



SIMPLE. FRESH. MEDITERRANEAN.

# Vargasavour Recipes

**10** EASY MEDITERRANEAN  
RECIPES FOR EVERYDAY  
COOKING & ENTERTAINING



SIMPLE  
INGREDIENTS



EASY &  
QUICK



MADE FOR  
REAL LIFE



RECIPE DEVELOPER

*Estefania*



# Greek Chickpea Salad with Feta

This Greek chickpea salad combines chickpeas, cucumber, tomatoes, olives, and feta with a bright lemon and olive oil dressing. Fresh, simple, and ready in minutes.

Recipe Developer-[Estefania](#)



PREP TIME

10 mins

TOTAL TIME

10 mins

## Ingredients

### Salad

- 2 cans chickpeas 15 oz / 425 g each can, drained and rinsed
- 1 cucumber 10.5 oz / 300 g, diced
- 1½ cups cherry tomatoes halved
- 1 red onion 3.5 oz / 100 g, finely sliced
- ¾ cup kalamata olives
- 3.5 ounces feta cheese diced
- 2 tbsp fresh parsley chopped

### Dressing

- 4 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 2 tbsp red wine vinegar
- 1 tsp dried oregano
- ½ tsp sea salt or to taste
- ¼ tsp freshly ground black pepper

## Instructions

1. Add 2 cans (15 oz / 425 g each) drained and rinsed chickpeas, 1 diced cucumber (10.5 oz / 300 g), 1½ cups (225 g) halved cherry tomatoes, 1 finely sliced red onion (3.5 oz / 100 g), ½ cup (75 g) kalamata olives, 3.5 oz (100 g) diced feta cheese, and 2 tablespoons chopped fresh parsley to a large [bowl](#).
2. In a small bowl, whisk together 4 tablespoons extra virgin olive oil, 1 tablespoon lemon juice, 2 tablespoons red wine vinegar, 1 teaspoon dried oregano, ½ teaspoon sea salt, and ¼

teaspoon freshly ground black pepper until well combined.

3. Pour the dressing over the salad and toss gently until everything is evenly coated.
4. Taste the salad and adjust the seasoning if needed.
5. Serve immediately, or refrigerate for 10 to 15 minutes before serving so the flavors can blend.

# Baked Lemon Dill Salmon

This baked lemon dill salmon is simple, fresh, and full of flavor. Lemon, garlic, and dill bring brightness to the salmon while the oven keeps it tender and flaky.

Recipe Developer-[Estefania](#)



PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins

## Ingredients

- 4 salmon fillets about 6 oz / 170 g each
- 2 tbsp olive oil
- 2 garlic cloves minced
- 2 tbsp fresh dill chopped
- 1 tbsp lemon juice
- ½ tsp salt
- 0.25 tsp black pepper
- 1 lemon thinly sliced for garnish (optional)

## Instructions

1. Preheat the [oven](#) to 410°F / 210°C (375°F convection / 190°C fan) and lightly grease a [baking dish](#) or line a [baking sheet](#) with parchment paper.
2. Season the 4 salmon fillets (about 6 oz / 170 g each) with ½ teaspoon salt and ¼ teaspoon black pepper, then place the seasoned fillets in the prepared baking pan.
3. In a small [bowl](#), mix 2 tablespoons olive oil, 2 minced garlic cloves, 1 tablespoon lemon juice, and 2 tablespoons chopped fresh dill. Pour the mixture evenly over the salmon fillets so the surface is well coated.
4. Bake for 10–12 minutes, depending on the thickness of the fillets, until the salmon flakes easily with a fork and the center is just opaque.
5. Remove from the oven and let the salmon rest briefly before serving. Spoon the juices from the pan over the salmon if you like.

# Creamy Lemon Chickpea Soup

This creamy lemon chickpea soup is bright, comforting, and easy to make with simple pantry ingredients. Blended chickpeas create a smooth, creamy broth without cream, while fresh lemon and dill add vibrant flavor.

