



SINCE 1867

**FILIPPO  
BERIO®**

# ONE POT SUPPERS

A delicious selection of  
quick and easy nutritious suppers





The classic tastes of Italy in delicious, easy to make, budget friendly 'One Pot Suppers'. By following these simple and versatile recipes you'll be able to create scrumptious meals in no time at all.

All of our recipes are complimented by Filippo Berio Olive Oils. Essential ingredients for sweet and savoury dishes alike, our various Olive Oils will add true Mediterranean flavour to your cooking (and mean that the food doesn't stick to the pot either)!

For convenience, most of these recipes can be made in batches to freeze. Great for rustling up a quick treat but delicious enough to serve at a dinner party. You can have all the colour, flavour and comfort you desire in one pot so you'll save on cleaning up as well. Minimum effort meals for maximum satisfaction!



**Suitable for Vegans**

Recipes that are shown with this V mark are suitable for vegans and vegetarians.

**Know your olive oils**

**Extra Virgin Olive Oil**

A unique rich, fruity flavour that complements the fresh ingredients in your recipes.

- Ideal for sauces, marinades and salads.
- For drizzling on favourite pasta dishes and soups.
- Perfect for dipping with bread.



**Classico Olive Oil**

Expertly blended, ideal for those who prefer a lighter taste or in recipes requiring a softer flavour.

- Use for everyday cooking.
- Ideal for delicate dressings and sauces.
- Use as a healthy substitute for butter.



**Mild & Light Olive Oil**

Ultra light taste with no trace of olive flavour makes it perfect for cakes and desserts.

- Use for healthier frying – from stir fries to fried eggs.
- Ideal for roasting potatoes and deep frying.
- Baking bread, cakes and biscuits.



# D-I-Y One Pot Supper

We've included our favourite One Pot Suppers in this book, but it's really easy to go freestyle too! Use this page as inspiration for your own recipes.

Just remember to drizzle the pot or tray with a healthy glug of Filippo Berio olive oil before it goes into the oven!

**First, choose a carb as a base...**

Use around 300-500g.



Pasta Potatoes Rice Sweet potatoes

**Next, select a protein...**

About 500g should do it.



Fish Pulses Sausages Chicken

**Add a few fresh vegetables...**

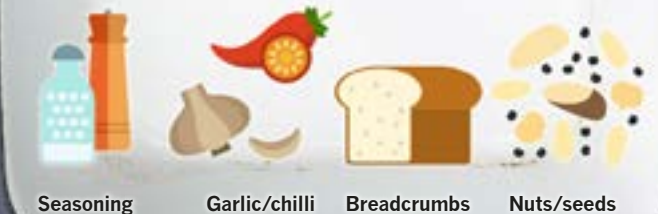
2-3 handfuls – chopped up or sliced.



Tomatoes Onion/fennel Peppers Carrots  
Mushrooms Squash/courgette/aubergine Leafy greens

**...and finally, flavouring and texture.**

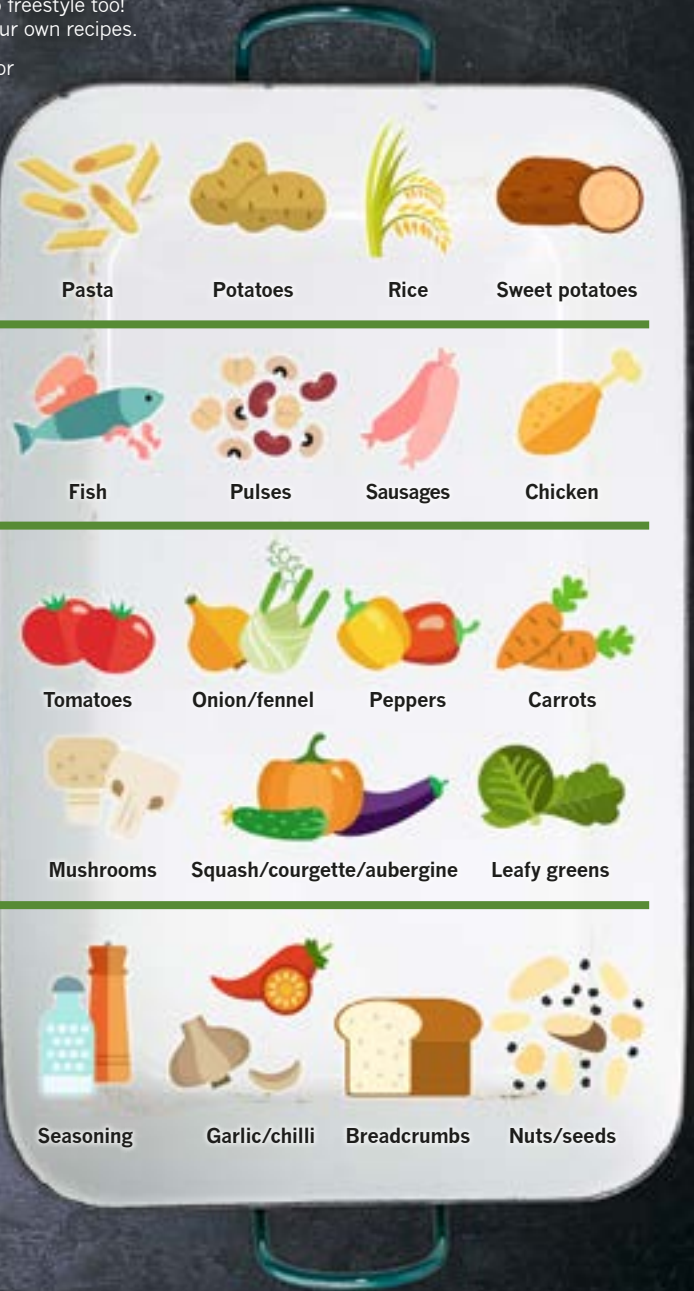
These are just suggestions – try experimenting!



