

Iranian Dishes:

1. Chelo Kebab

- 300g ground lamb or beef: **850 calories**
- 1 medium onion, grated: **45 calories**
- Spices (salt, black pepper, turmeric): **negligible calories**
- 1 tbsp olive oil: **120 calories**
- 1 cup basmati rice: **200 calories**
- Butter, for rice: **102 calories per tbsp**
- Sumac, for garnish: **negligible calories**

Instructions:

1. Mix the ground meat with grated onion, salt, pepper, and turmeric.
2. Shape the meat into long, thin kebabs around metal skewers.
3. Grill the kebabs over medium heat until cooked through, turning occasionally.
4. Cook basmati rice with a bit of salt until fluffy.
5. Serve the kebabs over the rice, add a dab of butter to the rice, and sprinkle sumac on top of the kebabs.

2. Ghormeh Sabzi

- 200g stew meat (lamb or beef), cubed: **568 calories**
- 1/2 cup kidney beans, soaked overnight: **113 calories**
- 1 large onion, finely chopped: **45 calories**
- Herbs (parsley, cilantro, fenugreek): **negligible calories**
- 2 dried limes, pierced: **negligible calories**
- 1/2 tsp turmeric: **negligible calories**
- Salt and pepper, to taste: **negligible calories**
- 3 cups water: **0 calories**
- 2 tbsp olive oil: **240 calories**

Instructions:

1. In a pot, sauté onions with turmeric until golden.
2. Add the meat and brown it.
3. Add water, soaked kidney beans, salt, and pepper. Bring to a boil, then simmer for 1 hour.
4. Add the herbs and dried limes, and cook for another 30 minutes.
5. Adjust seasoning and serve with basmati rice.

3. Fesenjan

- 300g chicken pieces: **330 calories**

- 1/2 cup walnuts, finely ground: **383 calories**
- 1/2 cup pomegranate molasses: **290 calories**
- 1 onion, finely chopped: **45 calories**
- 2 cups chicken broth: **30 calories**
- 1 tsp sugar (optional): **16 calories**
- Salt and pepper, to taste: **negligible calories**
- 2 tbsp olive oil: **240 calories**

Instructions:

1. In a pan, brown the chicken pieces and remove them.
2. In the same pan, sauté the onion until translucent.
3. Add ground walnuts and toast slightly.
4. Return the chicken to the pan, add chicken broth, pomegranate molasses, salt, pepper, and sugar.
5. Simmer for about 1 hour until the sauce thickens and chicken is tender.
6. Serve with rice.

4. Tahchin

- 1 cup basmati rice: **200 calories**
- 200g yogurt: **149 calories**
- 1 large egg: **70 calories**
- 1/2 tsp saffron: **negligible calories**
- 200g chicken breast, cooked and shredded: **330 calories**
- Salt and pepper, to taste: **negligible calories**
- 2 tbsp olive oil: **240 calories**
- 2 tbsp butter: **204 calories**

Instructions:

1. Pre-cook basmati rice for 10 minutes in boiling salted water, then drain.
2. Mix yogurt, egg, saffron water, salt, and pepper in a bowl.
3. Combine this mixture with the rice.
4. In a non-stick pot, heat oil and butter. Spread half of the rice mixture.
5. Layer the shredded chicken and then cover with the remaining rice mixture.
6. Cook on low heat for about 1 hour until the bottom layer of rice is golden and crispy.
7. Invert the pot onto a plate, so the crispy bottom becomes the top.
8. Serve with side salad or yogurt.

5. Khoresh Bademjan (Eggplant Stew)

- 2 large eggplants: **220 calories**
- 200g stew meat (lamb or beef), cubed: **568 calories**
- 1 large onion, finely chopped: **45 calories**

- 2 cloves garlic, minced: **9 calories**
- 1 tsp turmeric: **negligible calories**
- 2 tomatoes, diced: **44 calories**
- 1/2 cup tomato paste: **139 calories**
- 3 cups water: **0 calories**
- Salt and pepper, to taste: **negligible calories**
- Olive oil for frying: **120 calories per tbsp**

Instructions:

1. Fry eggplant slices in olive oil until golden, then set aside on paper towels.
2. In the same pan, sauté onions and garlic with turmeric until golden.
3. Add the meat and brown it.
4. Add tomatoes, tomato paste, water, salt, and pepper. Bring to a boil, then simmer for 30 minutes.
5. Add the fried eggplants to the stew and continue simmering for another 30 minutes.
6. Adjust seasoning and serve with basmati rice.

