



EAT THE RAINBOW THIS SUMMER WITH RECIPES PACKED FULL OF SEASONAL EUROPEAN FRUIT AND VEGETABLES!

Summer dining conjures up visions of colourful crisp salads, succulent fruits and delicious grilled meat and fish. And a Mediterranean diet provides a feel-good factor like no other, with plenty of colour and a much-needed wellbeing boost after the winter months, particularly if eaten al-fresco in the warm summer sun – with friends and family.

A diet including fresh fruit and vegetables has numerous health benefits, with produce providing a rich source of vitamins, minerals, fibre, and antioxidants. Choosing seasonal fruit and vegetables from Italy and other EU countries, means choosing the very highest European standards of freshness, food safety, quality, and respect for the environment.

So, if you're looking to add a touch of colour to your summer menu, look no further than I Love Fruit & Veg from Europe's range of new and inventive and nutritious summer recipes that showcase the very best seasonal produce (www.ilovefruitandvegfromeurope.co.uk).

With main dishes ranging from [Salmon, rice & orange medley](#), [Chicken breast, asparagus piccata, with capers and lemon](#) and [Asparagus alla pizzaiola](#) to [Seared sesame-coated tuna](#), [Lemon Turkey Meatballs](#), [Vietnamese basil salad rolls](#) and [Pickled radish & steak tacos](#).



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Or choose from fresh, bright, tasty, summery sides and salads, like [Parsley and Herb Hummus](#), [Tabouleh](#), [Radish & Chicory Caesar salad with Cajun chicken](#), [Peach, fennel & rocket salad](#), [Classic watermelon with feta cheese, black olives, mint leaves](#), [Artichoke with honey & mustard vinaigrette and bread croutes](#), [Thai cucumber, prawn & lettuce salad](#) or [Quick braised lettuce with peas, pancetta & eggs](#)...

And round off the evening with a summery pudding or refreshing drink including a [Peach melba pavlova](#) or for the ultimate summer drink... a [Watermelon, lime, and tequila "smoothie cocktail"](#) - sure to become a firm favourite!

The I Love Fruit & Veg from Europe campaign is led by five organisations based in Italy - A.O.A., Asso Fruit Italia, La Deliziosa, Meridia and Terra Orti. Discover more seasonal summer recipes from I Love Fruit & Veg from Europe at: www.ilovefruitandvegfromeurope.co.uk

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ENDS

SALMON, RICE & BLOOD ORANGE MEDLEY

Prep: 15 minutes

Cook: 15 minutes

Serves 4

1 tbsp toasted sesame oil
4 salmon fillets (500g)
250g asparagus, trimmed and cut into 4 cm pieces
4 blood oranges
2 x 250g pouches wholegrain basmati & wild rice
2 tbsp extra virgin olive oil
2 tbsp chopped parsley



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Heat the sesame oil in a large frying pan and fry the salmon, flesh side down for 5 minutes, turn over and add the asparagus to the pan and fry for a further 5 minutes until the salmon is just cooked through.

Meanwhile, cut off the skin and pith from the oranges and remove the segments over a bowl to catch any juices. Remove the salmon from the pan and then add the rice to the pan with the orange segments and juice with the oil, heat for 1-2 minutes.

Break the salmon into chunks and add to rice with the parsley. Season to taste then serve.

Cooks tip

Out of season, replace the asparagus with broccoli.

CHICKEN AND ASPARAGUS PICCATA

Prep time: 30 minutes

Cooking time: 20 minutes

Serves 4

2 bunches medium sized asparagus
650g boneless skinless chicken breasts (4)
2 tbsp plain flour
2-3 tablespoons olive oil
2-3 teaspoons capers, drained and rinsed
350ml dry white wine
Zest of 1 lemon (plus extra lemon, cut into slices for garnish)
250ml chicken stock
Juice of 2 lemons
150ml whipping or single cream
Pack of fresh basil leaves



Slice off the ends of the asparagus spears; and then using a vegetable peeler, scrape gently a small amount of the skin from the larger parts of the stems. Don't peel away too much of the asparagus, just a few thin shavings evenly around the larger end of the spears. Discard peelings.

Score the chicken breasts on both sides then gently pound, ideally with a rolling pin, until d slightly and form a somewhat even thickness. Season to taste on both sides, then toss in the flour.

Heat the olive oil in a heavy frying pan, then add the chicken breasts, cooking until golden on both sides. Add the capers while the chicken breasts are cooking and continue until the chicken is almost cooked through.

Once chicken is removed from the pan, add the white wine and lemon zest, and cook over medium heat until mixture is reduced by about half. Add the chicken stock and cook together, stirring until liquid has evaporated by about half and intensified in flavour.

