

Mediterranean menu plan / Batchelors Nutritional Advice Centre.

Contributors

Batchelors Nutritional Advice Centre.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

MEDITERRANEAN MENU PLAN ⁽¹⁾

	D1	D2	D3	D4	D5
Breakfast	Orange Juice Muesli Toast, wholemeal	Weetabix Small banana Toast, wholemeal	Orange Juice Mushrooms on Toast	Bran Flakes Raisins Toast	Dried Fruit Compote in Orange Juice Toast
Midday	Gutzy Minestrone* Wholemeal Roll Apple	Pizza Pasta* Green Salad Grilled pink grapefruit with cinnamon	Cream of Onion Cup a Soup Mediterranean Salad* Green Salad French Bread	Pepper and Potato Omelette Winter salad French bread Low fat fromage frais	Cauliflower and Broccoli Cup a Soup Hummus, pitta bread, olives and cucumber Orange
Evening	Grilled Mackerel with Thyme, Rosemary and crushed garlic Baked potato Broccoli Lemon Sorbet	Sultan's Pilaff* Rice Runner Beans	Winter Vegetable and Bean Casserole* Spinach Creme caramel with stewed apricots	Seafood Risotto Baked apple stuffed with dates, walnuts and honey	Chicken Catalan* Rice Courgettes Greek yoghurt with peaches, drizzled with honey and flaked almonds

Daily Allowance - 1 pint semi-skimmed milk
1 oz polyunsaturated margarine

* RECIPES AVAILABLE

GUTZEY MINISTRONE

Serves 3-4

INGREDIENTS

1 packet Batchelors Beef Flavoured SuperNoodles
2 tblsp oil
1 medium sized onion
4 oz (100g) cabbage finely shredded
3 carrots, peeled and thinly sliced
415g can chopped tomatoes
1 pint (600ml) water
415g Batchelors Cannellini Beans
2 tblsp chopped parsley
grated Parmesan

METHOD

1. Heat the oil in a fairly large saucepan, add the onions, cabbage and carrot, cook gently to slightly soften - about 5 minutes.
2. Stir in the tomatoes and water, bring slowly to the boil.
3. Break in the noodles and return to the boil, then stir in the flavour sachet and break up any thick pieces of noodles.
4. Return to a simmer and cook for 4-5 minutes. The noodles should be tender.
5. Drain the beans, add the parsley and heat through.
6. Serve sprinkled with plenty of Parmesan cheese.

PIZZA PASTA

Serves 4

INGREDIENTS

2 pkts Batchelors Tomato, Onion & Herb Pasta and Sauce
2 oz (50g) butter
24 fl oz (700ml) water
10 fl oz (300ml) milk
1 medium green pepper, deseeded and sliced
1 medium onion, sliced
4 oz (100g) American pepperoni, sliced
2 medium tomatoes, sliced
3 oz (75g) Mozzarella cheese, grated
1 tsp (5ml) dried mixed herbs

METHOD

1. In a large frying pan cook the two packets of Tomato, Onion & Herb Pasta and Sauce with the butter, water and milk.
2. Add the green pepper and onion 10 minutes before the end of cooking.
3. Stir in the pepperoni and cook for a further 2-3 minutes.
4. Overlap the tomato slices in a circle on top of the pasta.
5. Sprinkle over the cheese and mixed herbs. Place under a hot grill for 2-3 minutes until the cheese is bubbling.
6. Serve with garlic bread.

