

# Vegetarian

DELICIOUS MEDITERRANEAN FLAVOURS

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# Vegetarian Delicious Mediterranean Recipe eBook

If you're looking for interesting vegetarian dishes to inspire your midweek meals or to impress your family and friends, then look no further than our Easy Vegetarian recipe eBook. With 15 recipes, divided into appetisers, salads and mains, you're spoilt for choice.

Inspired by the healthy cooking of the Mediterranean, Lemnos has compiled wholesome and crowd-pleaser recipes featuring our delicious range of Lemnos Fetta and Haloumi cheeses.

For barbecues, birthdays or family dinners we have you covered. Try these flavourful vegetarian burgers, lasagne, salads and pasta dishes accompanied by fetta or haloumi, both delicious ways to go meat-free as often as you like.

Get inspired and celebrate your lifestyle the Mediterranean way!

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# Appetisers

These easy-to-make appetisers are perfect to serve as impressive entrees to your guests, or just enjoy as a delicious snack.





# Haloumi, Caramelised Onion and Chickpea Fritters

These tasty fritters can be made bite-sized and served as the perfect canapé, or larger and served as a tasty entrée or lunch dish.

***Makes about 20***

***Preparation time: 15 minutes***

***Cooking time: 10 minutes***

180g Lemnos Haloumi, grated coarsely

400g can chickpeas drained

2 medium brown onions, finely sliced

1/2 cup chickpea or besan flour

1 tbsp turmeric powder

1 tbsp smoked sweet paprika

2 tsp curry powder

2 tbsps olive oil

2 eggs lightly

Sea salt and freshly ground black pepper

## ***Dipping sauce (optional)***

100g Lemnos Smooth Fetta

1 cup plain Greek style yoghurt

1 medium clove garlic crushed

2 tbsps chopped fresh mint

1. Heat a large frying pan over medium heat, add 1 tablespoon olive oil and the onion. Fry for about 10 minutes, stirring occasionally, until the onion softens and caramelises and turns a dark brown colour. Stir in the spices and curry powder and cook for a further 30 seconds, stirring constantly or until the spices smell wonderful. Allow the onion mix to cool slightly.
2. In a large bowl, add the grated Lemnos Haloumi, drained chickpeas, chickpea flour, eggs and cooled onion and spice mix. Stir thoroughly and season to taste.
3. On a medium high heat, add the remaining olive oil to a large heavy bottomed frying pan. Fry heaped teaspoons of the haloumi and chickpea mixture, turning once until golden brown on both sides. Drain on absorbent kitchen paper.
4. Place all the sauce ingredients in a food processor and blitz until smooth.
5. Serve the Haloumi fritters warm with the dipping sauce.



# Roast Beetroot and Fetta Dip with Raw Vegetables

Your family and friends will love the wonderful natural colour of this easy to make fetta and beetroot dip. Combined with colourful, fresh vegetables you have a delicious entree or snack. If you are short of time you can buy precooked beetroot instead of cooking it from scratch.

**Serves 6**

**Preparation time: 10 minutes**

**Cooking time: 40 minutes**

200g Lemnos Smooth Fetta, broken into pieces

2 medium beetroot

200ml pot crème fraîche

2 tbsps fresh dill chopped

2 medium cloves garlic crushed

1 tbsp lemon juice

Sea salt and pepper

2 carrots peeled, cut into batons

1 Lebanese cucumber, cut into batons

½ red capsicum, cut into batons

1 small bunch radishes, washed and trimmed

1. Preheat oven to 180°.
2. Wash and trim the beetroot. Wrap it tightly in foil and bake in the oven for about 35-40 minutes or until tender when you check it with a knife or skewer.
3. Allow the beetroot to cool wrapped in the foil. Then remove the foil, cut off any stalks and slip off the skin.
4. In a food processor add the Lemnos Smooth Fetta, peeled cooked beetroot, dill, crème fraîche, crushed garlic and blitz until smooth. Season to taste with lemon juice, salt and pepper.
5. Transfer the dip to a bowl and serve surrounded with crisp vegetables for easy dipping.