Add the lemon juice, return chicken breasts to the pan, top with the asparagus spears, place a lid on top and cook over medium heat for a few minutes, or until the chicken and asparagus is cooked through.

Remove chicken and asparagus to serving platter. Add cream to the pan, and cook together until it forms a rich creamy sauce, a minute or two. Season to taste then pour over the chicken and asparagus and garnish with the lemon slices and basil.

Serve straight away.

Cooks Tip: Why not try the lemony sauce and asparagus with pan roasted cod instead of chicken? Cook the cod as for the chicken, but the cod will only need a few minutes to cook.

ROASTED ASPARAGUS ALLA PIZZAIOLA

Prep time: 15 minutes

Cooking time: 20 - 30 minutes

Serves 4

400g asparagus spears

4 tablespoons extra virgin olive oil

200g cherry tomatoes, halved



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Pinch dry oregano
1 clove garlic, chopped
2 tablespoons tomato purée
1 x 227g can chopped tomatoes
250g drained Mozzarella, torn into pieces
1 x 25g pack basil, leaves torn into pieces
50g Freshly grated Parmigiano Reggiano DOP

Preheat oven to 220C, gas mark 7

Cut the spears in half, toss in half the olive oil and arrange on a baking sheet for roasting.

Add the tomatoes to the asparagus. Season to taste, sprinkle with oregano, and roast together for 15 minutes or until golden brown but still holding onto their shape.

Toss in the garlic, tomato purée, canned tomatoes, then top with the Mozzarella, basil, and a generous sprinkle of Parmigiana. Drizzle with remaining olive oil.

Return to the oven for 10 minutes or until the cheese has melted and in places has turned golden.

Remove and serve immediately.

Cook's tip:

Serve the roasted asparagus and tomatoes (before adding the mozzarella and tomato sauce) at room temperature, as a salad or starter.

SESAME SEARED TUNA ON A BED OF ROCKET

Prep time: About 15 minutes
Cooking Time: 2 -3 minutes
Assembly time: 5-10 minutes
Serves 4



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200g (as thick as possible) yellowfin tuna, line caught, wild, sustainably sourced
2 teaspoons toasted sesame oil
2 tablespoons toasted sesame seeds
3 spring onions, thinly sliced
100g rocket leaves
1 tablespoon extra virgin olive oil
1-2 teaspoons sugar, or to taste
Medium to large pinch powdered ginger
2 teaspoons Japanese rice vinegar, or to taste
1-2 teaspoons soy sauce

Dry the tuna steaks, then season to taste, rub with half the sesame oil, and sprinkle on both sides with half the sesame seeds. Store in the fridge while you prepare the salad.

Mix spring onions with rocket leaves, then mix the dressing: the remaining sesame oil, sesame seeds, sugar, olive oil, ginger, vinegar and soy sauce. Set aside.

Then sear the tuna. Heat a heavy pan fairly hot, or until smoking. If its nonstick there is no need to use oil, but if not, use a tiny bit so that the fish doesn't stick.

Place the fish onto the hot pan and cook over high heat for 1 minute on each side (top and bottom; if it's quite thick, you can sear the sides a bit as well). Do not be tempted to overcook; it's the tenderness of being halfway between cooked and raw that is so delicious and has such a wonderful mouthfeel.

Remove from pan and leave to stand for a few minutes. Slice fairly thinly, about 2 mm across the grain. Place the warm tuna slices on top of the rocket and spring onions, then dress with the reserved dressing. Eat warm.

Cooks Tip:

Replace the tuna with fresh salmon steaks.

LEMON TURKEY MEATBALLS ON A BED OF WILTED ROCKET



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Prep time: about 30 minutes
Cooking time: about 20 minutes
Serves 4

2 pitta breads
500g turkey thigh mince
85g finely grated Parmigiano Reggiano DOP
1 medium egg
1 lemon zest and juice
2 spring onions, finely chopped
About 3 tablespoons extra virgin olive oil
120g wild rocket



Soak the pitta in water to soften a few minutes, then squeeze dry and crumble into small bits. Mix with the turkey mince, the Parmigiano, egg, lemon zest, 1 spring onion; season to taste. Roll into 20 small meatballs.

Heat a heavy saute/frying pan (non stick preferable) and add a tablespoon (or more as needed) of the olive oil. Add the turkey meatballs gently to the hot pan, keeping the heat around medium, enough to brown the meatballs gently, and to cook them through.

