

USEFUL FACTS

Mediterranean Diet

What is it?

- The diet is rich in fruits, vegetables, grains and sources of omega-3 fatty acids
- The Mediterranean diet contains lots of carbohydrates that have a low glycaemic index (GI) - pasta, beans and fruit
- Mediterranean diets are generally low in saturated fats but not necessarily total fat
- The Mediterranean diet may protect against cardiovascular disease and some types of cancers

Char-grilled Blue Eye Cod with Warm Borlotti Bean Salad

Source: [The New Glucose Revolution, page 1](#)

Serves 4

Ingredients

2 x 400g cans borlotti beans, ½ cup liquid reserved
1 cup chicken stock
3 cloves garlic, crushed
2 large ripe tomatoes, coarsely chopped
2 bunches rocket lettuce, washed and coarsely chopped
1 bunch shallots, finely sliced
¼ bunch flat leafed parsley, finely chopped
3 tablespoons lemon juice
1 tablespoon olive oil
4 x 120g blue eye cod cutlets
freshly ground black pepper

Method

In a bowl, mash ½ cup of borlotti beans with a little reserved liquid from the can. Place the mashed beans, remaining whole beans, chicken stock, garlic, tomatoes, chopped rocket lettuce, slice shallots, chopped parsley, lemon juice, salt and pepper in a saucepan. Warm the bean mixture, covered, over a low heat for approximately 10 minutes while cooking the cod. Preheat the BBQ chargrill or chargrill plate on the stove and brush with olive oil. Grind black pepper over the cod cutlets and cook for approximately 8 minutes, turning only once. Serve the warm bean salad as a bed for the blue eye cod cutlets, and garnish with extra rocket lettuce leaves.

Analysis

Energy (kJ, Cal)	1192/285
Carb (g)	17
Prot (g)	32
Fat (g)	10

Bright Tip!

Base your meals around plant foods and add the meat to it, not the other way round.