



Welcome to the Little Ferraro Kitchen!

Thank you for signing up! I'm Samantha Ferraro, the food blogger and cook behind [Little Ferraro Kitchen](#) and 2 X cookbook author of [The Weeknight Mediterranean Kitchen](#) and [One Pot Mediterranean](#).

You can learn [more about me and what you'll find on LFK here!](#) But in a nutshell, I strive on embracing **bold**, **fresh** and vibrant flavors that you can make any night of the week! You'll find fresh Mediterranean recipes as well as other global flavors, inspired from the places I grew up and admire.

Whether you're a seasoned chef or new to cooking, I hope these recipes inspire you in the kitchen, because in this kitchen, every meal is a celebration!

Happy cooking,
Samantha



Here is your Mediterranean Meal Plan!

I've compiled a bunch of mouthwatering dinner recipes that are full of fresh herbs, bold spices and filling proteins.

Also included is a grocery shopping list with all of the ingredients you'll need, for easier planning!



Grocery List

Proteins

- Boneless, skinless chicken thighs
- Salmon filets
- Chicken thighs, skin on and bone in

Grains & Bread

- Dried red lentils
- Basmati rice
- Red quinoa
- Linguine
- Pita Bread

Produce

- Red onion
- Red bell pepper
- Garlic cloves
- Shallot
- Fresno or serrano pepper (optional)
- Tomatoes
- Fresh herbs (parsley, mint, chives, basil)
- Lemons

Pantry

- Dried mint
- Smoked paprika
- Turkish red pepper or regular red pepper flakes
- Ground cumin
- Ground turmeric
- Sumac
- Allspice (optional)
- Ground black pepper
- Kosher salt
- Olive oil
- White wine (such as Pinot Grigio)
- Anchovy fillets
- Crushed red pepper flakes (optional)
- Tomato paste
- Canned crushed tomatoes
- Vegetable broth
- Capers
- Pitted Kalamata olives
- Pitted Castelvetrano olives

Dairy

- Butter or ghee
- Feta cheese
- Eggs

Extras

Here's What's on the Menu

Monday: Meatless Mediterranean

Turkish Lentil Soup

Pair with: [Kale Salad with Creamy Tahini](#)

Tuesday: DIY Bowls

Chicken Shawarma Bowls

Pair with: [Zhoug](#), [Chopped Salad](#), [Tahini Sauce](#), [Pita Bread](#)

Wednesday: Fresh Seafood

Herb Crusted Salmon

Pair with: [Rice Pilaf with Orzo](#)

Thursday: One Pot Dinner

One Pot Chicken with Rice and Chickpeas

Pair with: [Tzatziki](#), [Tabbouleh Salad](#)

Friday: Italian Pasta Night

Linguine Puttanesca

Pair with: [Caesar Salad](#) or [Shredded Brussels Sprouts with Parmesan](#)

Saturday: Low and Slow Cooking

Osso Buco with Gremolata

Pair with: [Creamy Parmesan Polenta](#)

Sunday: Flavorful Brunch

Shakshuka with Kale and Feta

Pair with: [Lemon Raspberry Dutch Baby](#), Fresh Fruit



Turkish Lentil Soup

Ingredients

- ½ red onion diced
- 1 red bell pepper seeds removed and diced
- 2 garlic cloves chopped finely
- 2 tablespoons butter or ghee
- 2 tablespoons olive oil
- 1 tablespoon dried mint
- 1 tablespoon smoked paprika
- ½ teaspoon Turkish red pepper
- 2 tablespoons tomato paste
- 1 medium sized tomato chopped and seeds removed
- 1 lemon zested
- 1 cup dried red lentils
- ¼ cup basmati rice
- ¼ cup red quinoa
- 6 cups vegetable broth
- Fresh herbs for garnish parsley, mint and/or chives