When the bottoms are browned, gently turn each meatball over onto one side, then a few minutes to another, cooking on 3 sides. If you turn them too often in an effort to cook too many sides they could fall apart (though are still delicious).

Cook for about 20 minutes, until meatballs are cooked through and lightly browned. Remove from heat and drizzle with about half the lemon juice. Set aside a moment while you prepare the rocket spring onion salad.

Combine the remaining spring onion with the rocket leaves, toss with remaining olive oil and lemon juice. Season to taste.

Arrange the hot turkey meatballs on top of the salad, and pour any pan juices over the salad and meatballs as well.



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Cooks Tip: Leftovers are great served with homemade tomato sauce and stuffed into a crusty French roll/baguette with or without mozzarella to melt in. Instead of turkey, you can make these with beef, to which I recommend the addition of a handful of pinenuts and another of raisins: a taste of Sicily and Naples.

VIETNAMESE BASIL AND RICE PAPER ROLL-UPS

Prep time: 30 minutes

Cooking time: 15 minutes

Serves 4

280g-300g firm tofu, drained and patted dry with a clean cloth or absorbent paper

200g rice vermicelli

50g basil leaves, stems removed

1 red pepper, thinly sliced or chopped

2 x 134 g packs rice paper or rice pancakes for spring roll wrappers

Handful of fresh bean sprouts, blanched

Dipping sauces (see below):



Slice or break the tofu into small chunks or pieces. Set aside.

Prepare the rice vermicelli as per the on pack instructions, then rinse thoroughly in cold water to stop the vermicelli from overcooking.

Lay out the basil leaves, red pepper, tofu, and blanched bean sprouts next to a flat surface you can use for rolling up the parcels.

Have ready a bowl of very warm water, along with the rice papers and a big plate for serving onto.

Briefly wet a sheet of rice paper in the warm water, remove and place on your working surface. Repeat with a second sheet of rice paper, making a very long

double round almost oblong, with overlap of about a third of both sheets.

Arrange a layer of fresh basil leaves going the length of the rice papers, then a sprinkling of the red pepper, the tofu, and a few blanched bean sprouts. Top with a tangle of the vermicelli which you place on top in an almost log shape.

Start rolling: fold the edges at the far end of the filling, enough to make a sealed parcel, then roll, starting with one end, encasing the filling, and rolling as tightly as you can, until the filling is all rolled up in the rice paper. The damp rice paper will hold it all together.

Place on a plate and repeat until all of the filling is gone. Set the rolls aside until ready to serve. If you wish to pile more on a plate without them sticking together, cover one layer with cling film, then layer more of the rolls on top. Chill or keep cool until ready to serve.

Cooks Tip

Serve with ready prepared sauces or make your own as below:

Serve with the two sauces – either ready prepared or follow the recipes below:

Hoisin-peanut: 3 Tablespoons crunchy peanut butter, 5 tablespoons hoisin sauce, 1 tablespoon tomato ketchup, 1 tablespoon soy sauce, 1 tablespoon sesame oil and a pinch five spice powder Mix together until creamy.

Hot-sweet-sour: 2 tablespoons very hot sauce, 2 tablespoons vinegar, 2 teaspoons sugar, 2 tablespoons water, season to taste, 1-2 tablespoons grated raw carrot.

PICKLED RADISH & STEAK TACOS

Prep: 10 minutes

Cook: 10 minutes

Serves 4

2 tsp caster sugar (10g)
2 tbsp white wine vinegar
200g radishes, sliced
230g asparagus, trimmed



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1 tbsp olive oil
3 x 200g sirloin steaks, trimmed of excess fat
326g pack 8 soft flour tortillas
Coriander leaves, sliced avocado and soured cream to serve

Place the sugar and vinegar in a bowl and stir to dissolve, stir in the radishes and set aside.

Meanwhile, rub ½ tbsp oil over the asparagus and griddle for 5-6 minutes until slightly charred, cut in half. Rub the steaks in the remaining oil, season and add to the griddle for 2 minutes each side for medium. Allow to rest for a few minutes before slicing.

Warm the tortillas according to the pack and serve with some asparagus, sliced steak and pickled radishes topped with sliced avocado, coriander leaves and a spoonful of soured cream.

Cooks tip

Replace the steak with salmon or lamb steaks.

PARSLEY HOUMOUS

Prep time: 20 minutes

Preparation time: 10 minutes

Serves 4

300g ready made houmous
30g finely chopped parsley
2 tbsp finely chopped mint
2 tbsp finely chopped coriander
2 tablespoons tahini
Juice of 1/2 lemon
Pinch of cumin
Serve with vegetables and pitta wedges to dip with, such as cucumber, red chicory, carrots, radishes



Using a fork or spoon, fluff up the houmous, then stir in the herbs and mix well.