# Fetta and White Bean Dip with Homemade Pitta Chips

If you have Lemnos Smooth Fetta in the fridge and a can of cannellini beans in the pantry, you can whiz up this easy and very tasty dip in a matter of minutes. As well as tasting delicious it's a source of protein and fiber.

**Serves 6**

**Preparation time: 10 minutes**

**Cooking time: 10 minutes**

200g Lemnos Smooth Fetta broken in pieces

400g can cannellini beans drained

2 medium cloves of garlic crushed

1 tbsp lemon juice

Salt and freshly ground pepper to taste

## ***Pitta chips***

3 medium pitta breads

2 tablespoons extra virgin olive oil

2 teaspoons smoked sweet paprika

1 tbsp sesame seeds

Sea salt

1. Preheat oven to 170°.
2. Brush each pitta bread with a little olive oil and scatter lightly with sesame seeds, sea salt and a light dusting of paprika. Cut the flavoured pitta breads into long wedges and transfer in a single layer to 2 large oven trays. Bake in the preheated oven for about 10 minutes or until golden and crisp.
3. In a food processor, add the Lemnos Smooth Fetta, drained cannellini beans, crushed garlic and blitz until smooth. Season to taste with the lemon juice and salt and pepper.

4. Serve the fetta and white bean dip straight away with the warm pitta chips.

Tip: This tasty dip will keep for 2-3 days covered with cling film and stored in the refrigerator.





# Spicy Baked Fetta with Tomatoes

Tangy baked fetta with tomato, chili and fresh herbs. Perfect for easy entertaining, dipping and sharing at any time of the year.

**Serves 4**

**Preparation time: 5 minutes**

**Cooking time: 20 minutes**

180g Lemnos Traditional Fetta, cut in half

1 large ripe tomato, finely diced

1 large shallot or small red onion cut into fine slices

1 long red chili, finely sliced

2 tbsps extra virgin olive oil

1 tsp dried oregano

1. Preheat the oven to 180°.
2. Mix together the diced onion, chili and tomato.
3. Using 2 large sheets of baking paper, place the Lemnos Traditional Fetta in the centre of each sheet. Top each with a piece of feta and half the tomato and chili mixture. Drizzle with extra virgin olive oil and sprinkle with dried oregano. Gather up the edges of the baking paper and scrunch to make tight parcels. Transfer both parcels to an ovenproof dish that just fits them.
4. Bake in preheated oven until both the vegetables and feta have softened, about 20 minutes.
5. Open the parcels and serve the baked fetta hot with warm crusty bread for dipping.



# Roasted Capsicum Dip with Toasted Pide Bread

Very easy and tasty dip. Tangy roasted capsicum with smooth rich fetta, served with toasted pide or another flatbread. If you're short of time, serve the dip with store-bought corn chips or biscuits.

**Serves 4-6**

**Preparation time: 5 minutes**

**Cooking time: 30 minutes**

2 large red capsicums

200g Lemnos Smooth Fetta

½ red onion, finely diced

2 tbsps fresh dill, chopped

2 tbsps olive oil

2 tbsps fresh lemon juice

Sea salt and freshly ground black pepper

2 flat pide bread (or any other flat bread)

1 teaspoon smoked sweet paprika

A few dill fronds to decorate

1. Preheat the oven to 180°.
2. Place the whole capsicums on a baking tray and drizzle with a little olive oil. Cook for 30-35 minutes until skin begins to blacken and the capsicums start to soften and collapse. Remove from the oven and cover tightly with foil and allow to cool so that the skin easily slips off. Once cool, remove the skin and seeds and place the flesh of the capsicums in a food processor.
3. Break a small piece of Lemnos Smooth Fetta from the block (to crumble over the dip later). Place the rest of the fetta with the capsicums, dill, onion, salt and pepper in a food processor and blend until smooth. Transfer to a serving dish. Crumble the reserved fetta over the top with a few dill fronds.
3. Cut the flat bread into triangle shapes, sprinkle with paprika and drizzle with a small amount of olive oil. Place on baking tray and put in the hot oven. Bake for around 10 minutes or until crisp. Remove from oven and serve with the dip whilst still warm.