Directions

1. In a large pot, add the butter and olive oil and saute the chopped onion and red bell pepper until the pepper is tender, about 5-8 minutes. Then add the chopped garlic and saute until fragrant, for another minute
2. Add the dried mint, paprika and Turkish red pepper (or you can substitute regular red pepper and stir the spices together in the oil
3. Stir in the tomato paste, chopped tomato and lemon zest and season with salt and pepper. Allow the tomatoes to cook for 1-2 minutes to soften.
4. Add the dried red lentils, white rice and red quinoa and stir all of the grains together so the flavors coat all of the grains.
5. Add 6 cups of vegetable broth and bring the soup to a boil. Once boiling, bring down to a strong simmer and cook the soup for about 30 minutes until rice, lentils and quinoa are tender. Taste for doneness and seasoning and adjust as needed.
6. Once soup is cooked, turn off the heat use an immersion blender to puree some of the soup for a smoother texture.
7. Ladle the soup into bowls and garnish with a squeeze of lemon, drizzle of olive oil, top with fresh herbs.



Chicken Shawarma Bowl

Ingredients

Chicken Shawarma

- 2-3 pounds boneless skinless chicken thighs
- ¼ cup olive oil
- 3-4 garlic cloves chopped finely
- 2 lemons zested and juiced
- 2 teaspoon cumin
- 2 teaspoon paprika
- 1 teaspoon ground turmeric
- ½ teaspoon sumac
- ½ teaspoon allspice optional, ok to omit
- ¼ teaspoon cinnamon
- 1 teaspoon kosher salt

Additions:

- Cooked quinoa
- Beet hummus
- Sumac onions
- Pita bread
- Chopped Salad
- Tahini Sauce

Directions

1. Start with the chicken marinade and pat dry the chicken thighs with paper towels. Use scissors or shears to remove any excess fat and add chicken to a large bowl.
2. In a separate bowl, whisk the olive oil, garlic and spices together and pour mixture over chicken, turning it so everything is coated evenly. Place in the fridge for at least 1 hour to overnight.
3. Once you're ready to cook, remove chicken from the fridge for at least 20 minutes and pre-heat a skillet or grill pan to medium-high heat.
4. Remove chicken from marinade, letting any excess drop off and cook chicken on the first side for about 5 minutes or until deeply charred, then flip over and cook on the other side for another 3-4 minutes until cooked through.
5. Remove chicken to a cutting board and let rest for at least 5 minutes before cutting into it, then slice chicken on a diagonal.
6. For serving, add quinoa and chicken to a bowl and top with your favorite additions!



Herb Crusted Salmon

Ingredients

- 2 pounds salmon skin and bones removed
- 1 teaspoon Kosher salt
- ½ teaspoon Ground black pepper
- 2 whole lemons zested and juiced
- ¼ cup olive oil
- ¼ cup white wine such as Pinot Grigio
- ½ cup fresh parsley leaves finely chopped
- ½ cup fresh dill leaves finely chopped
- 2 stalks green onions finely chopped

Directions

- Preheat the oven to 400 degrees Fahrenheit.
- Begin by drying the salmon filets very well with paper towels. This will help the seasoning stick to the fish better.
- Line a baking dish or cast-iron skillet with fresh herbs and a few lemon slices. You can also line with a sheet of parchment paper.
- Place the salmon on top of the herbs and season generously with salt and pepper.
- Toss all of the freshly chopped herbs together and scatter them on top of the salmon filets, gently pressing down lightly so the herbs stick to the fish.
- In a small bowl, whisk together the olive oil, lemon zest and juice and white wine and pour the mixture around the salmon and some on top of the salmon too. If you have extra lemon slices, place a few on top of the salmon.
- Bake the herbed salmon at 400 degrees Fahrenheit for about 10-12 minutes. Keep an eye on it because thicker salmon may take a bit longer and thinner filets, less time.