Greek Dishes:

1. Moussaka

- 2 large eggplants: **220 calories**
- 300g ground lamb or beef: **850 calories**
- 1 medium onion, chopped: **45 calories**
- 2 cloves garlic, minced: **9 calories**
- 1 can (400g) crushed tomatoes: **95 calories**
- 1/4 cup red wine: **50 calories**
- 1 tsp cinnamon: **6 calories**
- Olive oil for frying: **120 calories per tbsp**
- For Béchamel Sauce:
 - 2 cups milk: **122 calories per cup**
 - 1/4 cup flour: **114 calories**
 - 1/4 cup butter: **408 calories**
 - 1 egg: **70 calories**
 - Nutmeg: **negligible calories**
- Salt and pepper, to taste

Instructions:

1. Slice eggplants, salt them, and set aside for 30 minutes. Rinse and dry.
2. Fry eggplants in olive oil; set aside.
3. Cook ground meat, onion, garlic, tomatoes, wine, cinnamon, salt, and pepper; set aside.
4. Prepare béchamel sauce: melt butter, add flour, then slowly add milk. Add the beaten egg and nutmeg.
5. Layer a baking dish with eggplant, meat mixture, and béchamel sauce.
6. Bake at 180°C (350°F) for 45 minutes.

2. Souvlaki

- 400g chicken breast, cubed: **440 calories**
- 2 tbsp olive oil: **240 calories**
- Juice of 1 lemon: **12 calories**
- 2 cloves garlic, minced: **9 calories**
- 1 tsp dried oregano: **negligible calories**
- Salt and pepper, to taste

Instructions:

1. Marinate chicken in olive oil, lemon juice, garlic, oregano, salt, and pepper for at least 1 hour.
2. Thread chicken onto skewers.
3. Grill over medium heat until cooked, turning occasionally.
4. Serve with pita bread and tzatziki sauce.

3. Spanakopita (Spinach Pie)

- 1 pack phyllo dough: **1190 calories**
- 300g spinach, cooked and drained: **69 calories**
- 200g feta cheese, crumbled: **528 calories**
- 1 medium onion, chopped: **45 calories**
- 2 eggs: **140 calories**
- Olive oil for brushing: **120 calories per tbsp**
- Salt and pepper, to taste

Instructions:

1. Sauté onion, add spinach, season with salt and pepper, and let cool.
2. Mix in feta cheese and eggs.
3. Layer phyllo sheets in a greased baking pan, brushing each with olive oil.
4. Spread the spinach mixture and cover with remaining phyllo, brushing each layer with oil.
5. Bake at 180°C (350°F) until golden.

4. Greek Salad

- 3 tomatoes: **66 calories**
- 1 cucumber: **45 calories**
- 1 small red onion: **28 calories**
- 200g feta cheese: **528 calories**
- 1/2 cup olives: **80 calories**
- Olive oil, lemon juice, oregano for dressing: **120 calories for olive oil**

Instructions:

1. Cut tomatoes, cucumber, and onion into chunks.
2. Combine in a bowl with olives.

3. Crumble feta cheese over the top.
4. Dress with olive oil, lemon juice, and oregano.
5. Toss gently and serve.

5. Tzatziki

- 1 cup Greek yoghurt: **100 calories**
- 1 cucumber, grated and drained: **45 calories**
- 2 cloves garlic, minced: **9 calories**
- 2 tbsp olive oil: **240 calories**
- 1 tbsp vinegar: **3 calories**
- 1 tbsp fresh dill, chopped: **negligible calories**
- Salt and pepper, to taste

Instructions:

1. Mix the Greek yoghurt with the grated cucumber.
2. Add garlic, olive oil, vinegar, dill, salt, and pepper.
3. Stir well and refrigerate for at least 1 hour before serving.
4. Serve as a dip or sauce with grilled meats or vegetables.