Seasoning Garlic/chilli Breadcrumbs Nuts/seeds

**And don't forget to add the olive oil!**

3-5 tablespoons drizzled over before it goes into the oven.





# Focaccia Three Ways



## Basic Focaccia Recipe

Dough plus 1 topping serves 4  
Prep 20 mins plus proving time  
Cook 20-25 mins

500g strong white bread flour

1 sachet easy blend yeast

2 tsp fine sea salt

300ml tepid water

5 tbsp Filippo Berio Classico Olive Oil (extra for oiling)

Filippo Berio Extra Virgin Olive Oil to drizzle

- 1 Stir the flour and yeast together and then sprinkle over the salt. Make a well in the centre of the flour and pour in the water and 4 tbsp of Filippo Berio Classico Olive Oil. Mix to form a dough.
- 2 On a floured work surface, knead for about 5 minutes until the dough becomes smooth and elastic. Shape the dough into a ball and place in a lightly oiled bowl. Cover and leave in a warm place until doubled in size.
- 3 Tip the dough into a baking tin approximately 23cm by 33cm. With well-oiled hands, stretch the dough to evenly cover the tin, dimpling the surface with your fingertips.
- 4 Cover the dough with your topping, drizzle with Filippo Berio Extra Virgin Olive Oil. Leave to prove for about 1 hour until risen. Preheat the oven to 210°C.
- 5 Bake in the preheated oven for 20-25 minutes until golden.

**Focaccia is a fluffy bread** made with olive oil and it's great for sharing too. Many people think bread making is difficult, but all it takes is a bit of patience and it's certainly worth the wait. A perfect snack, for sandwiches, picnics or simply on the side, Focaccia freezes well and will always be a tasty addition in any snack or meal. Toppings are easy too, it's a great way to use up bits of antipasti – just don't forget to add a final drizzle of Filippo Berio Extra Virgin Olive Oil. Focaccia wouldn't be Focaccia without olive oil!

## Cherry Tomato

150g semi dried or slow roasted tomatoes

100g cherry tomatoes, halved

1 garlic clove, finely sliced

2 tbsp Filippo Berio Classico Olive Oil

1 tbsp basil leaves to finish

- 1 Mix the tomatoes, garlic and Filippo Berio Classico Olive Oil together.
- 2 Scatter over the dough.
- 3 Once the focaccia is cooked top with the basil leaves.

## Potato, Rosemary and Garlic

350g small new potatoes, thinly sliced

2 tbsp rosemary leaves

2 garlic cloves, finely sliced

2 tbsp Filippo Berio Classico Olive Oil

- 1 Toss all the ingredients together until the potatoes are thoroughly coated.
- 2 Season before using to top the dough.

