Pour in the hot water and stir well.
9. Bring the soup to a boil. Cover and continue cooking for another 20 minutes.
10. Using a hand blender, blend the soup for a few seconds.
11. Serve warm.

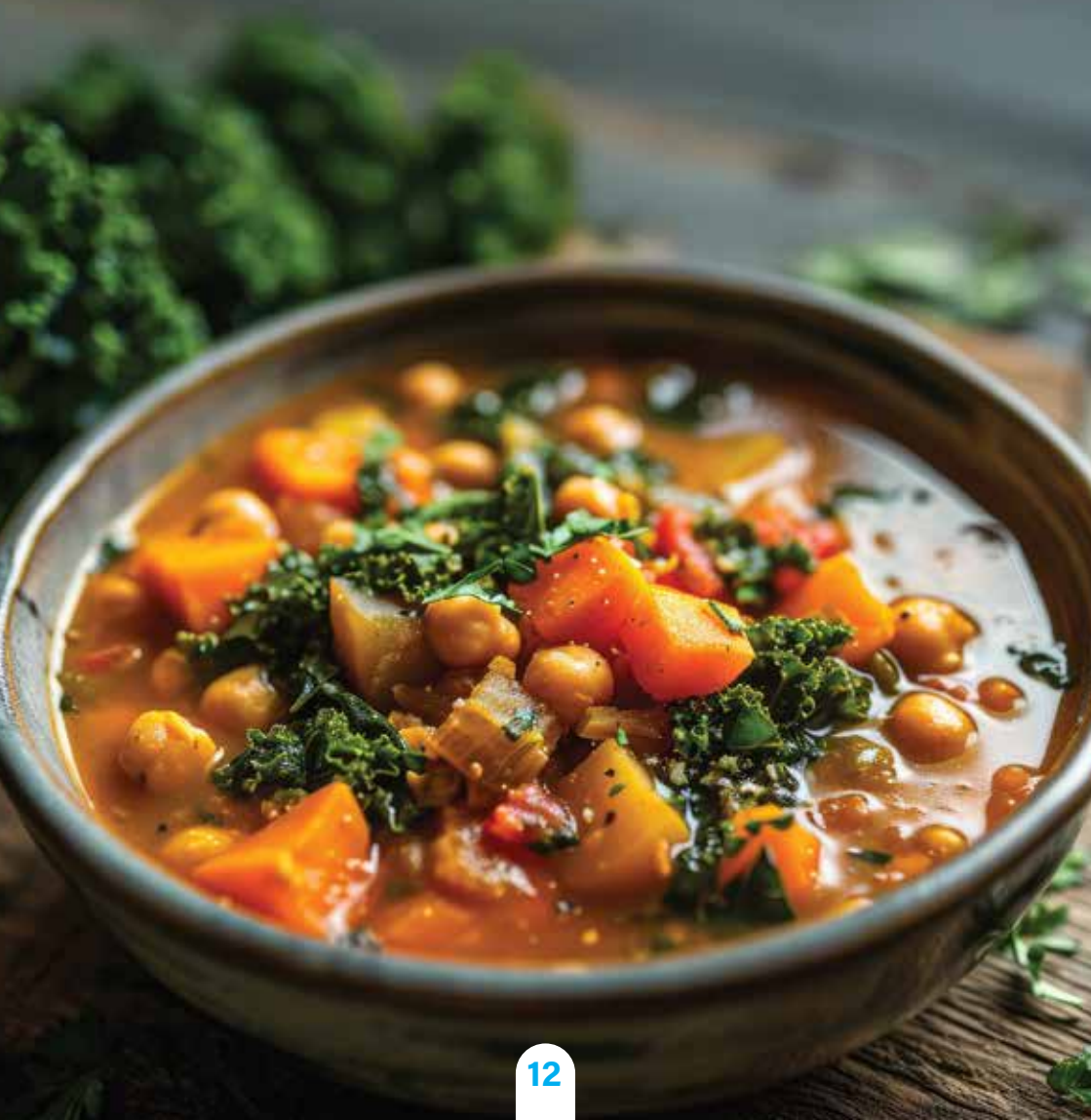
Serving suggestions

- Drizzle with extra-virgin olive oil
- Garnish with parsley
- Add some freshly crushed black pepper to taste

Tip: Lentils are a rich source of protein, making them a great alternative to meat or fish.

