

MIAMO

BONHEUR AVEC SANTÉ

RECIPE BOOK

SARDINE RECIPES

Mediterranean Sardine Salad

Ingredients:

- 2 cans MIAMO Sardines in oil
- 1 cucumber (diced)
- 1 red onion (thinly sliced)
- 1 cup cherry tomatoes (halved)
- 1/2 cup Kalamata olives
- Fresh parsley (chopped)
- Juice of 1 lemon
- Olive oil, salt, and pepper to taste



Steps:

- **Prepare the Ingredients:** Dice the cucumber, slice the red onion thinly, and halve the cherry tomatoes.
- **Mix the Salad:** In a large bowl, combine the cucumber, red onion, cherry tomatoes, and Kalamata olives.
- **Add the Sardines:** Drain the MIAMO Sardines and gently break them into pieces before adding them to the salad mix.
- **Dress the Salad:** Drizzle olive oil and lemon juice over the salad, and season with salt and pepper to taste.
- **Garnish and Serve:** Toss the salad gently, garnish with chopped parsley, and serve immediately.

SARDINE RECIPES

Sardine & Avocado Toast

Ingredients:

- 1 can Miamo Sardines in olive oil
- 2 ripe avocados
- 4 slices whole-grain bread (toasted)
- Juice of 1 lime
- Crushed red pepper flakes
- Salt and pepper to taste



Steps:

- **Prepare the Avocado Spread:** Mash the avocados in a bowl and mix in lime juice, salt, and pepper to taste.
- **Assemble the Toast:** Spread the mashed avocado evenly over the toasted bread slices.
- **Top with Sardines:** Place Miamo Sardines on each toast and gently press them down.
- **Season and Serve:** Sprinkle crushed red pepper flakes on top for a bit of heat, and serve immediately.

SARDINE RECIPES

Sardine Pasta with Garlic & Herbs

Ingredients:

- 1 can Miamo Sardines in tomato sauce
- 300g spaghetti
- 3 garlic cloves (sliced)
- 1/2 tsp chili flakes
- Fresh basil and parsley (chopped)
- Olive oil



Steps:

- **Cook the Pasta:** Boil the spaghetti in salted water according to package instructions, then drain and set aside.
- **Prepare the Sauce:** In a pan, heat olive oil and sauté garlic slices until fragrant. Add chili flakes for a spicy kick.
- **Add the Sardines:** Add the Miamo Sardines in tomato sauce to the pan, gently breaking them apart.
- **Combine the Pasta:** Toss the cooked spaghetti into the sardine sauce, mixing thoroughly.
- **Finish and Serve:** Season with salt and pepper, garnish with fresh basil and parsley, and serve hot.

TOMATO PASTE RECIPES

Classic Tomato Basil Soup

Ingredients:

- 4 tbsp MIAMO Tomato Paste
- 1 onion (chopped)
- 3 garlic cloves (minced)
- 4 cups vegetable broth
- 2 cups fresh tomatoes (chopped)
- Fresh basil (chopped)
- Olive oil, salt, and pepper



Steps:

- **Sauté the Aromatics:** Heat olive oil in a large pot and sauté the onion and garlic until soft.
- **Add the Tomatoes and Paste:** Stir in MIAMO Tomato Paste and fresh tomatoes. Cook for 3 minutes. **Simmer the Soup:** Pour in the vegetable broth, bring to a boil, and then simmer for 20 minutes.
- **Blend for Smoothness:** Use a hand blender to puree the soup until smooth.
- **Garnish and Serve:** Stir in fresh basil and season with salt and pepper. Serve hot.

TOMATO PASTE RECIPES

Spicy Tomato Pasta Sauce

Ingredients:

- 3 tbsp MIAMO Tomato Paste
- 400g pasta (your choice)
- 1 red chili (chopped)
- 1 onion (chopped)
- 2 garlic cloves (minced)
- Fresh basil and parsley (chopped)
- Olive oil, salt, and pepper



Steps:

- **Cook the Pasta:** Boil the pasta until al dente, then drain and set aside.
- **Prepare the Sauce Base:** In a pan, sauté the onion, garlic, and chili in olive oil until fragrant.
- **Add the Tomato Paste:** Stir in MIAMO Tomato Paste and cook for 2-3 minutes.
- **Combine and Serve:** Toss the pasta with the tomato sauce, add chopped herbs, and season with salt and pepper. Serve hot.