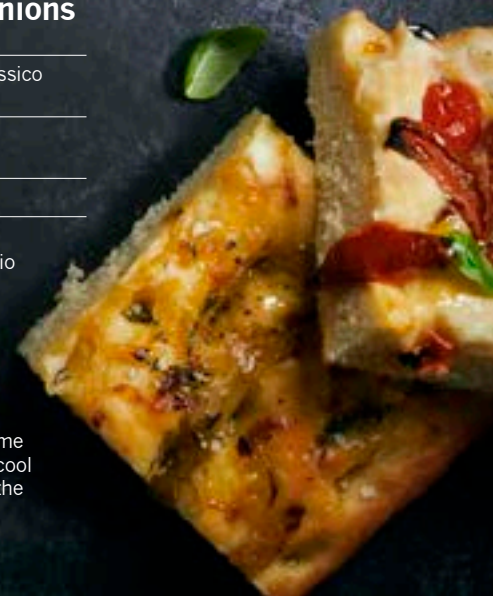
## Caramelised Onions

4 tbsp Filippo Berio Classico Olive Oil

3 large onions, thinly sliced

2 tsp thyme leaves

- 1 Heat the Filippo Berio Classico Olive Oil in a large frying pan and cook the onions for 5-10 minutes until soft and translucent.
- 2 Stir through the thyme leaves and allow to cool before using to top the dough.





# Chorizo and Salmon Tray Bake

This is a quick and easy vitamin-rich dish, oozing with delicious flavours, from succulent salmon to rich chorizo. A great dish for pescatarians too – simply swap out the chorizo and add a teaspoon of smoked paprika instead. Serve with a green salad and chunks of bread to mop up the juices.

Serves 4

Prep 5 mins

Cook approximately 25 mins

125g	chorizo, sliced
150g	mixed cherry tomatoes
400g	tinned cannellini beans, drained and rinsed
1	garlic clove, finely sliced
2 tbsp	Filippo Berio Mild & Light Olive Oil
4	salmon fillets
1	lemon, zest and juice

- 1** Preheat the oven to 180°C. Mix the chorizo, mixed cherry tomatoes, cannellini beans, garlic and 1 tbsp Filippo Berio Mild & Light Olive Oil before tipping into a large roasting tin and cooking for 10 minutes.
- 2** Arrange the salmon fillets over the chorizo, tomatoes and beans. Drizzle with the remaining Filippo Berio Mild & Light Olive Oil and bake for a further 12-15 minutes, until the salmon is cooked to your liking.
- 3** Sprinkle over the lemon juice and zest and season to taste.





# Chicken Thighs with Thyme

**Butternut squash** is often peeled before cooking but, not only is the skin edible, leaving the skin on makes it quicker to prepare and locks in all its nutrients. Like so many other vegetables, roasting Butternut squash with Filippo Berio Olive Oil creates a wonderful tasty treat. In this recipe the combination of the nutty and sweet vegetable and the succulent chicken creates a perfect winter dish.

**Serves 4**  
**Prep 15 mins**  
**Cook 60 mins**

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3 tbsp	Filippo Berio Classico Olive oil
1	small butternut squash, deseeded and sliced, but with the peel left on
1	large red onion, cut into wedges
2	garlic cloves, thinly sliced
4	large chicken thighs
4	sprigs fresh thyme
1	lemon, sliced

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- 1** Preheat the oven to 180°C. Toss the squash with half the Filippo Berio Classico Olive Oil in a roasting tin and cook for 15 minutes.
- 2** Add the red onion, garlic, thyme and lemon to the squash before topping with the chicken. Drizzle over the remaining Filippo Berio Classico Olive Oil and season.
- 3** Cook for a further 35 minutes until the chicken is golden and cooked through and the squash is tender. Season to taste.







## Italian Sausages with Fennel

**Potatoes and sausage** dishes are simple comfort foods but, when combined with fennel they're given an Italian twist that takes them to another level! Always buy the best sausages available – you'll taste the difference in the finished dish – and Deli's and independent butchers are worth exploring with this in mind. Serve this delicious rustic dish with simple green vegetables and crusty bread.

**Serves 4**  
**Prep 10 mins**  
**Cook 45 mins**

4 tbsp	Filippo Berio Classico Olive Oil
8	Italian sausages with fennel
500g	new potatoes, halved or quartered if large
1	fennel bulb, thinly sliced
1 tsp	fennel seeds
½ tsp	chilli flakes
200ml	white wine

- 1 Preheat the oven to 180°C. Place the sausages in a roasting tin and drizzle with half the Filippo Berio Classico Olive Oil. Bake for 15 minutes, turning the sausages halfway through.
- 2 Add the potatoes, sliced fennel, fennel seeds and chilli along with the remaining Filippo Berio Classico Olive Oil and toss well to coat. Arrange the sausages on top and pour over the white wine.
- 3 Bake for a further 30 minutes until the potatoes are tender when tested with a knife. Season to taste before serving.