6

Chickpea & Vegetable Stew



Chickpea & Vegetable Stew Serves 4

Ingredients

- 400g eggplant, marrows, or both, cubed
- 1 large onion, chopped
- 200g red bell peppers, chopped into small pieces
- 200g green bell peppers, chopped into small pieces
- 1 large carrot, grated
- 5 garlic cloves, minced
- 1 large can of cooked chickpeas, thoroughly rinsed
- 3 handfuls of chopped kale
- 1/4 tsp ground cumin
- 1/4 tsp paprika
- 1/4 tsp cayenne pepper
- 125ml tomato juice
- 200g fresh tomato, chopped
- Light olive oil spray
- 125ml water
- 1 tsp extra-virgin olive oil (optional)
- 1/2 tsp freshly ground black pepper

Method

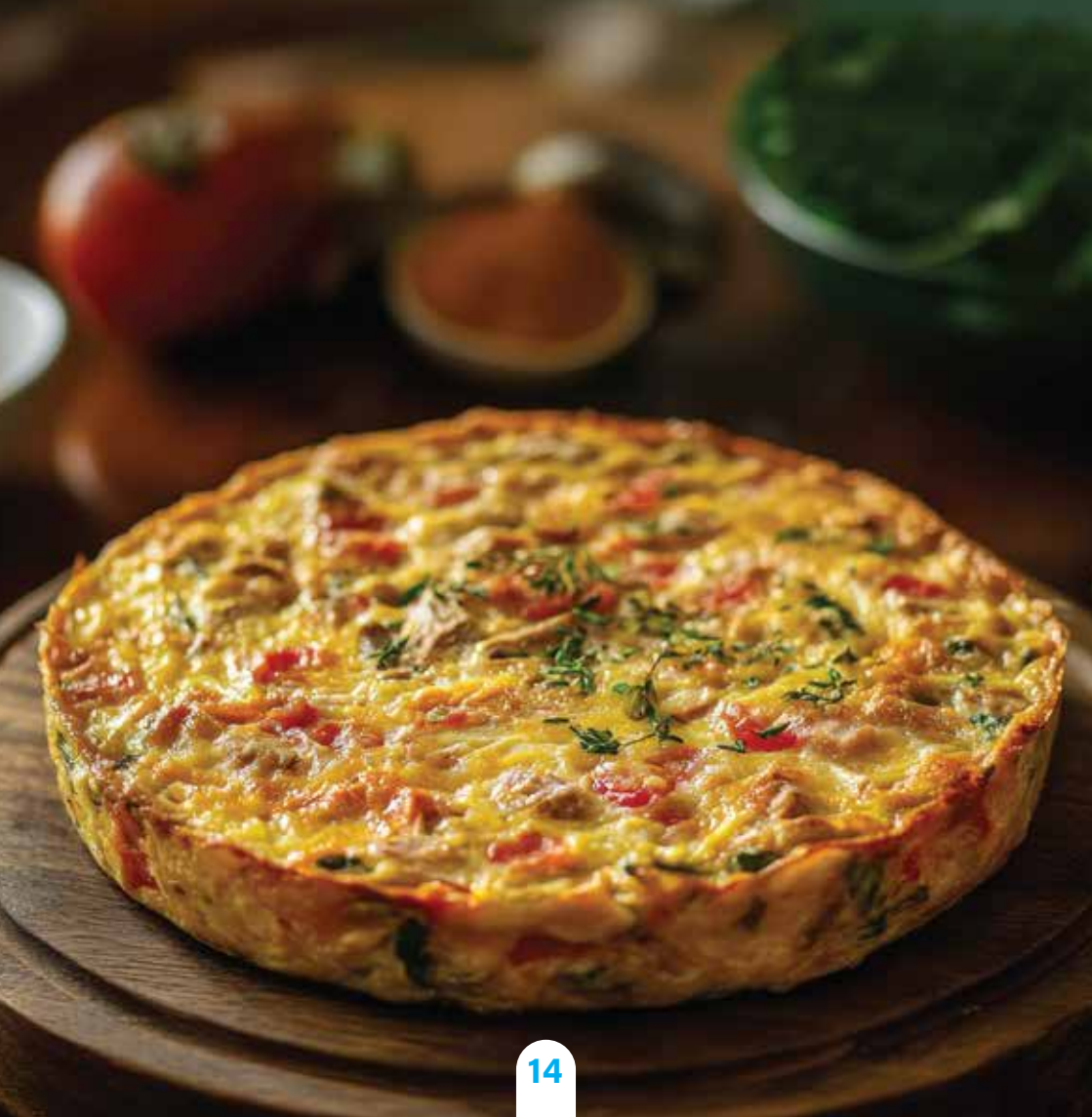
1. In a heated pan, spray some cooking olive oil.
2. Add the eggplant and cook on medium-high to high heat.
3. Once cooked, remove the eggplant from the pan, and set aside.
4. Using the same pan, spray 3 puffs of olive oil.
5. Add the onion, the red and green bell peppers, and the carrot.
6. Cook on medium-high heat until the onion softens.
7. Add the chickpeas, chopped garlic, and spices. Cook on medium heat for another 3 minutes.
8. Add the tomato juice, cooked eggplant, fresh chopped tomatoes, and water. Mix well.
9. Bring to a boil, then cover and cook on medium-low heat for about 20 minutes, or until the stew slightly thickens.
10. Add the kale and cook for another 2 minutes.
11. Serve warm.