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SULTANS PILAFF

Serves 4

INGREDIENTS

450g/1lb lean boneless lamb
45ml/3 tbsp olive oil
1 large onion, sliced
1 clove garlic, crushed
2 tsp ground coriander
2 tsp cumin seeds
½ tsp ground cinnamon
½ tsp allspice
415g can Batchelors Cannellini Beans, drained
75g/3 oz ready to eat apricots, quartered
300ml/½ pt chicken stock
25g/1 oz sultans or raisins
salt and black pepper
15g/½ oz butter
25g/1 oz flaked almonds
Strips of orange rind/parsley to garnish, if liked

METHOD

1. Cut the lamb into 2.5cm/1" cubes.
2. Heat the oil in a large frying, add the lamb and cook over a high heat until browned all over. Remove with a slotted spoon and set aside.
3. Reduce the heat a little, add the onions and cook for about 5 minutes until golden. Stir in the garlic and spices and cook for 30 seconds.
4. Return the lamb to the pan with the Cannellini Beans, apricots, stock and sultanas. Season with the salt and pepper.
5. Cook over a gentle heat for 20-25 minutes, or until cooked, stirring occasionally.
6. Quickly fry and almonds in the butter until golden, and scatter over the pilaff before serving.
7. Serve on a bed of rice. Garnish with orange rind or chopped parsley, if liked.

MEDITERRANEAN SALAD

Serves 2-3

INGREDIENTS

1 tbsp olive oil
1 packet Batchelors Mediterranean Rice
7 oz (198g) can Skipjack tuna fish
6 black olives, halved and stoned
1 tbsp French dressing
2 tbsp freshly chopped parsley
1 hardboiled egg, peeled and coarsely chopped into quarters
2 or 3 tomatoes cut into quarters
lettuce or endive

METHOD

1. Heat the oil and use to cook the rice according to the packet directions. When cooked, turn into a dish to cool.
2. Meanwhile, drain the tuna and spread onto kitchen paper to remove any excess oil.
3. Mix into the cooked rice with the olives, French dressing and parsley.
4. Arrange in a serving dish garnished with the egg, tomatoes, lettuce or endive.

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WINTER VEGETABLE AND BEAN CASSEROLE

Serves 4

INGREDIENTS

1 x 1.1 litre/2 pint packet Batchelors Country Bean Soup
1 onion, chopped
75g/3oz pearl barley
1 x 400g/14 oz can chopped tomatoes
1 x 15ml sp/1 tbsp tomato puree
1 parsnip, cut into small chunks
1 turnip, cut into small chunks
2 leeks, sliced
1 x 415g/14.6 oz can Batchelors Flageolet Beans, drained
1 x 213g/7.5 oz can Batchelors Butter Beans, drained
1 x 213g/7.5 oz can Batchelors Red Kidney Beans, drained
Parsley to garnish
850ml/1½ pint water

METHOD

1. Add 850ml/1½ pint water to the soup mix.
2. Add all other ingredients except the canned beans.
3. Cover with the lid and cook in a pre-heated oven 200°C/400°F/Gas 6 for 30 minutes.
4. Stir in the canned beans and cook for a further 20 minutes.
5. Garnish with parsley and serve with crusty bread.

CHICKEN CATALAN

Serves 4

INGREDIENTS

8 chicken thighs, skinned if preferred
2 tbsp plain flour
30ml/2 tbsp olive oil
1 Spanish onion
1 clove garlic, crushed
1 medium green pepper, sliced
4 medium tomatoes, skinned and chopped
415g can Batchelors Butter Beans, drained
300ml/½ pt chicken stock
1 tsp dried oregano
salt and freshly ground black pepper
chopped parsley

METHOD

1. Heat the oven to 190°C, 375°F, Gas Mark 5.
2. Coat the chicken thighs in the flour.
3. Heat the oil in a large frying pan, add the chicken, and cook on both sides until golden. Transfer to an oven-proof casserole.
4. Put the onion in the pan and cook over a medium heat for 5 minutes until soft, add the garlic, pepper and tomatoes and cook for 2-3 minutes.
5. Stir in the Butter Beans, stock and oregano and bring to the boil.
6. Season with salt and pepper and pour over the chicken.
7. Cover the casserole and place in the oven for 45 minutes.
8. Halfway through cooking, re-arrange the chicken and give the casserole a stir.
9. Serve garnished with chopped parsley.

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