# Salads

Enjoy a wholesome salad as part of a healthy diet. Whether you choose to serve these delicious salads as a light meal or a side dish is up to you.





# Beetroot, Lentil and Fetta Salad

A refreshing beetroot and French lentil salad with fresh chopped herbs and tasty feta chunks makes a delicious lunch or a perfect side dish to serve with your main dish. If you're very short of time, you can speed up this dish by buying precooked baby beetroot and canned lentils instead of cooking them from scratch.

***Serves 4-6***

***Preparation time: 20 minutes***

***Cooking time: 20 minutes***

10 baby beetroot

180g pack Lemnos Traditional Fetta, drained and crumbled

375g packet of French style lentils

1 medium red onion, finely sliced

½ cup fresh dill, roughly chopped

½ cup each of mint and flat parsley leaves

2 tbsps lemon juice

4 tbsps olive oil

Sea salt and freshly ground black pepper

1. Preheat oven to 170°C.
2. Thoroughly wash and peel the baby beetroot. Depending how big they are, cut them in halves or quarters. Drizzle them with 2 tablespoons of the olive oil and bake them in the preheated oven for about 25 minutes or until just tender.
3. Bring a large saucepan of salted water to the boil and add the lentils. Cook for around 15 minutes or until they are just cooked. Drain in a colander and rinse well under cold water until the water runs clear. Empty into a large bowl.
4. Add the beetroot with any oil it was roasted with, onion and herbs to the bowl with the lentils and stir to combine. Add the remaining olive oil and lemon juice, season to taste with salt and pepper.
5. Transfer to a serving dish, scatter with crumbled Lemnos Traditional Fetta.





# Whole food Lunch Bowl with Fetta Yoghurt

Quinoa, kale and chickpeas with roasted sweet potato and feta yoghurt is a deliciously healthy lunch choice.

**Serves 4**

**Preparation time: 20 minutes**

**Cooking time: 30 minutes**

1½ cups cooked quinoa, cooled

1 large sweet potato, peeled and cut into 1 cm slices

450g can chick peas, drained and rinsed

50g pepitas (pumpkin seeds)

1 cup kale leaves, washed finely shredded

½ cup parsley leaves

½ medium red onion, finely sliced

Juice of ½ a lemon

3 tbsps extra virgin olive oil

Sea salt and freshly ground black pepper

## ***Fetta Yoghurt***

200g pack Lemnos Smooth Fetta, drained

1 cup Greek yoghurt

1 tablespoon lemon juice

Sea salt and freshly ground black pepper

1. Preheat the oven to 180°C.
2. Drizzle a little olive oil on a baking tray and arrange the sweet potato evenly around the tray. Bake until soft and lightly golden. Remove from the oven and cool.
3. Heat a small frypan over medium heat and add the pepitas. Move them around the pan and dry toast them until they begin to colour. Allow them to cool.
4. In a large bowl add the roasted sweet potato, quinoa, onion, chickpeas, kale, toasted pepitas and parsley leaves.
5. Season generously with sea salt and freshly ground black pepper, a squeeze of lemon juice and the remaining olive oil.
6. For the feta yoghurt, put the Lemnos Smooth Fetta, yoghurt and lemon juice in a food processor and blend until smooth. Season to taste.
7. Divide the salad between 4 bowls and top with a dollop of the feta yoghurt.



# Spinach, Walnut and Fetta Pasta Salad

Drizzled with a balsamic vinaigrette, this simple salad is satisfying and bound to impress.