Beat in the tahini, lemon juice and cumin and season to taste.

Arrange in a shallow bowl, and drizzle with a little more olive oil if desired and serve with vegetables and pitta wedges for dipping.

Cooks tip: Be sure all the herbs are finely chopped so that the flavour of the herb comes through.

QUINOA TABBLOULEH

Prep time: 20 minutes

Assembly time: 20 minutes

Serves 4

1 bunch of spring onions, thinly sliced crosswise

25-30g flat leaf parsley, finely chopped

15g fresh mint leaves, finely sliced

1/2 cucumber, finely diced

75g cherry tomatoes, cut into small wedges

1 clove garlic, finely chopped

125g ready to eat quinoa

30 ml extra virgin olive oil

Juice of 1 lemon

To serve: romaine (cos) lettuce leaves, yogurt



Combine the spring onions, parsley, and mint in a large bowl, then add the cucumber, tomatoes, and garlic, and mix together well.

Add the quinoa, mix in well, and dress with the olive oil and lemon. Season to taste serve on a few leaves of lettuce, with a spoonful of yogurt on the side.

Cooks tip:

This is even better eaten the next day! You can also replace the quinoa with couscous- just prepare according to instructions on pack.

RADISH & CHICORY CAESAR SALAD WITH CAJUN CHICKEN

Prep: 10 minutes

Cook: 15 minutes

Serves 4

- 1 tbsp olive oil
- 2 tbsp Cajun seasoning
- 3 chicken breast fillets, halved horizontally (600g)
- 1 round lettuce, torn (200g)
- 2 heads red chicory, sliced (140g)
- 200g radishes, trimmed and sliced
- 4 tbsp Caesar dressing
- 50g croutons



Heat the oil in a large frying pan, sprinkle the Cajun seasoning over both sides of the chicken and fry for 10-15 minutes, turning occasionally until golden and cooked throughout.

Meanwhile, place the lettuce, chicory and radishes in a large bowl and toss in 2 tbsp dressing, divide between 4 plates. Slice the chicken and place on top of the salad with the croutons, drizzle over the remaining dressing to serve.

Cooks tip

Swap the chicken for salmon fillets.

PEACH, FENNEL & ROCKET SALAD

Prep: 10 minutes

Cook: 10-12 minutes

Serves 4

- 4 ripe peaches, sliced (500g)
- 2 tbsp extra virgin olive oil
- 1 fennel bulb, sliced lengthways (250g)



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1 blood orange, juice
1 tbsp white wine vinegar
100g rocket

Toss the peaches in ½ tbsp oil and griddle for 4-5 minutes, turning once. Remove and toss the fennel slices in a further ½ tbsp oil and griddle for 5-6 minutes, turning once.

Whisk together the orange juice, vinegar and remaining 1 tbsp oil, season well.

Mix the rocket with the peach slices, fennel and dressing to serve.

Cooks tip

Delicious served with Italian charcuterie.

WATERMELON AND FETA CHEESE

Prep time: 10-15 minutes

Assembly time: 5 minutes

Serves 4

1 watermelon, about 2 kilos
200g feta, cut into small thick slices
20 g fresh mint leaves
50g rocket leaves
20-30 black pitted olives
3 baby cucumbers or ¼ standard cucumber, sliced fairly thinly
1 medium small red onion, cut into very thin slices
Olive oil, and lemon juice/balsamic vinegar, to taste



Peel the watermelon of its green peel and white layer as well. Slice the pink flesh into chunks or triangles. Arrange the watermelon pieces and feta onto a large platter and scatter with the mint, rocket, olives, cucumber slices and red onion.

Chill, and dress with olive oil and lemon or vinegar to taste.

Cooks tip: Toasted pumpkin seeds add a tasty crunch sprinkled on top of this salad too.

ARTICHOKES WITH HONEY & MUSTARD VINAIGRETTE

Prep: 10 minutes

Cook: 20-25 minutes

Serves 4

4 globe artichokes (1.3kg)
8 slices sourdough bread (350g)
5 tbsp extra virgin olive oil
1 tbsp honey
1 tbsp wholegrain mustard (20g)
Juice 1 lemon



Remove the tough leaves from the base of the artichokes and cut off the stems. Cook in a large pan of boiling water for 20-25 minutes, depending on the size. If a leaf from the centre comes away easily, they are cooked. Remove from the water and drain upside down.

Brush the bread on both sides with 2 tbsp oil and griddle for 2 minutes each side.

