

JAMIE OLIVER

5 INGREDIENTS

MEDITERRANEAN



SIMPLE INCREDIBLE FOOD

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appetite

by RANDOM HOUSE



— DEDICATED TO —

LLOYD HAYES

1983 — 2023

This year one of our much-loved graduates from the Fifteen training program was taken from us far too early.

The Fifteen crew and I are devastated by his passing. When I first met Lloyd, he was a bubbly, strapping lad, with a formidable presence, and big hands that had, up until then, gotten him into a few too many scrapes. But he was determined to turn things around. And his transformation into a fine cook was powerful to us all. Quickly, those same strong hands ended up making some of the most delicate, exquisite food.

He was honest, spoke his truth and was a brilliant team player, and I wanted to support him in opening his first restaurant. But sadly, cancer had other plans.

His remarkable rise from the first day I met him reaffirmed my strong belief that giving young people second chances and the time and tools to succeed is imperative for our communities to flourish.

He leaves behind his wonderful wife, Natasha, and two gorgeous kids, Ashton and Aalayah, who will

always be a big part of our Fifteen family.

Rest in peace, brother.



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BOOKS BY JAMIE OLIVER

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DELICIOUS BIG-FLAVOR FOOD

This book was somewhat unplanned. I didn't think I'd ever write another *5 Ingredients*, but I've lost count of the number of times I've been asked to do so, especially by my wife, Jools. She told me to stop thinking about anything else: "It's where people are at, when our lives are so incredibly busy – it's the book all the parents at school talk about."

Now I've never really been one to revisit old territory and repeat a scenario, but it's a sign of the times. People cook very differently today in comparison to 50 or even 25 years ago when I first started – there's just so much more we have to fit into our busy lives, and the way tech has grown around us, it has both given and taken time away. Plus, it's human nature to find the most efficient way to gain back time but fill it with something else! And so, with this in mind, I've written you another *5 Ingredients* cookbook with the added *va-va-voom* of basing it on my lifelong experiences traveling around the Mediterranean – with one of the most loved and respected diets in the world – where simplicity, love, passion, care and dedication to taste and big flavor are at its heart.

5 INGREDIENTS

When I write a solution-based book like this, I always have you, the reader, at the forefront of my mind, with the aim of holding your hand and guiding you to make everyday cooking super-exciting but with minimal fuss. In a quest to keep things fresh and inspiring, the TV show that accompanies this book takes us to some incredible places around the Mediterranean, full of such diverse culture and truly extraordinary flavors. And, as you turn the pages that follow, I hope you get a real sense of the countries, cities and islands that I've been to, both recently and also throughout my travels over the last 25 years. The Med is a beautiful and diverse area, consisting of at least 22 countries (although other countries swear they are part of it), and different as they all are, they have the sea and all its wonders in common. So, I've really tried to scatter these recipes to as many parts as I can with the experiences I've had. This is just the tip of the iceberg, but I really hope you're going to love these recipes – they're a real celebration of hero Mediterranean ingredients, flavors and combinations.

A REAL CELEBRATION OF HERO MEDITERRANEAN INGREDIENTS, FLAVORS & COMBINATIONS

Cooking delicious big-flavor food with just 5 ingredients requires you to be clever, thrifty and resourceful, and that's my job here – to diplomatically translate some of the essence of different cuisines and bring them back

home, through the reality of your local supermarket, into your house, and ultimately onto your family's table and into their rumbling tummies. In effect, that means using common sense with regard to what's readily available, which is why you'll find plenty of ingredient hacks and flavor bombs throughout these recipes to give you more bang for your buck.

Believe it or not, we've never cooked less than we do right now. The food industry is geared towards convenience, and with most of us leading busy lives, we understandably lap it up. So this is not just a cookbook to be trusted and useful to you, it's also one of my efforts to keep cooking alive in an accessible and relevant way. Within the culture of food, the saying "Use it or lose it" is true, and I think we're all better off as humans if we keep cooking, and keep connected to our ingredients and farmers, and know how to nourish ourselves with delicious meals in good times and bad. Not to mention that warm feeling we get when we cook for someone we love, knowing what's gone into it.

