



# Recipe Book

# Pizza with Santo Amaro Tuna in Olive Oil

*Cooking Time : 25 minutes.*

*We like healthy recipes with a lot of flavor and few calories ! Surprise your family with this pizza*

*For a medium size pizza:*

- 1 can of Santo Amaro Tuna in Olive Oil and basil*
- ¼ cup tomato base or neapolitan sauce*
- ¼ cup of olives*
- 150 gr of fresh cheese*
- 100 grams diced tomatoes*
- 1 handful of basil leaves*
- 2 sprigs of thyme*
- salt and pepper*
- a 30 cm diameter pizza base*

*The secret to making a perfect pizza is keeping track of the time in the oven. Put the dough with the tomato base for 8 minutes at 350 degrees or until the edges are crisp.*

*Add the cheese cut into large cubes, olive halves, the tomatoes and finally Santo Amaro Tuna with a couple of basil leaves.*



# Corn Basquets with Santo Amaro Sardines

*Cooking Time: 20 minutes.*

*Surprise your friends with a healthy, tasty meal! This recipe is perfect for a night in.*

*For 2 servings:*

- 1 can of Santo Amaro Sardines in Olive Oil*
- 4 flour tortillas*
- 1 shelled sweet corn cob or a small can of sweet corn*
- ½ bell pepper diced*
- ½ bulb onion diced*
- 1 handful of cherry tomatoes*
- 1 garlic clove*
- 1 teaspoon of olive oil*
- Salt and pepper*

*The first thing you should do is make the tortilla basket. In a small oven-safe bowl place the tortilla and mold it around the edges. Add a few drops of water and bake for 10 minutes at 360 F. or until it's golden.*

*In a frying pan, sauté the garlic, onion and the bell pepper then add the corn and cook for 5 minutes or until the corn is tender. Serving is simple; fill the tortilla baskets with the corn mix, add the chopped tomatoes and then finish with the Santo Amaro Sardines. Add a little coriander and lemon juice for the final touch.*