**Serves 4**

**Preparation time: 15 minutes**

**Cooking time: 15 minutes**

250g of your favourite pasta (we used Farfalle 'bows')

250g Lemnos Persian Marinated Fetta

1 cup walnuts, roughly chopped and toasted

1 punnet cherry tomatoes, cut in half

100g fresh baby spinach, washed

4 medium shallots, finely sliced

A few parsley leaves to decorate

## ***For the Dressing***

3 tbsps walnut oil (or extra virgin olive oil)

3 tbsps red wine vinegar

1 medium clove of garlic, crushed

1 tsp Dijon mustard

Sea salt and freshly ground black pepper

1. Cook the pasta to just 'al dente' according to the directions on the packet. Drain the pasta, stir through a little walnut or olive oil and set aside.
2. Drain the Lemnos Persian Marinated Fetta, discard the herbs and any peppercorns and slightly break up the fetta pieces (reserve some of the oil).
3. Make the dressing in a large serving bowl. Whisk the oil, vinegar, garlic and mustard. Add salt and pepper to taste.
4. Add the walnuts, spinach, tomatoes and Lemnos Persian Marinated Fetta, along with a tablespoon of the oil from the can, to the dressing. Toss the pasta into this mixture and check the seasoning. Scatter with parsley leaves.
5. Cover and chill to use later or serve immediately.





# Greek Lentil Salad with Fetta

Delicious fetta with lentils, Greek herbs, tomato and cucumber. A twist on the traditional Greek salad.

**Serves 4-6**

**Preparation time: 15 minutes**

**Cooking time: 40 minutes**

150g French lentils

1 bay leaf

2 medium red capsicums

180g Lemnos Traditional Fetta, broken into small pieces

10 cherry tomatoes, cut in half

1 medium red onion, roughly chopped

1 cup fresh flat parsley leaves

½ cup fresh mint leaves

10 Kalamata olives, pitted and sliced

50g spinach leaves, washed

## **For the dressing**

6 tbsps extra virgin olive oil

4 tbsps red wine vinegar

Pinch of sweet paprika

Salt and freshly ground pepper

1. Preheat the oven to 180°.
  2. Place the lentils in a colander and rinse them thoroughly under running water. Drain and place them in a large saucepan. Cover the lentils with a 5-6 cm of cold water. Season with salt, add the bay leaf and bring to the boil. Reduce the heat to a gentle simmer and cook for about 15 minutes until they are just cooked through but still firm and holding their shape. Be sure not to overcook them. Place lentils in a colander under running cold water for about 2 minutes to stop the cooking process and drain them.
  3. Place the whole capsicums on a baking tray and drizzle with a little olive oil. Cook for 30-35 minutes until skin begins to blacken and the capsicums start to soften and collapse. Remove from the oven and wrap tightly in aluminium foil and allow to cool so that the skins easily slip off. Once cool, remove the skins and seeds and slice the capsicums.
  4. Add all of the ingredients for the dressing into a large bowl and whisk to combine.
  5. Place the cooled lentils in the bowl and toss with dressing. Add half of the Lemnos Traditional Fetta, the chopped onion, cherry tomatoes, olives, spinach, sliced roasted capsicums and herbs and combine. Check the seasoning and transfer to a serving bowl. Scatter with the remaining Lemnos Traditional Fetta and a few fresh herbs just before serving.
- Tip: If you're short of time you can use a 400g can of lentils instead of cooking lentils from scratch. You can also buy pre-roasted peppers.





# Haloumi, Watermelon and Quinoa Salad

A refreshing but substantial salad to accompany a main dish or to serve as a meal on its own.

**Serves 4-6**

**Preparation time: 15 minutes**

500g seedless watermelon, cut into batons

180g Lemnos Haloumi, cut in batons

1 ½ cups white quinoa, cooked

50g baby spinach leaves, washed

50g pine nuts, toasted

½ cup each parsley and mint leaves

½ medium red onion, finely sliced

3 tbsps olive oil

Zest and juice of one lemon

Sea salt and freshly ground black pepper

1. On a medium heat, in a large frying pan, add 1 tablespoon of olive oil and the Lemnos Haloumi. Fry for 1-2 minutes on each side or until golden. Set aside to cool slightly.
2. In a large bowl, add the cooked quinoa, watermelon batons, spinach, pine nuts, remaining olive oil, herbs, lemon zest and juice. Toss well. Season to taste.
3. Transfer to a platter, top with the toasted haloumi.