Use vegan sausages

## Spicy Sausages with Cavolo Nero

**Cavolo nero** is an Italian variety of kale, sometimes known as black cabbage. Avoid the stalks, only use the leaves. Alternatively, you can substitute cavolo nero for kale or cabbage. Sofrito is an aromatic mix of finely chopped celery, onion and carrot and, with olive oil, forms the base of many delicious meals. It's now sold widely in supermarkets – both fresh and frozen – or you can make your own.

**Serves 4**  
**Prep 10 mins**  
**Cook 25 mins**

3 tbsp	Filippo Berio Classico Olive Oil
300g	sofrito (mix of celery, carrot and onion)
2	cloves garlic, finely sliced
8	spicy sausages
250g	Puy lentils, ready cooked
100ml	red wine
200g	cavolo nero, stalks removed, leaves blanched
	Filippo Berio Extra Olive Oil to drizzle

- 1 Preheat the oven to 180°C. Place the sofrito, garlic and sausages in a roasting tin and stir through the Filippo Berio Classico Olive Oil until well coated. Bake for 20 minutes, stirring halfway through.
- 2 Stir in the lentils along with the red wine and cavolo nero, then return to the oven for a further 5 minutes until piping hot.
- 3 Serve seasoned to taste and drizzled with Filippo Berio Extra Virgin Olive Oil.



Use vegan sausages



# Three Easy Ways with Pasta

**Pasta is, of course,** a staple of Italian culture. In this recipe dried pasta, cooked in the oven, absorbing the tasty picante sausage sauce that surrounds it makes a super, simple and delicious meal. Pieces of pasta that poke above the sauce will be a bit 'al dente' which gives this dish a bit of bite and, as always, good quality sausages make all the difference.

The second dish is easy and speedy to cook. Add the chilli according to taste.

If tenderstem broccoli isn't available, cut regular broccoli into small florets and cook in the same way.

The third dish uses orecchiette pasta, typical of Apulia in Southern Italy. The name comes from its shape resembling a small ear! The vegan pesto

can be made up to 48 hours in advance and stored in the fridge. Any pasta shape can be used – cooked in advance and allowed to cool – just add some Filippo Berio Olive Oil when cooked and drained to prevent it from sticking together.



## Spicy Sausage and Tomato

**Serves 4**  
**Prep 10 mins**  
**Cook 50 mins**

3 tbsp	Filippo Berio Classico Olive Oil
6	spicy sausages, cut into bite size chunks
2	peppers (1 red, 1 yellow) cut into strips
1	clove garlic, crushed
½ tsp	chilli flakes
400g	tinned chopped tomatoes
300g	penne pasta
	Filippo Berio Extra Virgin Olive Oil to drizzle

- 1 Preheat the oven to 190°C. Heat the Filippo Berio Classico Olive oil in a roasting tin and cook the sausages and peppers for 15 minutes turning them halfway through.
- 2 Add the garlic, chilli flakes, tomatoes, pasta and 500ml boiling water.
- 3 Stir to mix and return to the oven for a further 35 minutes, stirring halfway through, until the pasta is tender.
- 4 Drizzle with Filippo Berio Extra Virgin Olive Oil and season to taste before serving.

## Prawn, Chilli and Tenderstem Broccoli

**Serves 4**  
**Prep 5 mins**  
**Cook 8 mins**

3 tbsp	Filippo Berio Classico Olive Oil
1	clove garlic, thinly sliced
1	red chilli, finely chopped
100g	raw king prawns
200g	tenderstem broccoli, chopped into bite size pieces
300g	spaghetti, cooked according to packet instructions
	Filippo Berio Extra Olive Oil to drizzle

- 1 Heat Filippo Berio Classico Olive Oil in a large frying pan and toss the garlic and chilli for 1 minute before adding the prawns and broccoli. Stir fry for approximately 5 minutes until the prawns are pink and cooked through.
- 2 Stir the drained pasta into the prawns and broccoli and continue to cook until the pasta is fully mixed and piping hot. Season to taste and serve drizzled with Filippo Berio Extra Olive Oil.