# Pasta Shells with Santo Amaro Sardines

*Cooking Time: 20 minutes.*

*Add this to your weekly meal prep!*

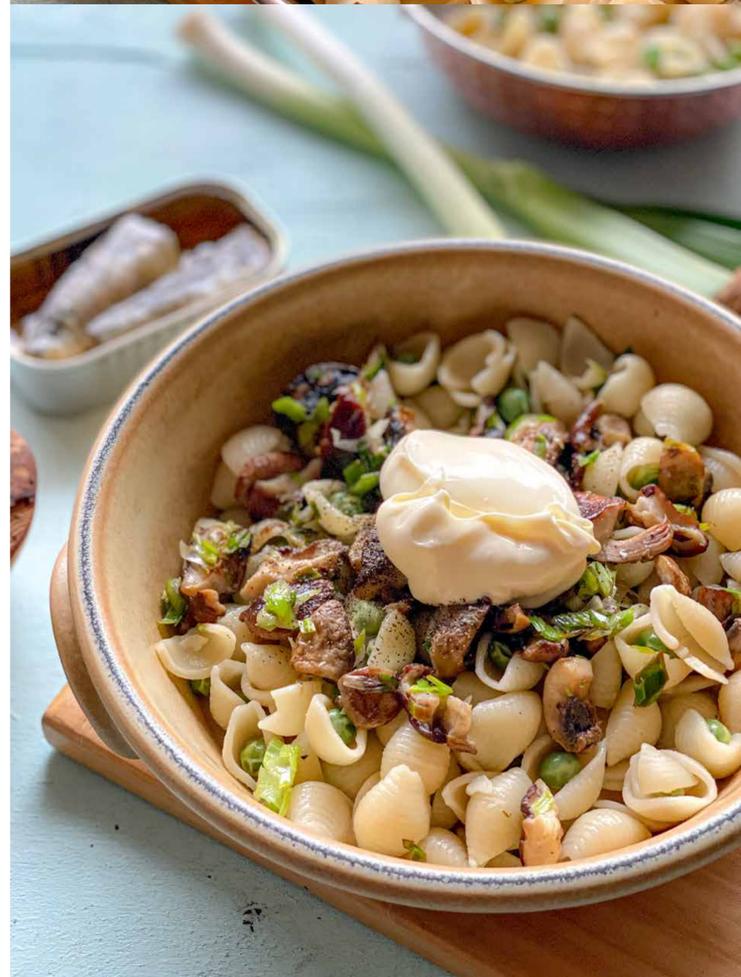
*For 2 servings:*

- 1 can of Santo Amaro Sardines in Olive Oil*
- 2 cups of short pasta cooked -al dente*
- 250 grams of cooked or canned peas*
- 250 grams of mushrooms*
- 100 grams of leeks, chopped or sliced*
- ½ cup of mayonnaise or cream*
- 1 tablespoon of olive oil*
- Salt and pepper*

*In a frying pan, sauté the leeks until golden. Add the mushrooms and turn up the heat, it's important that they are golden fried and crispy.*

*In a bowl, mix the pasta, peas, leeks and mushrooms mixture. Add the mayonnaise or cream and stir then add the salt and pepper. Keep in the fridge and just before serving add the Santo Amaro European Sardines in Olive Oil.*

*This recipe is so versatile that you can even make it with Santo Amaro Tuna, just add lemon juice and voila!*



# Gnocchi with Neapolitan sauce and Santo Amaro Sardines

Cooking time: 30 minutes

*A perfect lunch to enjoy at home!*

For 2 servings :

## **Neapolitan sauce:**

- 2 ripe tomatoes
- 1 can of canned tomatoes
- 1 carrot
- 1 white onion
- 6 garlic cloves
- 1 red bell pepper
- 1 tablespoon of oregano
- 1 handful of basil
- 1 tablespoon of olive oil
- Salt and pepper

## **Pasta**

- 1 can of Santo Amaro Sardines in Olive Oil.
- 250 grams of gnocchi.

Begin by preparing the Neapolitan sauce. Cut the tomatoes, carrot, onion, garlic and bell pepper into large pieces. Sauté the vegetables in a frying pan over high heat. When brown add canned tomatoes, oregano, basil, salt and pepper. Let cook for 10 minutes over medium heat.

Add gnocchi to a pot with boiling water, let it cook for 7 minutes on low heat. Drain and serve in a bowl with the, previously prepared, Neapolitan sauce. Place the sardines on the gnocchi, add a little oregano as well as pepper and enjoy!



# Sandwich with Santo Amaro Sardines in Olive Oil

*Cooking time: 20 minutes.*

*A light, delicious and perfect dinner. A flavorful sandwich for any day.*

*For 2 servings:*

- 1 can of Santo Amaro Sardines in Olive Oil*
- 1 soft bread*
- 4 slices of cheese*
- 1 large red bell pepper*
- ½ cup of mixed lettuce*
- ¼ cup pickles*
- 1 tablespoon of olive oil*

*Put the red bell pepper in the oven at maximum temperature, when it's cooked through and soft, put in a bag and close it (this process allows the skin to peel off easily).*

*Slice the bread lengthwise and add the oil and pepper, brown on stove top, very carefully put the cheese slices on the bread and let it melt. On the hot bread, add the lettuce, the peppers (which you previously roasted, peeled and removed the seeds), the pickles (you can replace them with olives) and on top of this mountain of flavor serve your Santo Amaro sardines.*

*Add a little olive oil from the sardines on the sandwich and it's ready to enjoy!*



# Fried rice with Santo Amaro Sardines

*Cooking Time: 40 minutes*

*What is a classic way to serve sardines? Fried rice! A healthy and easy recipe that you'll want to prepare again and again.*

*For 2 servings :*

- 1 can of Santo Amaro Sardines in Tomato Sauce*
- 2 cups of white rice*
- 1 cup of boiled vegetables -carrots, peas*
- 2 scrambled eggs, browned and cut into strips*
- 3 tablespoons of finely chopped onion*
- 2 tablespoons of finely chopped red bell pepper*
- 2 garlic cloves, minced*
- 1 tablespoon minced chives*
- 2 tablespoons of coconut oil or olive oil*
- 1 tablespoon of soy sauce*
- Salt and pepper*