Recipe Developer-[Estefania](#)



PREP TIME

10 mins

COOK TIME

40 mins

TOTAL TIME

50 mins

## Ingredients

- 2 cans chickpeas 15 ounces / 400 g each can, rinsed and drained
- 4 tbsp extra virgin olive oil
- 1 yellow onion chopped
- 2 carrots 10 ounces / 280 g, chopped into 0.5-inch(1.2 cm) pieces
- 1 celery stalk chopped
- 5 cloves garlic minced
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 4¼ cups lower-sodium vegetable broth or chicken broth
- 1 tbsp dried oregano optional
- 4 tbsp lemon juice
- 2 tbsp fresh dill minced

## Instructions

1. Heat 4 tablespoons extra virgin olive oil in a large [pot](#) over medium heat. Add the chopped yellow onion, 1 teaspoon salt, and ½ teaspoon freshly ground black pepper, and cook for about 5 minutes, stirring occasionally, until the onion softens and becomes translucent.
2. Add the chopped carrots (10 oz / 280 g) and the chopped celery stalk. Cook for 4–5 minutes, stirring occasionally, until the vegetables begin to soften. Stir in the 5 minced garlic cloves and cook for 30 seconds, just until fragrant.
3. Pour in 4 cups (1000 ml) lower-sodium vegetable broth or chicken broth. Add the 2 cans chickpeas and 1 tablespoon dried oregano, if using. Stir well, bring the soup to a gentle boil, then reduce the heat and simmer uncovered for 25–30 minutes until the vegetables are tender.

4. Scoop out about 2 cups of the soup, including both chickpeas and broth, and blend until smooth using a [hand blender](#) or regular blender. Return the blended soup to the pot, stir well, and cook gently for 2–3 minutes until the soup thickens and becomes creamy.
5. Stir in 4 tablespoons lemon juice and 2 tablespoons minced fresh dill, let the soup simmer for 2 minutes, then remove from the heat and serve hot.

# Greek Chicken Gyros with Tzatziki

These Greek chicken gyros with tzatziki are made with juicy marinated chicken, creamy tzatziki sauce, and warm pita bread. A fresh and easy homemade gyro wrap that brings classic Greek flavors to your table.

Recipe Developer-[Estefania](#)



PREP TIME

30 mins

COOK TIME

15 mins

MARINATING

30 mins

TOTAL TIME

45 mins

## Ingredients

### For Chicken Gyros:

- 1 1/3 pounds chicken thighs boneless skinless
- 1 tbsp coriander seeds
- 1 tsp salt
- 1/2 tsp pepper
- 2 tbsp smoked paprika
- 1/2 tsp chili flakes
- 1 tbsp dried thyme
- 1 clove garlic minced
- 1 lemon zest
- 1/2 lemon juice
- 1/4 cup extra virgin olive oil
- 4 flatbreads
- 4 lettuce leaves sliced
- 1/2 onion sliced
- 1 tomato sliced

## Instructions

1. Cut chicken thighs into strips and place in a mixing [bowl](#).
2. Crush the coriander seeds in a [mortar and pestle](#) until fragrant. Add the salt, black pepper, smoked paprika, chili flakes, dried thyme, minced garlic, lemon zest, lemon juice, and extra virgin olive oil, then mix everything together in the mortar to create the marinade.
3. Add the paste to the chicken strips and toss well to coat them evenly in the marinade. Let the chicken marinate for at least 30 minutes, or refrigerate overnight for a deeper flavor.

4. Heat a [skillet](#) over medium-high heat. Add the marinated chicken strips and cook until they are fully cooked, lightly golden, and slightly charred around the edges.
5. Warm the flatbreads in a skillet over medium-low heat until soft and lightly heated through. Place them on a sheet of aluminum foil to assemble the chicken gyros.
6. Spread the [tzatziki sauce](#) over the flatbread, then layer on the lettuce leaves. Top with sliced onion and tomato, followed by the grilled chicken. Fold the flatbread around the filling, wrap the gyros in aluminum foil, and finish with a little extra tzatziki sauce on top.
7. Serve with extra tzatziki sauce on the side for dipping.

