

PORTUGUESE RECIPES

TYPICAL AND HEALTHY



PERFORMED BY
COLÉGIO DE LAMEGO

PROJECT:
FEELING GOOD



Cod with everyone

FOR TWO PEOPLE

INGREDIENTS

- 2 sliced cod slices
- 4 potatoes
- 100g cooked chickpeas
- 4 carrots
- 2 eggs
- 2 cloves garlic, minced
- Olive oil
- Salt q.s.

METHOD OF PREPARATION

Peel the potatoes and carrots and bring them to a boil in water and a pinch of salt.

When they are almost cooked, add the cod slices and boil 2 to 3 minutes. Add the grain and just let it heat for one minute. Drain and set aside.

Cook the eggs for about 7 minutes. Peel and set aside.

In a saucepan, add a little olive oil with chopped garlic.

Serve the cod accompanied with grain, potatoes, carrots, boiled egg and drizzle with the garlic oil.



TOMATO SOUP WITH EGG

FOR TWO PEOPLE

INGREDIENTS

- 4 peeled tomatoes
- 1 onion
- 1 potato
- 2 garlic cloves
- 4 c. tomato pulp soup
- 1 bay leaf
- 50g olive oil
- 100g croutons
- 2 eggs
- Salt and pepper q.s.
- Chopped parsley

METHOD OF PREPARATION

Heat the olive oil and brown the chopped onion.

Add chopped garlic, bay leaf and peeled tomatoes. Mix.

Season with salt and pepper and add tomato paste.

Add water to taste and cook for 15 minutes on medium heat.

Remove the bay leaf.

Remove about half the soup and wrap it with a magic wand. Once it has passed, add it to the remaining soup. Shake well.

Add eggs and poach.

Serve with croutons and chopped parsley.



GREEN SAUCE TUNA SALAD

FOR FOUR PEOPLE

INGREDIENTS

- 1 large can of black bean
- 2 cans of tuna
- 4 eggs
- 1 onion
- 50g olive oil
- 1 c. vinegar soup
- 2 c. chopped parsley soup
- Salt and pepper q.s.
- Black olives

METHOD OF PREPARATION

Drain the beans and arrange on a platter.

Drain the tuna and spread it through the beans.

Bake the eggs and split them into quarters. Arrange them at the ends of the platter.

In a bowl, combine olive oil, vinegar, chopped onion, parsley, salt and pepper.

Drizzle the beans with the green sauce. Garnish with black olives. Serve with white rice.