My main intention with these recipes is to empower you with simple, easy and delicious food but without copious amounts of ingredients, long shopping lists or a whole load of washing-up. It's perfect for beginner cooks, but if it's anything like the last book, many advanced cooks will love it too, because regardless of their talent for cooking, they too are time-poor and juggling a thousand things just to get through the week.

I've purposefully kept the layout of the book super-clean, and the recipes as short and to the point as possible, each with a visual ingredients key, so that you can easily get cracking. This book is not one for nostalgia; it's about providing a whole rainbow of simple meal solutions and deliciousness, and getting it to your table with minimal fuss. I've done my best to do the thinking and heavy lifting for you – I hope it helps you out, I hope you love the recipes as much as I do, and most of all, I hope it transports you to the beyond-beautiful Mediterranean, 5-ingredients style. Big Love,

Jamie
X







5 INGREDIENT PANTRY

As with all my recent books, I always presume you've got these five everyday basic ingredients. They consistently pop up in every recipe and aren't included in the five key ingredients pictured on each page. These five heroes are olive oil for cooking, extra virgin olive oil for dressing and finishing dishes, red wine vinegar as a good all-rounder when it comes to acidity and balancing marinades, sauces and dressings, and, of course, sea salt and black pepper for seasoning to perfection.

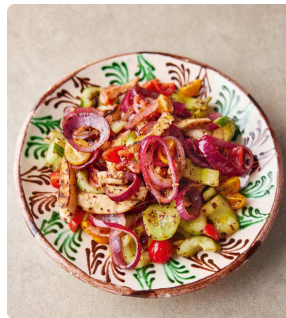
For helpful kitchen notes, turn to [this page](#).

SALADS

SALADS

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION



SALADS

- ▶ ISLAND SALAD
- ▶ CHARRED OKRA SALAD
- ▶ A REALLY FRENCH SALAD
- ▶ NAKED SALAD TUNISIENNE
- ▶ GRILLED ASPARAGUS
- ▶ RUBY BULGUR SALAD
- ▶ CREAMY WHITE BEAN SALAD
- ▶ WARM HALLOUMI SALAD
- ▶ WATERMELON SALAD
- ▶ CHARRED BRUSSELS
- ▶ FANCY FIG SALAD
- ▶ GRILLED FATTOUSH SALAD
- ▶ SEARED SQUID SALAD
- ▶ CHAR & CHOP SALAD
- ▶ MOZZARELLA SALAD

ISLAND SALAD

STICKY PEACHES, HALLOUMI WEB & PICKLED CUCUMBER

Whenever I've visited the Greek islands, I've been inspired by wonderful fresh and fruity halloumi salads, so I've had some fun here creating little webs of golden crispy halloumi that just eat so well.

SERVES 2 | **TOTAL 15 MINUTES**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBER
361kcal	15.2g	6g	15.9g	39.8g	12.3g	1.3g	4.1g

1 English cucumber

2 pitas

1 x 15-oz can of sliced peaches in juice

4 oz mixed salad leaves

2 oz halloumi cheese

Using a vegetable peeler, peel the cucumber lengthways into long delicate ribbons, discarding the seedy core, and place in a bowl with a pinch of sea salt and black pepper, and 1 tablespoon each of red wine vinegar and extra virgin olive oil. Toast the pitas until golden, then slice into strips and arrange around the edges of two plates.

Place a large non-stick frying pan on a high heat. Drain and roughly chop the peaches (reserving the juice), then place in the pan with a good splash of the reserved juice, and season with pepper. Warm through for a few minutes while you toss the salad leaves with the dressed cucumber, and plate up. Remove the peaches to a bowl, give the pan a quick wipe with a ball of paper towel, then use the fine side of a box grater to grate half the halloumi over the surface of the pan (like a lacy doily). Leave on the heat for 1 to 2 minutes, or until golden on one side, then tip directly over one of the plates,

using a spatula to ease it away from the pan, if needed. Repeat with the remaining halloumi for the second plate. Spoon over the peaches, and tuck straight in.