# Easy Tomato Burrata Salad

A simple and fresh Tomato Burrata Salad recipe with marinated tomatoes, creamy burrata, and basil. Perfect for quick summer meals and entertaining.

Recipe Developer-[Estefania](#)



PREP TIME

5 mins

COOK TIME

5 mins

MARINATING

30 mins

TOTAL TIME

10 mins

## Ingredients

### For Marinated Tomatoes:

- 2 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- ½ Small Red Onion Finely chopped
- 2 tsp Fresh Basil Chopped
- 2 tsp Fresh Parsley Chopped
- ¼ tsp Salt
- ¼ tsp Black Pepper Freshly ground
- 1 cup Baby Plum Tomatoes

### To Serve:

- 1 Ciabatta
- 5 ounces Burrata 1 Ball

## Instructions

1. In a medium [bowl](#), mix together the extra virgin olive oil, red wine vinegar, finely chopped red onion, chopped basil, chopped parsley, salt, and pepper. Add the halved baby plum tomatoes to the bowl and toss until evenly coated. Let the tomatoes marinate at room temperature for 15–30 minutes.
2. Slice the ciabatta and toast on a [grill pan](#) over medium heat for 2–3 minutes per side, until golden and crispy.
3. Place the marinated tomatoes on a serving platter and arrange them around the burrata.
4. Garnish with extra basil and serve immediately with toasted ciabatta.

# Greek Lemon Rice

This Greek lemon rice is fluffy, bright, and full of fresh lemon flavor. Cooked in broth with onion and garlic, then finished with lemon juice and parsley, it's an easy Mediterranean side dish for chicken, fish, or bowls.

Recipe Developer-[Estefania](#)



PREP TIME

5 mins

COOK TIME

20 mins

RESTING

5 mins

TOTAL TIME

25 mins

## Ingredients

- 1 cup long grain rice basmati or long-grain white
- 2 cups chicken broth or vegetable broth
- 2 tablespoons extra virgin olive oil
- ½ small onion finely chopped
- 2 cloves garlic minced
- ½ teaspoon kosher salt plus more to taste
- ¼ teaspoon freshly ground black pepper plus more to taste
- 3 tablespoons fresh lemon juice
- 1 tablespoon butter
- 2 tablespoons chopped fresh parsley

## Instructions

1. Heat 2 tablespoons olive oil in a medium [saucepan](#) over medium heat until shimmering. Add ½ small finely chopped onion and cook, stirring occasionally, until soft and translucent, about 3–4 minutes. Add 2 minced garlic cloves and cook, stirring constantly, until fragrant, about 30 seconds.
2. Stir in 1 cup long grain rice and cook, stirring frequently, until the grains look slightly translucent around the edges and are coated in the oil, about 1 minute.
3. Pour in 2 cups of chicken broth and 3 tablespoons fresh lemon juice, then add ½ teaspoon of kosher salt and ¼ teaspoon freshly ground black pepper, and mix well. Bring to a gentle boil over medium-high heat, then reduce the heat to low. Cover and cook until the liquid is absorbed and the rice is tender, 18-20 minutes.
4. Turn off the heat, add 1 tablespoon of butter, and let the rice sit, covered, for 5 minutes. Fluff gently with a spatula or fork until the rice is light and separated.
5. Stir in 2 tablespoons chopped fresh parsley. Taste and season with more salt, pepper, or a small squeeze of lemon juice as needed. Serve warm.

# Mediterranean Baked Chicken Meatball Bowls with Tzatziki

These Mediterranean baked chicken meatball bowls are fresh, balanced, and perfect for an easy weeknight dinner. Juicy herb-packed meatballs pair beautifully with lemon rice, a bright tomato-cucumber salad, and creamy tzatziki for a meal that feels colorful and satisfying without being heavy.