These recipes provide a delightful taste of Greek cuisine and are perfect for enjoying the rich and diverse flavours of the Mediterranean. Enjoy preparing and savouring these delicious dishes!

Spanish Dishes:

1. Paella

- 1 cup bomba or short-grain rice: **200 calories**
- 200g chicken thighs, cubed: **250 calories**
- 100g chorizo sausage, sliced: **400 calories**
- 1/2 cup green beans: **17 calories**
- 1 small red bell pepper, sliced: **19 calories**
- 1/2 cup canned diced tomatoes: **32 calories**
- 2 cloves garlic, minced: **9 calories**
- 1/2 tsp saffron threads: **negligible calories**
- 2 cups chicken broth: **30 calories**
- Olive oil for cooking: **120 calories per tbsp**
- Salt and pepper, to taste

Instructions:

1. In a paella pan, cook chicken and chorizo in olive oil until browned.
2. Add green beans, bell pepper, and garlic; cook for a few minutes.
3. Add rice, saffron, tomatoes, and chicken broth. Season with salt and pepper.
4. Simmer without stirring until rice is cooked and liquid is absorbed, about 20 minutes.

5. Let it rest for a few minutes before serving.

2. Gazpacho

- 3 medium tomatoes: **66 calories**
- 1 cucumber: **45 calories**
- 1 small green bell pepper: **24 calories**
- 1/2 small onion: **22 calories**
- 1 clove garlic: **4 calories**
- 2 tbsp olive oil: **240 calories**
- 1 tbsp vinegar: **3 calories**
- Salt and pepper, to taste

Instructions:

1. Roughly chop the vegetables.
2. Blend vegetables, olive oil, vinegar, salt, and pepper until smooth.
3. Chill in the refrigerator for at least 2 hours.
4. Serve cold, garnished with diced cucumber and bell pepper.

3. Tortilla Española (Spanish Omelette)

- 3 medium potatoes, peeled and thinly sliced: **450 calories**
- 1 small onion, thinly sliced: **44 calories**
- 4 large eggs: **280 calories**
- Olive oil for frying: **120 calories per tbsp**
- Salt, to taste

Instructions:

1. Cook potatoes and onion in olive oil until tender, but not brown.
2. Beat the eggs with salt, add the cooked potatoes and onion.
3. Pour the mixture into a pan, cook until set on one side, then flip and cook the other side.

4. Croquetas de Jamón (Ham Croquettes)

- 100g serrano ham, finely chopped: **270 calories**
- 2 tbsp butter: **204 calories**
- 2 tbsp flour: **57 calories**
- 1 cup milk: **122 calories**
- Nutmeg, salt, and pepper: **negligible calories**
- 1 egg, beaten: **70 calories**
- Bread crumbs for coating: **110 calories**
- Olive oil for frying: **120 calories per tbsp**

Instructions:

1. Melt butter, stir in flour, and gradually add milk to make a thick sauce.
2. Add ham, nutmeg, salt, and pepper. Cool in the fridge.

3. Shape into small cylinders, dip in beaten egg and bread crumbs.
4. Fry in hot olive oil until golden.

5. Patatas Bravas

- 3 medium potatoes, cubed: **450 calories**
- Olive oil for frying: **120 calories per tbsp**
- For Brava Sauce:
 - 1/2 small onion, minced: **22 calories**
 - 1 clove garlic, minced: **4 calories**
 - 1/2 can diced tomatoes: **32 calories**
 - 1 tsp smoked paprika: **6 calories**
 - 1/2 tsp cayenne pepper: **negligible calories**
 - Salt, to taste

Instructions:

1. Fry potatoes in olive oil until golden and crisp.
2. For the sauce, sauté onion and garlic, then add tomatoes, paprika, cayenne, and salt.
3. Simmer until thickened.
4. Serve potatoes with sauce on top or on the side.

