



Balanced meal in “tapas” format

Follow the “Healthy eating plate” method to determine the amounts.

Ingredients (serves 1)

Rice	Tomato
Courgette	Onion
Beef fillet	Garlic
Aromatic herbs (basil and fennel)	Green pepper
Virgin extra olive oil	
Pepper	
Salt (restrict in case of hypertension or fluid retention)	
Lemon	

Method

1. Peel and cut the onion into thin slices. Sauté in a pan with a splash of olive oil and cook at medium heat.
2. Wash and cook the rice in a pot with abundant water. Once cooked, strain and set aside.
3. Wash and cut the pepper into strips. Peel the garlic and chop very small. Cook in a frying pan with a splash of oil. Cut the meat into strips and add to the frying pan and sauté all together at high heat until golden. Add salt and pepper. Add some roasted sesame seeds and put everything into a bowl.
4. Cut half a courgette into paper-thin strips and set aside. Cut the other half into slices of about half a centimetre. Cook in a pan with some drops of oil until golden on both sides.
5. Assemble a sandwich with slices of courgette and half of the fried onion. Top with chopped basil.
6. Wash and cut the tomato into thin slices and arrange it on a plate with the courgette slices in an alternating pattern as in a carpaccio. Season with salt and pepper, olive oil and lemon and decorate with some basil leaves.
7. Put the rice in a bowl with the rest of the cooked onion and the chopped fennel.
8. Serve all the dishes together as a tapas spread.