



Around the Mediterranean in 6 easy recipes

Make the most of this popular way of eating with these simple Mediterranean recipes.

The Mediterranean diet originated in Southern Italy, with strong influences from surrounding countries including Greece, Egypt, Israel, Croatia and Spain. With plenty of plant-based food, a healthy dash of [olive oil](#) and a cheeky glass of vino, it's no wonder it's considered one of the best in the world.

So step away from diet trends and get on board with these simple Mediterranean recipes.



Tomato Bruschetta

When considering appetisers to serve before a meal, [tomato bruschetta](#) is often the first dish that comes to mind. Refreshing and delicious, it embraces the Mediterranean principles of using fresh [seasonal produce](#) with a drizzle of olive oil and vinegar. You can decorate the bruschetta with basil and serve it on a wooden chopping board for a truly authentic entrée produced in minutes.



Tomato and Basil Linguini

The Mediterranean diet is notoriously low in red meat. Rather than choosing Bolognese pasta, why not opt for a light [linguini](#) cooked in a tomato and basil sauce. It's the perfect summer recipe that the whole family will love. You can pair the pasta with a glass of red wine for a truly authentic sensory experience.

Moroccan Lamb Shanks

With meat that falls off the bone and melts in your mouth, these [Moroccan Lamb Shanks](#) are impossible to resist. The recipe combines a variety of exotic spices to create an aromatic dish that will fill your kitchen with the alluring scent of Northern Africa. You can serve the meat on a bed of steamy couscous with a side of steamed greens for a healthy Mediterranean dinner any night of the week.



Fried Salmon with Curried Almonds

The best Mediterranean dishes are quick and easy to make. With oily fish and curried almonds, this [fried salmon](#) is an excellent way to get your nutritional requirements in a single saucepan. It's full of flavour, putting a fun twist on a Mediterranean classic.

Twice baked Cheese Soufflé

Add a touch of France to your Mediterranean spread with a delicious [twice baked cheese soufflé](#). These rich and creamy treats can be prepared in advance and reheated when you are ready to eat, making them the perfect entertaining dish.



Greek Lamb

It would be impossible to write an article about Mediterranean dishes without mentioning [Greek lamb](#). While we might not always have the space or time to cook it on a spit, there are still a number of ways to get authentic Greek flavours flowing in a NEFF oven. The [spicy slow roasted lamb shoulder](#) is one of our favourites!