Indian Dishes:

1. Chicken Tikka Masala

- 300g chicken breast, cubed: **330 calories**
- 1/2 cup yoghurt: **75 calories**
- 1 tbsp lemon juice: **4 calories**
- 1 tsp turmeric powder: **8 calories**
- 1 tsp garam masala: **6 calories**
- 1/2 tsp cumin: **4 calories**
- 1/2 tsp paprika: **3 calories**
- 1 tbsp ginger-garlic paste: **20 calories**
- 1/2 cup tomato puree: **50 calories**
- 1/4 cup heavy cream: **100 calories**
- 2 tbsp oil: **240 calories**
- Salt to taste

Instructions:

1. Marinate chicken in yoghurt, lemon juice, turmeric, garam masala, cumin, paprika, and ginger-garlic paste for at least 1 hour.
2. Grill or pan-fry chicken until cooked.
3. In a pan, heat oil, add tomato puree, and the remaining spices. Cook for a few minutes.
4. Add the grilled chicken and cream. Simmer for 10 minutes.
5. Serve with basmati rice or naan.

2. Palak Paneer

- 200g paneer (Indian cheese), cubed: **520 calories**
- 200g spinach: **46 calories**
- 1 medium onion, chopped: **45 calories**
- 1 tomato, chopped: **22 calories**
- 1 tsp ginger-garlic paste: **20 calories**
- 1/2 tsp garam masala: **6 calories**
- 1/2 tsp cumin: **4 calories**
- 1/2 tsp coriander powder: **5 calories**
- 2 tbsp oil: **240 calories**
- Salt to taste

Instructions:

1. Blanch spinach, blend into a puree.
2. Fry paneer until golden, set aside.
3. In the same pan, sauté onions, ginger-garlic paste, tomatoes, and spices.
4. Add spinach puree, cook for a few minutes.
5. Add paneer, cook for another 5 minutes.
6. Serve with rice or naan.

3. Chana Masala

- 1 cup dried chickpeas, soaked overnight: **728 calories**
- 1 medium onion, chopped: **45 calories**
- 1 tomato, chopped: **22 calories**
- 1 tsp ginger-garlic paste: **20 calories**
- 1/2 tsp turmeric powder: **8 calories**
- 1/2 tsp garam masala: **6 calories**
- 1/2 tsp cumin: **4 calories**
- 1 tsp coriander powder: **5 calories**
- 1/2 tsp chili powder: **4 calories**
- 2 tbsp oil: **240 calories**
- Salt to taste

Instructions:

1. Boil chickpeas until tender.
2. In a pan, sauté onions, ginger-garlic paste, tomatoes, and spices.
3. Add boiled chickpeas, cook for 10 minutes.
4. Serve with rice or bread.

4. Butter Chicken

- 300g chicken breast, cubed: **330 calories**
- 1/2 cup yoghurt: **75 calories**
- 1 tbsp lemon juice: **4 calories**
- 1 tsp ginger-garlic paste: **20 calories**

- 1/2 tsp chilli powder: **4 calories**
- 1/2 tsp garam masala: **6 calories**
- 1/2 cup tomato puree: **50 calories**
- 1/4 cup heavy cream: **100 calories**
- 2 tbsp butter: **204 calories**
- 1 tbsp honey: **64 calories**
- Salt to taste

Instructions:

1. Marinate the chicken in yoghurt, lemon juice, ginger-garlic paste, chilli powder, and garam masala for at least 1 hour.
2. Grill or pan-fry the chicken until partially cooked.
3. In a pan, melt butter, add tomato puree, honey, and remaining spices. Cook for a few minutes.
4. Add the grilled chicken and cream. Simmer for 10 minutes.
5. Serve with basmati rice or naan.

5. Vegetable Biryani

- 1 cup basmati rice: **200 calories**
- 1 cup mixed vegetables (carrots, peas, beans): **80 calories**
- 1 medium onion, sliced: **45 calories**
- 1 tomato, chopped: **22 calories**
- 1/2 tsp ginger-garlic paste: **10 calories**
- 1/2 tsp turmeric powder: **8 calories**
- 1/2 tsp garam masala: **6 calories**
- 1/2 tsp cumin seeds: **4 calories**
- 1/4 cup yoghurt: **37 calories**
- 2 tbsp oil: **240 calories**
- Salt to taste

Instructions:

1. Soak rice for 30 minutes, then cook until 70% done; drain and set aside.
2. In a pan, sauté onions, ginger-garlic paste, and spices.
3. Add mixed vegetables, tomato, and yoghurt. Cook until vegetables are tender.
4. Layer the vegetable mixture and rice in a pot. Cook on low heat for 20 minutes.
5. Serve with raita or curry.