Whisk the remaining oil with the honey, mustard and lemon juice, season.

Serve by pulling off the leaves and dipping the fleshy part in the dressing. Do this until the leaves have been removed. Remove and discard the 'hair', or choke, with a teaspoon to reveal the artichoke heart and again dip in the dressing.

Serve with the griddled sourdough.

Cooks tip

Delicious as a starter or as part of a summer buffet.

THAI CUCUMBER, PRAWN & LETTUCE SALAD



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Prep: 10 minutes
Cook: 10 minutes
Serves 4

200g folded rice noodles
1 cucumber (350g)
1 round lettuce (200g), roughly shredded
350g cooked king prawns
Juice 1 lime
2 tsp fish sauce
2 tsp light soy sauce
2 tsp toasted sesame oil
25g pack parsley, leaves only



Cook the noodles according to pack instructions, drain and cool under cold water.

Meanwhile, make ribbons from the cucumber using a vegetable peeler, discarding the seed centre. Place in a large bowl with the lettuce, prawns and noodles.

Whisk together the lime juice, fish sauce, soy and oil and toss into the salad.

Stir in the parsley and noodles to serve.

Cooks tip

Replace the round lettuce with Lollo Rosso or salad leaves of your choice.

BRAISED LETTUCE WITH PANCETTA & PEAS

Prep: 10 minutes
Cook: 10 minutes
Serves 4



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½ tbsp olive oil
150g diced pancetta
1 bunch spring onions, cut into 4cm pieces
300ml vegetable stock
1 tbsp Dijon mustard (20g)
250g frozen peas
400g can cannellini beans, drained and rinsed
1 round lettuce, cut into quarters (200g)
2 tbsp crème fraiche (40g)

Heat the oil in a sauté pan with a lid and fry the pancetta for 2 minutes, add the spring onions and fry for a further 1-2 minutes.

Add the stock, mustard, peas and beans and then add the lettuce. Cover and simmer for 5 minutes until lettuce has wilted. Stir in the crème fraiche to serve.

Cooks tip

Great served topped with a poached egg.

PEACH MELBA PAVLOVA

Prep: 15 minutes

Cook: 1 hour 15 minutes

Serves 6

4 medium egg whites
250g caster sugar plus 2 tbsp (15g)
1 tsp cornflour
1 tsp white wine vinegar
150g raspberries
3 ripe peaches, sliced (375g)
200ml double cream
100g mascarpone



Preheat the oven to 150°C, gas mark 2. Line a large baking tray with baking parchment.

Whisk the egg whites until stiff then gradually whisk in the sugar, 1 tbsp at a time until smooth and shiny. Whisk in the cornflour and vinegar. Spoon onto the parchment lined tray to give a 22cm circle. Make a dip in the centre so the edges are higher. Bake for 1¼ hours. Remove and allow to cool.

Meanwhile, place the raspberries in a small saucepan with the 2 tbsp sugar and cook for 3 minutes until the raspberries have broken down. Cool and press through a sieve to give a smooth sauce.

Once the pavlova has cooled, heat a griddle pan and griddle the peach slices for 5 minutes, turning half way through, allow to cool.

Whisk the cream and mascarpone together to give soft peaks and spoon into the hollow of the pavlova. Top with the peaches and drizzle with a little raspberry sauce, reserving the rest to serve.

Cooks tip

Replace the raspberries with strawberries when in season.

WATERMELON AND STRAWBERRY SLUSHIE

Prep time: 25 minutes plus 2 hours for freezing.

Cooking time (for syrup): 10-15 minutes plus cooling time

Serves 4

1 watermelon, about 2 kilos

250ml water

225g sugar

1 lime, separated into zest and juice

250g / 10 large strawberries, sliced



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4 x 45 ml Tequila shots

Cut the hard outer green rind/peel and its white layer away from the red flesh of the watermelon. Then cut the melon flesh into bite sized pieces. Place about half to two thirds of it on a baking sheet, and freeze. Place the remainder in a container in the refrigerator.

Make the syrup: Bring the water to a boil, then reduce the heat and stir in the sugar, mixing until it dissolves, about 5-10 minutes. Remove from the heat, add the lime zest and leave to cool.

When the melon is frozen, combine with the chilled melon, the strawberries, and several tablespoons of the syrup in a large container or blender jar. Using a stick blender or other type of blender, whizz until it all fuses together and forms a slushy thickish mixture.

Add lime juice, and taste for sweetness, adding more syrup if needed.

Serve immediately, adding 1 shot of tequila per slushie as desired.

Cooks Tip:

You can also use the syrup in cold drinks and cocktails.



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