# Mains

This perfect variety of main dish recipes is suited to any occasion, from entertaining to barbecues and simple family meals.



A top-down view of a white ceramic bowl filled with a vibrant orange-yellow soup. The soup is garnished with crumbled white feta cheese and fresh green herbs. The bowl sits on a dark brown and white striped cloth. In the bottom left corner, a piece of golden-brown, crusty bread is visible.

# Roast Carrot Soup with Fetta Crumble

This exotically spiced soup, with a sprinkle of flavourful feta, adds a touch of exotic spice to a chilly day. A perfect light lunch or dinner.

***Serves 4***

***Preparation time: 15 minutes***

***Cooking time: 60 minutes***

100g Lemnos Smooth Fetta, crumbled into pieces

1kg carrots, peeled and roughly chopped

3 tbsps olive oil

2 large onions, peeled and roughly chopped

2 tsp ground cumin

½ tsp ground cinnamon

1 tsp ground ginger

4 cups (1 liter) low salt vegetable stock

1 cup water

Sea salt and freshly ground black pepper

1. Preheat the oven to 180°.
2. Place the carrots in a bowl and toss in 1 tablespoon of olive oil. Transfer to a large oven tray and bake for about 30 minutes or until just tender and starting turn golden.
3. In a large pan on a medium heat, add the remaining olive oil and the chopped onion. Sauté for about 5-6 minutes, stirring occasionally, until the onion softens and starts to change colour.
4. Add the spices and fry for about 30 seconds or until fragrant, stirring occasionally.
5. Pour in the stock, water and roast carrots. Bring to the boil and cook until the carrots are soft (about 20 minutes).
6. Blitz with a stick blender or food processor until smooth. Season to taste.
7. Serve the soup piping hot, scattered generously with Lemnos Smooth Fetta.



# Baked Pumpkin and Fetta Pasta

This tasty main meal will satisfy the whole family on a chilly day.

**Serves 4-6**

**Preparation time: 15 minutes**

**Cooking time: 45 minutes**

400g Rigatoni or your favorite pasta

600g butternut or Kent pumpkin peeled and cut in

2cm cubes

250g Lemnos Persian Marinated Fetta

3 medium cloves garlic chopped

2 medium red onions cut in wedges

½ cup vegetable stock

2 large handfuls washed spinach leaves

3 tbsps extra virgin olive oil

¾ cup thick cream

¾ cup grated Parmesan

Salt and freshly pepper

1. Preheat the oven to 180°.
2. Place the pumpkin cubes in a bowl and toss in 2 tablespoons of olive oil. Transfer to a large oven tray and bake for about 20 minutes or until just tender and starting turn golden.
3. Cook the pasta in a large pan following the manufacturer's instructions for about two thirds of the cooking time for al dente.
4. Drain the Lemnos Persian Marinated Fetta and remove the peppercorns and herbs.
5. Heat a large frying or sauté pan to medium heat and add the remaining olive oil and the red onion wedges. Sauté for about 5-6 minutes, stirring occasionally, until the onion softens and starts to change colour.
6. Add the garlic and cook for another minute or until it smells great.
7. Stir in the spinach leaves and cook until they have just wilted.
8. Add the cooked pumpkin and any of the olive oil it was cooked with. Transfer the vegetable mixture to the pan with the undercooked pasta.
9. Pour the stock, cream, drained fetta and two thirds of the parmesan into the pan. Season generously and stir.
10. Transfer the pasta, fetta and pumpkin mixture to a large ovenproof dish. Scatter with the remaining parmesan and bake in the preheated oven for about 30 minutes until golden on top.





# Eggplant and Haloumi Burgers

Try these juicy and delicious Haloumi & Eggplant Burgers as a meat free BBQ option or when friends visit.