Recipe Developer-[Estefania](#)



PREP TIME

15 mins

COOK TIME

20 mins

TOTAL TIME

35 mins

## Ingredients

### For the Chicken Meatballs

- 1 pound ground chicken
- ¾ cup breadcrumbs
- 1 large egg
- ⅓ cup milk
- 1½ tbsp extra virgin olive oil
- 3 garlic cloves minced
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 2 tsp dried oregano
- ¼ tsp ground nutmeg
- 1 tsp ground cumin
- ¼ cup fresh parsley finely chopped

### For the Tomato-Cucumber Salad

- 1 cup cherry tomatoes halved
- 1½ cups cucumber diced
- ¼ cup red onion thinly sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- ¼ teaspoon salt

### For Assembling the Bowls

- Cooked lemon rice see linked recipe
- Tzatziki sauce see linked recipe
- ¼ cup crumbled feta optional

Extra fresh parsley for garnish

## Instructions

1. Preheat the [oven](#) to 400°F / 200°C (375°F convection / 190°C fan) and line a [baking sheet](#) with parchment paper.
2. In a large [bowl](#), combine 1 pound ground chicken,  $\frac{2}{3}$  cup breadcrumbs, 1 large egg,  $\frac{1}{3}$  cup milk, and  $1\frac{1}{2}$  tablespoons extra virgin olive oil. Add 3 minced garlic cloves, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon black pepper, 2 teaspoons dried oregano,  $\frac{1}{4}$  teaspoon ground nutmeg, and 1 teaspoon ground cumin. Stir in  $\frac{1}{4}$  cup finely chopped fresh parsley, then mix gently just until evenly combined so the meatballs stay tender.
3. Shape the mixture into evenly sized meatballs (about 1 oz each) and arrange them on the prepared baking sheet, leaving space between each one.
4. Bake for 18–22 minutes, or until the internal temperature reaches 165°F (74°C) and the meatballs are lightly golden. Let rest for 5 minutes before assembling.
5. In a separate bowl, combine 1 cup halved cherry tomatoes,  $1\frac{1}{2}$  cups diced cucumber, and  $\frac{1}{4}$  cup thinly sliced red onion.
6. Drizzle with 2 tablespoons extra virgin olive oil, 1 tablespoon red wine vinegar, and  $\frac{1}{4}$  teaspoon salt, then toss well and let sit for a few minutes so the flavors blend.
7. Spoon prepared lemon rice into serving bowls, top with the baked meatballs, then add a generous scoop of the dressed tomato-cucumber salad.
8. Finish with tzatziki,  $\frac{1}{4}$  cup crumbled feta (if using), and extra fresh parsley before serving.

# Homemade Hummus Without Tahini

Looking for something creamy, healthy, and utterly satisfying? This homemade hummus with no tahini sauce is the perfect dip for everything from casual snacks to party spreads.

Recipe Developer-[Estefania](#)



PREP TIME

5 mins

TOTAL TIME

5 mins

## Ingredients

### For Hummus:

- 2 cups Canned Chickpeas Drained and rinsed
- 2 Cloves Garlic
- 1 tsp Salt
- 1 tsp Cumin Powder
- 1 tbsp Lemon Juice
- 5 tbsp Extra Virgin Olive Oil
- 3 tbsp Water

### For Garnish:

- Extra Virgin Olive Oil
- Paprika
- Chives

## Instructions

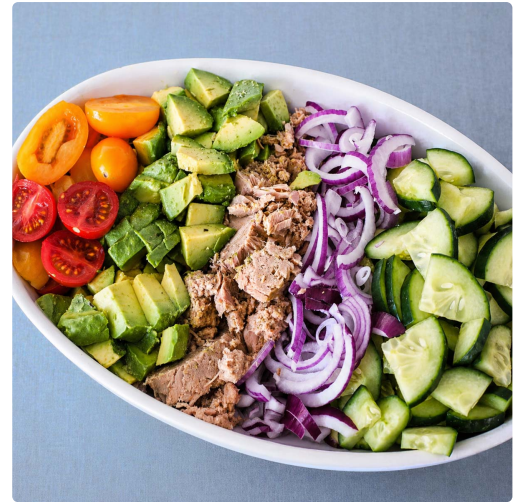
1. Drain, rinse and put the chickpeas into a [food processor](#).
2. In the food processor, add garlic cloves, salt, cumin powder, lemon juice and extra virgin olive oil.
3. Blend the mixture until smooth and creamy, adding little water if necessary to reach your desired consistency.
4. Taste the hummus and adjust the seasoning with salt, if needed. Transfer the hummus to a serving plate and make a wheel.
5. Pour extra virgin olive oil over the hummus. Sprinkle paprika and chopped chives on top for garnish.
6. Serve the hummus with pita bread, vegetables, or crackers.

