

FUNDACIÓ ALÍCIA RECIPE BOOK

IFSO

OILY FISH PATE WHITH WHOLE GRAIN BREAD

INGREDIENTS (for 4 servings)

- 180 g canned tuna
- 20 g oil from the canned tuna
- 60 g Burgos-style fresh cheese
- 400 g cooked chickpeas
- 100 g water
- 4 slices wholegrain bread
- 100 g cherry tomatoes
- 20 g arugula
- Herbes de Provence
- Salt
- Ground pepper

PREPARATION

1. First, I prepare the pâté. In the blender jar, I add the oily fish (it can be mackerel, sardines, or tuna, natural or canned and well-drained), the cooked chickpeas, and the fresh cheese.
2. I blend everything well until I get a smooth, homogeneous cream. If I see that the mixture is too thick, I add a little water to adjust the texture so it's creamier and easier to spread.
3. Next, I toast a slice of wholegrain bread until it's golden and crispy.
4. When it's ready, I cover it with a good layer of the freshly made pâté.
5. On top, I place some halved cherry tomatoes and a few fresh arugula leaves.
6. To finish, I sprinkle a little Herbes de Provence on top, which will give the dish a fresh, aromatic touch.

VEGETABLE SPAGHETI WITH LEGUME PESTO

INGREDIENTS (for 4 servings)

- 1 zucchini
- 1 carrot
- 1 turnip
- 300 g white beans
- 40 g basil
- 20 g extra virgin olive oil
- 30 g pine nuts
- 60 g water

PREPARATION

1. With the help of a mandoline, cut the zucchini, carrot, and turnip into fine spaghetti-shaped strips.
2. Once you have the vegetables cut, place them in a deep plate. Add a small splash of water to generate steam and cover it with another deep plate so it's sealed.
3. Cook the vegetables in the microwave for 2 minutes at maximum power.
4. In a blender or mixing cup, place the cooked white beans, a good handful of fresh basil leaves, a handful of pine nuts, a splash of extra virgin olive oil, and salt to taste.
5. Blend everything together until you obtain a thick, homogeneous cream. If it's too dense, you can add a little water.
6. Once the vegetable "spaghetti" is cooked, drain if necessary and mix them well with the bean pesto, stirring so they're well coated.
7. To finish, serve on a nice plate and decorate on top with some fresh basil leaves and a few toasted pine nuts, which will add a crunchy and aromatic touch to the dish.

CRACKERS OF SEEDS

INGREDIENTS (for 4 servings)

- 60 g chia seeds
- 60 g flax seeds
- 60 g pumpkin seeds
- 60 g sunflower seeds
- 200 g pasteurized egg whites
- Provençal herbs

PREPARATION

1. In a bowl, mix the seeds with the egg whites and let them hydrate for 30 minutes.
2. Once the mixture has a slime-like consistency, spread the cracker dough over a sheet of baking paper on an oven tray, with a thickness of half a centimeter.
3. Bake for 40 minutes at 160°C with fan.
4. Let cool and serve in pieces.

COMPLETE FISH MEAL IN THE MICROWAVE

INGREDIENTS (for 4 servings)

- 1 medium potato
- 1 red bell pepper
- 1 green bell pepper
- 1 onion
- 4 fish fillets
- 40 g extra virgin olive oil
- 10 g apple cider vinegar
- Herbes de Provence
- 20 g walnuts
- Salt and black pepper

PREPARATION

1. Peel and slice the potato into thin rounds. Do the same with the rest of the vegetables you're going to use.
2. Place a layer of potato at the base of a microwave-safe dish or a deep plate. Add a pinch of salt and cook in the microwave for 2 minutes at maximum power.
3. Once the potato is cooked, place the rest of the chopped vegetables and the fish fillet on top.
4. Cover the dish or plate with another plate as a lid and cook in the microwave for another 3 minutes. Check that the vegetables and potato are cooked to the desired point.
5. Meanwhile, prepare a vinaigrette by placing the olive oil, vinegar, chopped nuts, and Herbes de Provence in a jar with a lid. Shake well to emulsify.
6. Once everything is cooked, pour the vinaigrette over the fish and vegetables just before serving.

SUGAR-FREE TIRAMISU

INGREDIENTS (for 4 servings)

For the sponge-style base:

- 1 ripe banana
- 3 eggs
- 75 g whole wheat flour
- 5 g baking powder

For the protein cream cheese:

- 250 g plain unsweetened Greek yogurt
- 90 g mascarpone cheese
- 50 g protein powder
- A splash of coffee

For decoration:

- 100% pure cocoa powder, unsweetened

PREPARATION

1. Peel the banana and mash it well with a fork in a bowl. Add the eggs and mix until everything is well combined. Incorporate the whole wheat flour and baking powder, stirring until you get a smooth batter.
2. Pour the mixture into a microwave-safe mold (it can be a mug or a small container) and cook for 3 minutes at maximum power. Let it cool and then cut it into thin slices, like sponge fingers (ladyfingers).
3. In a bowl, mix the Greek yogurt with the mascarpone until you get a smooth cream. Add the protein powder and stir until all the ingredients are well combined.
4. In a glass or small container, place a layer of the sponge base. Cover with a good amount of the cream cheese mixture. Repeat the layers until the glass is full.
5. Sprinkle pure cocoa powder on top to give it the final touch.
6. You can leave it in the fridge for at least 30 minutes before serving so it sets and the flavors meld better.