**Serves 4**

**Preparation time: 10 minutes**

**Cooking time: 10 minutes**

3 tbsps olive oil

1 eggplant, cut into 4 round slices around 2 cm thick

2 x 180g packs Lemnos Haloumi

½ cup good quality tomato relish

1 large ripe tomato, sliced

20g rocket or salad leaves, washed

4 bread rolls cut in half and toasted

1. Cut the Lemnos Haloumi into quarters, first cutting it through the middle on the long side and then cutting each half in 2 thick slices so that you have 4 large flat slices of cheese from each block.
2. In a large frying pan on a medium high heat, add the oil and fry the eggplant for a few minutes on each side until golden and tender. Remove the eggplant and cover with aluminium foil to keep warm.
3. In the same pan, fry the pieces of Lemnos Haloumi on both sides until golden brown and keep warm with the eggplant.
4. When you are ready to assemble the burgers, spread the base of each bread roll with relish, then top with the rocket leaves, eggplant slices, a couple of tomato slices and 2 slices of toasted haloumi. Serve immediately.



# Zucchini Stuffed with Haloumi and Fresh Herbs

Tasty haloumi, aromatic herbs and lemon zest make this delicious zucchini dish a wonderful vegetarian meal option, packed full of flavour.

**Serves 4**

**Preparation time: 15 minutes**

**Cooking time: 40 minutes**

4 large zucchinis

2 cups cooked couscous

180g Lemnos Haloumi, grated

Zest of one lemon

½ medium red onion, finely diced

½ cup finely chopped parsley

½ cup finely chopped basil leaves (reserve some small whole leaves for garnish)

½ cup finely chopped oregano leaves

1 x 700mL bottle of tomato passata

2 x 400g cans crushed tomatoes

Sea salt and freshly ground black pepper

1. Preheat the oven to 180°.
2. Cut each zucchini in half lengthwise and scoop out the centre with a teaspoon or melon baller, leaving a 1 cm thick shell. Finely dice the zucchini you've removed from the centres.
3. Mix the cooked couscous with half of the grated Lemnos Haloumi, diced zucchini, lemon zest, onion and herbs. Season to taste and press the haloumi mixture into the hollowed zucchinis.
4. Pour the tomatoes and passata into a large, deep, baking dish. Season well and sit the zucchinis on top. The tomato mixture should come to about half way up the zucchinis. Scatter the remaining Lemnos Haloumi over the top of the zucchinis and cover the dish tightly with foil.
5. Bake in the oven for around 35 minutes or until the zucchini is tender when pierced. Remove the foil and return to the oven until the cheese turns golden brown.
6. Serve the zucchini with the tomato sauce they were baked in and a salad. Garnish with a few whole basil leaves.





# Three Cheese Eggplant Lasagne

Decadent layers of eggplant, fetta and spinach, for an easy but impressive meat-free meal for everyday or entertaining.

**Serves 6**

**Preparation time: 15 minutes**

**Cooking time: 45 minutes**

3 large eggplants sliced in 1 cm slices length ways

2 x 180g packs Lemnos Traditional Fetta, crumbled

150g ricotta

100g parmesan

½ cup basil leaves chopped

2 eggs

½ red onion, finely diced

4 tbsps olive oil

Zest of one lemon

1 x 700mL bottle tomato passata

2 x 400g cans crushed tomatoes

Sea salt and freshly ground black pepper

1. Preheat the oven to 180°.
  2. Heat a large fry pan over a medium/high heat and add 2 tablespoons of olive oil. Pat the sliced eggplant dry with a paper towel, season then fry in the hot oil until golden brown on both sides.
  3. Mix together two thirds of the Lemnos Traditional Fetta, ricotta and a third of the Parmesan with the lemon zest, basil, onion and eggs until well combined.
  4. Using a deep baking dish, place a third of the fried eggplant in a layer on the bottom of the dish and cover with half of the cheese mix. Repeat with another layer of eggplant and cover with the other half of the cheese mix. Top the last layer of eggplant. Cover with passata and crushed tomatoes, season well and scatter the remaining parmesan over the top.
  5. Bake in the preheated oven for approximately 35 minutes.
  6. Sprinkle the tomato and parmesan topping with the remaining crumbled fetta and return to the oven to cook for a further 10 minutes or until the fetta has started to turn golden.
- Serve hot with a green salad and crusty bread.





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