To garnish

- 1/2 tsp ground black pepper
- 20g parsley, finely chopped
- Drizzle extra-virgin olive oil (optional)

Tip: The skin on fruits and vegetables provides a natural source of insoluble fibre, which is very important for a healthy gut. The skin or peel of fruits and vegetables is generally higher in antioxidants, fibre, vitamins and minerals than the flesh.

Veggie Frittata



Veggie Frittata

Serves 2-3

Ingredients

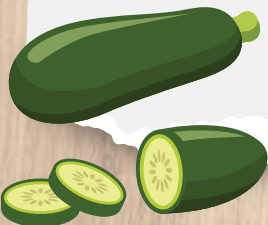
5 eggs
200ml skimmed milk
100g bell pepper, diced
100g zucchini, thinly sliced
80g cherry tomatoes, halved
60g onion, finely chopped

A handful of parsley
50g fresh spinach, roughly
chopped
1 tbsp olive oil
50g mozzarella cheese
Black pepper – to taste



Method

1. Preheat oven to 180°C (350°F).
2. In a pan, cook the onion, bell pepper, and zucchini in olive oil for 4–5 minutes until slightly soft.
3. Add the spinach and cherry tomatoes, cook for 1 more minute.
4. Beat the eggs with the milk and black pepper. Stir in half of the cheese.
5. Transfer the cooked vegetables to a baking dish, then pour over the egg mixture.
6. Top with the remaining cheese.
7. Bake in the oven for 20–25 minutes until golden and set.
8. Cool slightly, slice, and enjoy hot or cold.



Tip: A veggie frittata is a protein-packed, nutrient-rich meal that keeps you energised and satisfied.

7 Easy Recipes

Thank you for exploring these simple recipes!

We hope they bring ease and inspiration to your kitchen, making mealtime both enjoyable and delicious. Remember, cooking is more than just preparing food, so do not hesitate to personalise these dishes with your favourite ingredients or try new techniques.

Whether you are cooking for yourself, family, or friends, let each dish reflect your unique taste and passion. We hope these recipes add flavour to your meals and joy to your table.

Happy cooking!



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