*Place oil in a frying pan and add the onion, garlic and bell pepper, brown over high heat and add rice.*

*The secret to this recipe is using day old rice, it's even better. Add the soy sauce, vegetables and egg, brown and leave for 2 more minutes over high heat.*

*Finally, add the chives and a little salt and pepper if necessary.*

*Serve in a bowl and place the sardines over the rice. You can accompany this dish with a fresh salad.*

*Fast and delicious, enjoy!*



# Pesto Pasta With Santo Amaro Sardines

Cooking Time: 20 minutes

*Pasta is always a simple and delicious meal option, and we're sure that you'll love this recipe!*

For 2 servings :

- 1 can of Santo Amaro Sardines in Tomato Sauce
- 2 portions of pasta
- 200 grams of asparagus
- 1 handful of basil
- 1 handful of almonds
- ½ cup of parmesan cheese
- 1 lemon
- ¼ cup olive oil
- Salt and pepper

*Preparing this recipe is easier than you think.*

*Put the basil, almonds, cheese and half the oil in a food processor or blender, blend until the consistency is a smooth paste or until all the ingredients are processed.*

*Place the mixture in a bowl and add the remaining oil and lemon juice, a little salt and pepper and you have a delicious and healthy pesto.*

*Next, cook the pasta al dente, 1 minute before removing from the heat, add the asparagus cut into large pieces, drain and add 4 tablespoons of pesto and mix.*

*Serve in a deep plate or bowl and place the sardines on top of the pasta. There you go! A delicious, balanced and healthy recipe.*



# Healthy Salad with Santo Amaro Sardines

Cooking time: 15 minutes

*A quick, simple and nutritious recipe that is perfect to take to work or to have as a light dinner at home.*

For 2 servings :

- 1 can of Santo Amaro Sardines in Tomato Sauce
- 2 cups of lettuce leaves washed and cut
- 2 large tomatoes diced
- 1 ripe avocado diced
- 1 broccoli head
- 1 lemon juice
- 2 tablespoons of olive oil
- 1 garlic clove
- Salt and pepper

*Steam the broccoli, or boil it in hot water for 3 minutes, put it in a bowl with ice and water and drain (this makes it crispy ).*

*Place the lettuce in a large plate or in a bowl, add the broccoli pieces, the tomato, and finally the avocado.*

*Add the lemon juice, oil, garlic, salt and pepper into the blender. Blend until everything is crushed then add 2 tablespoons of the mixture to the salad.*

*Serve the Santo Amaro Sardines and cover with tomato sauce and if you want something crispy, add a handful of almonds or croutons.*



# Tasty Couscous with Santo Amaro Sardines

*Cooking Time: 20 minutes*

*Do you want to prepare a delicious, nutritious and simple lunch? Try this one out!*

*For 2 servings :*

- 1 can of Santo Amaro Sardines in Olive Oil*
- 1 cup of couscous*
- 1 cup of water*
- 1 cube of butter or 1 tablespoon of olive oil*
- 1 cup of bell peppers and cherry tomatoes*
- ¼ cup grapefruit juice*
- 1 tablespoon chives*
- 1 teaspoon oregano*
- 3 basil leaves*
- Salt and pepper*

*In a bowl, add couscous, boiling water, and butter. Let it rest.*

*In a baking dish, add the peppers, tomatoes, grapefruit juice, chives, oregano, salt and pepper, and bake at 428 Fahrenheit for 10 minutes or in an air fryer at 330 Fahrenheit for 10 minutes.*

*Take the dish out when golden and let it rest.*

*Mix the couscous with the roasted vegetables, add the chives, the basil, and a little salt and pepper.*

*Serve the Santo Amaro Sardines on the freshly prepared couscous.*



# Stuffed mushrooms with Santo Amaro Sardines

Cooking time: 15 minutes.