# Mediterranean Tuna Salad

## Recipe

This Mediterranean tuna salad is a fresh no-mayo tuna salad made with canned tuna, avocado, cucumber, cherry tomatoes, lemon juice, and extra virgin olive oil. It is ready in 10 minutes and works well for a quick lunch, light dinner, or easy side.

Recipe Developer-[Estefania](#)



PREP TIME

10 mins

COOLING

15 mins

TOTAL TIME

10 mins

## Ingredients

- 1 cucumber diced
- 1 red onion finely chopped
- 2 cans canned tuna 5 ounces /145 gr each, drained
- 2 avocado diced
- 3.5 ounces cherry tomatoes halved
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- Juice of ½ lemon
- 2 tbsp extra virgin olive oil

## Instructions

1. Add 1 diced cucumber, 1 finely chopped red onion, 2 drained cans of tuna, 2 diced avocados, and 3.5 oz (100 g) halved cherry tomatoes to a large mixing [bowl](#).
2. Sprinkle with ½ teaspoon salt and ¼ teaspoon freshly ground black pepper, then squeeze in the juice of ½ lemon and drizzle with 2 tablespoons extra virgin olive oil.
3. Gently toss everything together until the tuna is evenly distributed and the salad is well coated, keeping the avocado pieces as intact as possible.
4. Serve immediately, or chill for 15 minutes before serving if you want the flavors to blend a little more.

# One-Pan Greek Lemon Chicken and Potatoes

Juicy lemon-oregano chicken roasted in one pan with tender potatoes, garlic, and a bright mustard-lemon sauce.

Everything cooks together, soaking up flavor while the skin turns golden and crisp.

Recipe Developer-[Estefania](#)



PREP TIME

10 mins

COOK TIME

1 hr

TOTAL TIME

1 hr 10 mins

## Ingredients

- 6 bone-in, skin-on chicken thighs
- 1½ pounds Yukon Gold or Maris Piper potatoes peeled and cubed
- ¼ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- ½ cup chicken broth or water
- 8 garlic cloves minced
- 1 tbsp mustard yellow or Dijon
- 1½ tsp salt
- ½ tsp freshly ground black pepper
- 1½ tbsp dried oregano
- 1 tsp ground cumin
- ¼ tsp crushed red pepper flakes
- Lemon slices optional
- Chopped parsley optional

## Instructions

1. Preheat [oven](#) to 425°F / 220°C (400°F convection / 200°C fan).
2. Pat 6 bone-in, skin-on chicken thighs dry with paper towels and place them in a large [roasting pan](#).
3. Add 1½ lb (700 g) cubed potatoes to the pan, spreading them evenly around the chicken.
4. In a [bowl](#), whisk together ¼ cup (60 ml) olive oil, ¼ cup (60 ml) lemon juice, ½ cup (120 ml) chicken broth, 8 minced garlic cloves, 1 tablespoon mustard, 1½ teaspoons salt, ½ teaspoon black pepper, 2 tablespoons dried oregano, 1 teaspoon ground cumin, and ¼ teaspoon crushed red pepper flakes.

5. Pour the mixture evenly over the chicken and potatoes. Toss the potatoes and chicken gently to coat, then arrange the chicken skin-side up on top.
6. Roast uncovered for 50–60 minutes, until the chicken reaches 165°F / 75°C internally and the potatoes are tender and golden.
7. Broil for 3–4 minutes at the end for crispier skin, if desired.
8. Rest for 5 minutes before serving. Spoon the pan juices over the top and garnish with lemon slices and chopped parsley if desired.