## Orecchiette and Miso Pesto Bake

**Serves 4**  
**Prep 10 mins**  
**Cook 25 mins**




75g	baby spinach, roughly chopped
	small bunch of mint and parsley, leaves roughly chopped
1	clove garlic, crushed
2 tbsp	pine nuts
1 tbsp	white miso paste
5 tbsp	Filippo Berio Classico Olive Oil
300g	orecchiette, cooked and drained
150g	peas
100g	ciabatta breadcrumbs

- 1 Preheat the oven to 180°C. Place the spinach, herbs, garlic, pine nuts, miso and 2 tbsp Filippo Berio Classico Olive Oil in a blender and blitz to a chunky pesto.
- 2 Stir the miso pesto, pasta and peas together and place in an ovenproof dish.
- 3 Mix the remaining Filippo Berio Classico Olive Oil with the breadcrumbs and sprinkle over the pasta. Bake in the preheated oven for 20-25 minutes until the top is golden and crisp.







# Lamb with Freekeh, Apricots and Pistachios

**Freekeh is a cereal** made from green durum wheat. Because it's low in fat, high in fibre and nutritionally superior to many other grains, Freekeh is often referred to as a "supergrain"! Here we're recommending it in a lamb dish paired with a wonderful blend of chewy apricots and crunchy pistachios known to some Italians as 'green gold'. Freekeh is available both dried and 'ready cooked'. We recommend the ready cooked variety for this dish but, if you prefer the dried variety, simply increase the stock measure to 250ml and cook for an extra 5 minutes.

**Serves 4**  
**Prep 15 mins**  
**Cook 25 mins**

250g	pre-cooked freekeh
75g	dried apricots, roughly chopped
	a handful of rosemary, thyme and parsley leaves chopped, saving some for finish
3 tbsp	Filippo Berio Classico Olive Oil
100ml	lamb or vegetable stock
4	lamb leg steaks
250g	vine cherry tomatoes.
50g	pistachios, roughly chopped
2 tbsp	Filippo Berio Balsamic Vinegar

- 1** Preheat the oven to 210°C. Heat half the oil in a roasting tin and cook the lamb steaks for 5 minutes on one side to brown. Reduce the oven temperature to 190°C.
- 2** Remove the lamb steaks from the roasting tin. Add the freekeh, dried apricots, herbs and stock to the hot roasting tin and top with the lamb steaks, browned side uppermost, followed by the tomatoes. Sprinkle over half the pistachios, drizzle over the remaining olive oil and cook for a further 20 minutes.
- 3** Remove the roasting tin from the oven and sprinkle over the Filippo Berio Balsamic Vinegar and remaining pistachios to serve.





## Porchetta

**A real Italian culinary icon.** Porchetta is roast pork Italian-style and is utterly delicious. Succulent slices of meat, flavoured with herbs, garlic and spice with chunks of crispy crackling on the side. If time allows stuff and roll the meat up to 24 hours before cooking. Simply store in the fridge uncovered, then salt the skin and cook. Pressing the salt well into the scores the butcher has made helps the crackling to form.

- 1 Preheat the oven to 160°C. Mix the fennel seeds, chilli, garlic, parsley, rosemary, 1 tsp salt and the olive oil together to form a paste.
- 2 Open out the pork and spread the paste over the meat, roll back up and tie with string to secure. Thoroughly pat dry the skin and rub with the remaining salt before placing on a rack in a roasting tin. Cook in the preheated oven for 3 hours.
- 3 Remove from the oven and increase the temperature to 210°C. Carefully pour off most of the fat from the roasting tin before adding the borlotti beans and the white wine, shaking the tin to evenly distribute.
- 4 Cook for a further 20-25 minutes, until the crackling is golden and crisp. Cover and allow to rest in a warm place for 20 minutes, serve carved with the beans.

**Serves 6**  
**Prep 20 mins plus resting time**  
**Cook 3 hrs 25 mins**

2 tsp	fennel seeds, lightly crushed
1	red chilli, deseeded and finely chopped
6	cloves garlic, finely chopped
2 tbsp	parsley, chopped
2 tbsp	rosemary, chopped, plus a few sprigs
3 tsp	sea salt
2 tbsp	Filippo Berio Classico Olive Oil
1.7kg	shoulder of pork
250ml	white wine
800g	tinned borlotti beans, drained and rinsed

## Slow-cooked Brisket

**Serves 6**  
**Prep 15 mins**  
**Cook 4 hrs 30 mins**

**Brisket lends itself** perfectly to long slow cooking as it creates deliciously tender shredded meat in a rich, comforting sauce. How you serve it is up to you as it's so versatile. Pair with potatoes and vegetables, pasta or simply piled into a soft fluffy bap with salad or coleslaw, the choice is yours.