*Stuffed mushrooms! This recipe is perfect to serve on a weekend with friends, to offer as an appetizer or to accompany wine.*

For 4 servings :

- 1 can of Santo Amaro Sardines in Tomato Sauce
- 8 large mushrooms
- 2 garlic cloves, minced
- 1 tablespoon of olive oil
- 1 cup cherry tomatoes cut in halves or diced
- ½ cup diced mozzarella
- 1 teaspoon dried oregano
- Basil leaves
- Salt and pepper
- Balsamic reduction

*You'll be surprised how easy this recipe is.*

*Remove the mushroom stems and add the garlic and oil, place in the oven at 360 Fahrenheit for 5 minutes, then remove and fill with the tomato and cheese, place it back in the oven at 360 Fahrenheit degrees until the cheese melts, sprinkle with oregano, basil, salt and pepper and put chunks of Santo Amaro sardines on each mushroom.*

*To finish, add a few drops of balsamic reduction and it's ready to serve.*

*Accompany with a glass of wine – Portuguese, if possible.*



# Spanish Tortilla with artisan Santo Amaro Sardines

Cooking Time: 40 minutes

*This recipe certainly reminds us of the days we spent with our family, a full table, and occasions worth celebrating!*

For 4 servings :

- 2 cans of Santo Amaro Sardines in Olive Oil
- 1 pound of potatoes
- 2 large white headed onions
- 1 cup of grated mozzarella cheese
- 6 eggs
- ½ teaspoon of paprika or smoked paprika
- ½ cup of olive oil

*Peel the potatoes and cut them into thin slices, do the same with the onion.*

*Put the oil in a deep frying pan and add the potatoes and onions, cook over low heat until it softens, then drain and rest.*

*In a bowl add the eggs, the paprika, the salt and the pepper, beat very well until the eggs foam. Add the potatoes and onions and let it rest for 10 minutes.*

*In the same pan add half of the eggs with the potatoes and the cheese, cover it with egg and cook over medium heat. When the mixture is dry, turn it off.*

*Lastly, turn the heat back on, cook, and flip the tortilla for 3 more minutes and it's ready to serve.*

*Slice the tortilla into small portions and place a sardine on each of them.*

*It is absolutely delicious!*



# Toast with Santo Amaro Sardines in tomato sauce

Cooking time: 10 Minutes

*Our goal is preparing quick and delicious recipes, with the best ingredients.*

*For 2 servings:*

- 1 can of Santo Amaro Sardines in Tomato Sauce
- 4 slices of your favorite bread.
- 1 crushed garlic
- 1 crushed ripe tomato
- 2 tablespoons of olive oil
- Basil
- Salt and pepper

*Toast the bread with the olive oil and garlic.*

*Add the tomato, basil, salt, pepper and the delicious Santo Amaro Sardines on top.*

*Enjoy this healthy and easy appetizer!*



# Rice with Santo Amaro Sardines

Cooking time: 15 minutes

*Rice is one of the most versatile ingredients.*

*Today we are going to transform a classic rice and make a different and exciting recipe for the whole family!*

*For 2 servings:*

- 1 can of Santo Amaro Sardines in Tomato Sauce*
- 2 cups of cooked rice.*
- 1 cup sweet corn*
- ½ cup baby carrots*
- ½ cubed red onion*
- ½ diced red bell pepper*
- 2 garlic cloves*
- 4 tablespoons black or worcestershire sauce*
- 2 tablespoons of olive oil*
- Salt and pepper*

*In a frying pan heat the oil, sauté the vegetables, the onion and garlic until golden. Add the rice and wait until crispy, add the black sauce, salt, pepper and cook for 2 minutes.*

*Serve in a nice plate, add the delicious Santo Amaro Sardines on top and bathe with their own tomato sauce.*

*Invite everyone to the table and share this beautiful moment with the ones you love!!*