Italian Dishes:

1. Spaghetti Carbonara

- 200g spaghetti: **310 calories**
- 100g pancetta or bacon, chopped: **541 calories**
- 2 large eggs: **140 calories**
- 1/2 cup grated Parmesan cheese: **216 calories**
- 1 clove garlic, minced: **4 calories**

- Salt and black pepper to taste

Instructions:

1. Cook spaghetti in salted boiling water until al dente.
2. Meanwhile, fry pancetta and garlic until crisp.
3. Beat eggs with Parmesan, salt, and pepper.
4. Drain spaghetti, reserve some cooking water.
5. Mix hot spaghetti with egg mixture and pancetta, adding cooking water to achieve creamy consistency.
6. Serve immediately.

2. Margherita Pizza

- Pizza dough (for a medium pizza): **584 calories**
- 1/2 cup tomato sauce: **40 calories**
- 200g fresh mozzarella cheese, sliced: **600 calories**
- Fresh basil leaves: **negligible calories**
- 1 tbsp olive oil: **120 calories**
- Salt to taste

Instructions:

1. Roll out pizza dough and place on a baking tray.
2. Spread tomato sauce, then arrange mozzarella slices on top.
3. Drizzle with olive oil and a pinch of salt.
4. Bake in a preheated oven at 220°C (430°F) for 15-20 minutes.
5. Add fresh basil leaves before serving.

3. Lasagna

- 6 lasagna noodles: **360 calories**
- 200g ground beef: **544 calories**
- 1 cup tomato sauce: **80 calories**
- 1 cup ricotta cheese: **428 calories**
- 1/2 cup grated Parmesan cheese: **216 calories**
- 1 cup shredded mozzarella cheese: **336 calories**
- 1 tbsp olive oil: **120 calories**
- Salt, pepper, and Italian seasoning to taste

Instructions:

1. Cook lasagna noodles; set aside.
2. Brown ground beef in olive oil; add tomato sauce, salt, pepper, and seasoning.
3. Layer noodles, meat sauce, ricotta, mozzarella, and Parmesan in a baking dish.
4. Repeat layering, finish with cheese on top.
5. Bake at 180°C (350°F) for 30 minutes.

4. Risotto alla Milanese

- 1 cup Arborio rice: **640 calories**
- 1/2 cup dry white wine: **121 calories**
- 4 cups chicken or vegetable broth: **60 calories**
- 1 small onion, chopped: **28 calories**
- 1/4 cup grated Parmesan cheese: **108 calories**
- 2 tbsp butter: **204 calories**
- A pinch

of saffron threads: **negligible calories**

- Salt and black pepper to taste

Instructions:

1. Heat broth in a separate pot, keep warm.
2. In another pot, sauté onions in butter until translucent.
3. Add rice, stir to coat with butter.
4. Pour in wine, cook until evaporated.
5. Add broth one ladle at a time, stirring until each is absorbed before adding the next.
6. Crush saffron into a little hot water, add to risotto.
7. Continue cooking until rice is creamy but still al dente.
8. Stir in Parmesan, season with salt and pepper.
9. Serve immediately.

5. Tiramisu

- 200g mascarpone cheese: **714 calories**
- 3/4 cup heavy cream: **615 calories**
- 1/4 cup sugar: **194 calories**
- 1 cup strong brewed coffee, cooled: **negligible calories**
- 12 ladyfingers (savoardi biscuits): **396 calories**
- Unsweetened cocoa powder for dusting: **10 calories per tablespoon**

Instructions:

1. Whip heavy cream with sugar until stiff peaks form.
2. Gently fold in mascarpone cheese.
3. Dip ladyfingers in coffee and line them in a dish.
4. Spread half of the mascarpone mixture over the ladyfingers.
5. Add another layer of coffee-dipped ladyfingers.
6. Top with the remaining mascarpone mixture.
7. Dust with cocoa powder.
8. Refrigerate for at least 4 hours before serving.