- 1 Preheat the oven to 160°C. Heat the oil in a large heavy based ovenproof pan with a well-fitting lid and cook the soffrito until softened. Stir in the pancetta and cook for a further 5 minutes, until starting to brown.
- 2 Push the vegetables and pancetta to the sides of the pan and then add the beef. Brown the beef on all sides before adding the porcini and the soaking liquid.
- 3 Add the bouquet garni, tomatoes and red wine to the pan.
- 4 Cover and place in the preheated oven and cook for 4 hours.
- 5 Remove the brisket from the pan and shred. Remove the bouquet garni before mixing the shredded meat with the pan sauce. Serve sprinkled with fresh thyme.

4 tbsp	Filippo Berio Classico Olive Oil
1.2 kg	beef brisket
250g	soffrito (mix of celery, carrot and onion)
75g	pancetta
15g	porcini mushrooms, soaked in 150ml boiling water
1	bouquet garni and thyme sprigs to finish
400g	tinned chopped tomatoes
200ml	red wine





# Chocolate, Olive Oil and Sea Salt Brownies

It's amazing what a little bit of sea salt can do to enhance the flavour of chocolate cake! And using Filippo Berio Extra Virgin Olive Oil, our cake recipe is not only easy to make, its also moist and mouth-watering. Guaranteed to impress at any dinner party.

- 1 Preheat the oven to 160°C. Grease and line a 23cm by 33cm tin.
- 2 Warm the milk and chocolate together until melted. Remove from the heat and set to one side.
- 3 In a large bowl, stir the dry ingredients together until fully mixed.
- 4 Whisk the oil into the chocolate mixture, followed by the egg and vanilla essence.
- 5 Make a well in the dry ingredients and add the olive oil mixture. Beat until smooth and fully mixed.
- 6 Pour into the prepared tin and sprinkle over the salt flakes. Bake in the preheated oven for 30 minutes, until a skewer comes out clean.
- 7 Remove from the oven and allow to cool completely in the tin. Once cool, cut the cake into 16 squares. Store in an airtight tin.

**Makes 16**  
**Prep 15 mins**  
**Cook 30 mins**

300ml	milk
100g	dark chocolate, finely chopped
275g	caster sugar
200g	self raising flour
75g	cocoa, sifted
1tsp	baking powder
100ml	Filippo Berio Extra Virgin Olive Oil
1	large egg
1 tsp	vanilla essence
1 tsp	course sea salt



# Orange and Almond Tray Bake

Oranges and almonds are a popular Mediterranean pairing, and for good reason. The citrusy tang of oranges combined with the rich, moistness of almonds is wonderful and perfectly complemented by a drizzle of Filippo Berio Mild & Light Olive Oil. The candied oranges provide the finishing touch and a beautiful presentation.

- 1 Preheat the oven to 180°C. Grease and line a 17cm by 26cm tin.
- 2 Stir together the flour, baking powder, sugar, ground almonds and orange zest.
- 3 Make a well in the centre and add the Filippo Berio Mild & Light Olive oil and eggs. Mix well until smooth and no lumps remain.
- 4 Pour into the lined tin and top with the almonds and candied orange pieces.
- 5 Bake in the preheated oven for 30 minutes, until a skewer comes out clean. Remove from the oven and allow to cool completely in the tin.
- 6 Once cool, cut into 8 to serve. Store in an airtight tin.

**Serves 8**  
**Prep 10 mins**  
**Cook 30 mins**

200ml	Filippo Berio Mild & Light Olive Oil
75g	self raising flour, sifted
½ tsp	baking powder
200g	caster sugar
150g	ground almonds
	zest of 2 oranges
4	large eggs, beaten
25g	flaked almonds
16	half slices candied orange



# More ways to enjoy the taste of the Mediterranean

*New varieties!*



## Filippo Berio Traditional Italian Pestos

Authentic Italian Pestos made from the finest traditional ingredients, using time honoured techniques, our range of Pestos are as distinctive as they are delicious. With the addition of our two new varieties – Chargrilled Pepper Pesto and Grilled Vegetable Pesto – there are now six mouth-watering tastes to discover! You can taste the difference with Filippo Berio Pesto.



## Filippo Berio Vinegars

Made with expertly selected wines and produced strictly according to tradition, our selection of Balsamic and Wine vinegars offer a unique balance of both sweetness and acidity.

## Convenient new size!

100ml Filippo Berio Balsamic Vinegar and Extra Virgin Olive Oil: perfect for lunchboxes, camping and picnics!



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