*A simple and delicious recipe!*



# Grapefruit Salad with Santo Amaro Sardines

*Cooking time: 15 minutes*

*A healthy fun salad, perfect to serve at a family celebration.*

*For 4 servings :*

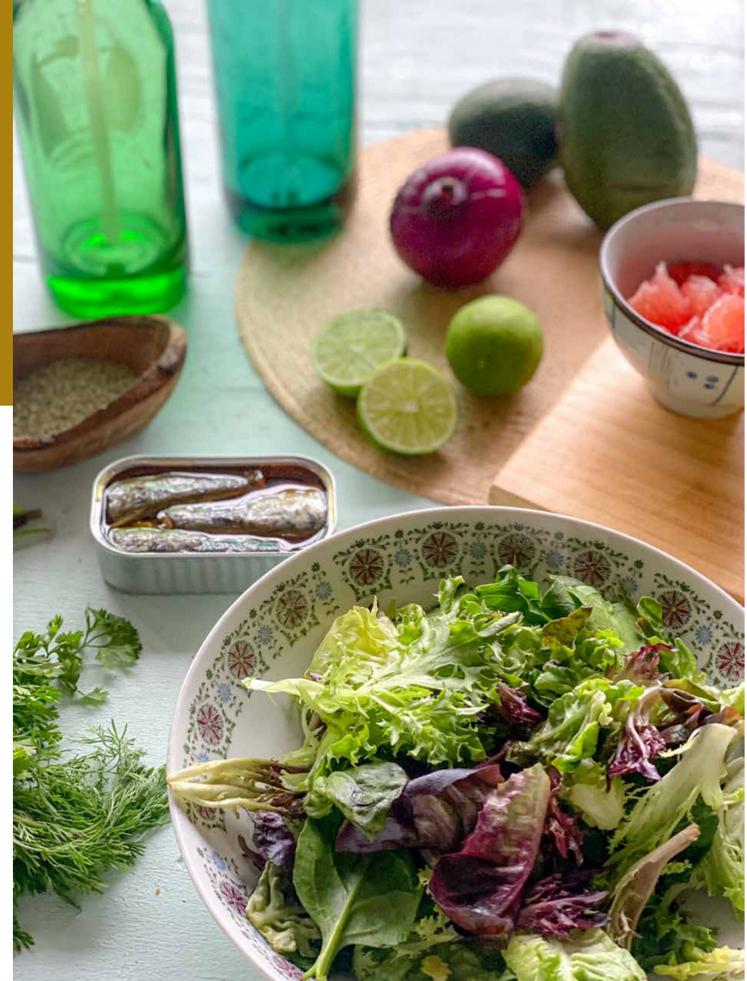
- 1 can of Santo Amaro Sardines in Olive Oil*
- 4 cups of mixed lettuce*
- 1 grapefruit, peeled and diced*
- ¼ red onion, sliced*
- 1 small avocado, diced*
- 1 lemon*
- 1 teaspoon coriander*
- Salt and pepper*

*In a bowl mix the lettuce , onions, coriander.*

*Add salt and pepper and the grapefruit. The whole sardines go on top of the salad or mixed with the other ingredients.*

*This is the perfect recipe to share during your next potluck..*

*A healthy Santo Amaro recipe!*



# Santo Amaro Tuna Toast with caramelized onions

Cooking time: 20 Minutes

*A recipe to be thankful for and share with friends and family on any special date.*

*For 4 servings:*

- 2 cans of Santo Amaro Tuna in Olive Oil
- 1 loaf of artisan bread
- 1 large sliced onion
- 1 tablespoon of honey, sugar or sweetener
- 2 tablespoons of balsamic vinegar
- ¼ cup of sliced olives
- 2 tablespoons of capers
- 1 tablespoon of olive oil
- Basil leaves
- Salt and pepper

*In a frying pan heat the oil, add the onion, sugar, vinegar, and a pinch of salt and pepper.*

*Let it reduce until the onions are cooked. Let it rest.*

*Add a splash of oil to the bread and toast it.*

*On top of each toast put onions, olives, the Santo Amaro Tuna. Add capers and basil at the end*

*It's ready to enjoy!.*