One Pot Chicken with Rice & Chickpeas

Ingredients

- 2 pounds chicken thighs skin on and bone in
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 1 teaspoon sumac
- 1 teaspoon Kosher salt
- ½ teaspoon Ground black pepper
- ½ teaspoon cumin
- ½ teaspoon allspice
- 1 lemon zested and sliced thinly
- Olive oil for drizzling
- 1 small shallot diced
- 2 garlic cloves finely chopped
- 1 cup uncooked basmati rice
- 15 ounce can chickpeas drained and rinsed
- 2 cups chicken broth
- Fresh parsley chopped, for garnish

Directions

- Pre heat the oven to 400 degrees Fahrenheit.
- In a small bowl, add all of the spices, lemon zest and salt and pepper and stir to combine.
- Dry the chicken thighs very well with paper towels and season the chicken with the spice mixture.
- Bring a wide dutch oven or pan to medium heat and drizzle with olive oil. Sear the chicken, skin side down until deeply golden brown, about 3-4 minutes, then flip over and sear the other side for another 2 minutes.
- Once done, remove chicken and set aside.
- In the same pan, add the chopped shallots and saute until caramelized and softened for about 2-3 minutes, then add the chopped garlic and saute for another 1-2 minutes.
- Add the basmati rice and saute the rice in the residual fat and add the drained chickpeas and saute for another minute.
- Add the chicken back in the pan, skin side up and pour the chicken stock around the chicken. Scatter lemon slices.
- Turn off heat and cover the pot and transfer to the oven and cook for 20 minutes. Then remove the cover and cook for an additional 10 minutes.
- When done, garnish with chopped parsley and serve.



Linguine Puttanesca

Ingredients

- 1 pound linguine
- 3 tablespoons Olive oil
- 3 anchovy fillets
- 2 garlic cloves finely chopped
- ½ tsp. red pepper flakes
- ¾ cup white wine
- 28 ounce can crushed tomatoes
- ½-1 cup water full the can halfway with water
- ½ cup Pitted Kalamata olives roughly chopped
- ½ cup pitted Castelvetrano olives roughly chopped
- ½ cup capers
- Fresh basil for garnish

Directions

- Bring a medium sized pot to medium heat and drizzle the olive oil.
- Once the oil is hot, add the anchovy filets and saute for 1-2 minutes until the filets disintegrate, breaking up with a spatula. Then add the chopped garlic and optional red pepper flakes and sauté for another 1-2 minutes.
- Pour the white wine in and bring to a strong simmer until the wine reduces slightly, for 2-3 minutes.
- Once the wine has reduced, pour the crushed tomatoes in and fill the can halfway with water and pour that in as well. Add the chopped olives and capers and simmer the puttanesca sauce for 20-25 minutes until slightly thickened.
- While the sauce cooks, cook the pasta in a pot of boiling water, but don't cook it all the way. Once it's about 1-2 minutes before being fully cooked, remove the linguine with tongs and add the cooked pasta to the puttanesca sauce.
- Save some of the starchy pasta water and add ¼-1/2 cup if the sauce is too thick. Use tongs and mix the pasta into the sauce so all of the noodles are evenly coated.
- Serve the puttanesca pasta in wide bowls and garnish with fresh basil.



Shakshuka with Kale and Feta

Ingredients

- 2 teaspoons Olive oil
- 1 small shallot chopped
- 1 fresno or serrano pepper finely chopped (optional)
- 1 red bell pepper seeds removed and chopped into ½ inch pieces
- 4 ounces sliced mushrooms
- 2 cups chopped kale
- 2 garlic cloves chopped finely
- ½ teaspoon Kosher salt
- 1 tablespoon tomato paste
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 14.5 ounce can of whole or crushed tomatoes
- 4 eggs
- ½ cup feta cheese
- Fresh parsley or cilantro, chopped for garnish

Directions

- Place a medium sized skillet or cast iron pan over medium heat and drizzle with olive oil. Add chopped shallot, fresno and bell pepper and saute for 2-3 minutes, until vegetables just soften.
- Add mushrooms and continue sautéing for 3-4 minutes until mushrooms are slightly caramelized. Add chopped kale and garlic and saute until kale wilts. Season vegetables with salt.
- Stir in tomato paste and spices and saute for another 30 seconds. Pour in tomatoes crush roughly crush whole tomatoes, if using.
- Use the back of a spoon to make four wells into the sauce. Crack one egg into each well and bring down to a simmer.
- Cook eggs for 5-7 minutes or until desired doneness, cover if needed.
- Garnish with feta and fresh herbs and serve.