TOMATO PASTE RECIPES

Tomato & Mozzarella Flatbread

Ingredients:

- 2 tbsp MIAMO Tomato Paste
- 2 flatbreads
- 1 cup mozzarella cheese (shredded)
- Fresh basil leaves
- Olive oil, salt, and pepper



Steps:

- **Prepare the Base:** Spread MIAMO Tomato Paste evenly over each flatbread.
- **Add the Toppings:** Top with shredded mozzarella cheese, season with salt and pepper.
- **Bake:** Place the flatbreads in a preheated oven at 180°C for 10-12 minutes, or until cheese is melted.
- **Garnish and Serve:** Garnish with fresh basil leaves and drizzle with olive oil before serving.

EVAPORATED MILK RECIPES

Creamy Chicken Alfredo

Ingredients:

- 1 cup MIAMO Evaporated Milk
- 300g fettuccine pasta
- 1 chicken breast (sliced)
- 1/2 cup Parmesan cheese (grated)
- 2 garlic cloves (minced)
- Olive oil, salt, and pepper



Steps:

- **Cook the Pasta:** Boil fettuccine pasta according to package instructions, then drain.
- **Cook the Chicken:** In a pan, heat olive oil and cook the sliced chicken breast until golden.
- **Make the Alfredo Sauce:** Add minced garlic and cook for 1 minute. Pour in MIAMO Evaporated Milk and stir in Parmesan cheese. Simmer until thickened.
- **Combine:** Toss the cooked pasta in the sauce, season with salt and pepper, and serve hot with extra Parmesan.

EVAPORATED MILK RECIPES

Evaporated Milk Pancakes

Ingredients:

- 1 cup MIAMO Evaporated Milk
- 1 cup all-purpose flour
- 2 tbsp sugar
- 1 tsp baking powder
- 1 egg
- Butter for cooking



Steps:

- **Mix the Batter:** In a bowl, whisk together MIAMO Evaporated Milk, flour, sugar, baking powder, and egg until smooth.
- **Cook the Pancakes:** Heat a non-stick pan and melt some butter. Pour a small amount of batter to form pancakes.
- **Flip and Serve:** Cook until bubbles form on the surface, then flip and cook the other side. Serve with syrup or fresh fruits.

EVAPORATED MILK RECIPES

Creamy Corn Chowder

Ingredients:

- 1 cup MIAMO Evaporated Milk
- 2 cups corn kernels
- 1 onion (chopped)
- 2 potatoes (diced)
- 3 cups vegetable broth
- Salt, pepper, and butter



Steps:

- **Sauté the Onion:** Heat butter in a large pot and sauté the chopped onion until soft.
- **Add Potatoes and Broth:** Add the diced potatoes and vegetable broth, and bring to a boil. Simmer until the potatoes are tender.
- **Add Corn and Milk:** Stir in the corn and MIAMO Evaporated Milk. Season with salt and pepper and cook for another 5 minutes.
- **Serve Hot:** Serve with crusty bread.

CONDENSED MILK RECIPES

Condensed Milk Fudge

Ingredients:

- 1 can MIAMO Condensed Milk
- 300g chocolate chips
- 1 tsp vanilla extract
- 1/4 cup chopped nuts (optional)



Steps:

- **Melt the Chocolate:** In a saucepan, melt the chocolate chips over low heat.
- **Add Condensed Milk:** Stir in MIAMO Condensed Milk and vanilla extract.
- **Pour into Tray:** Pour the mixture into a lined tray, and sprinkle nuts on top if desired.
- **Refrigerate and Serve:** Refrigerate for at least 2 hours or until firm. Cut into squares and serve.

CONDENSED MILK RECIPES

Tres Leches Cake

Ingredients:

- 1 can MIAMO Condensed Milk
- 1 cup evaporated milk
- 1 cup heavy cream
- 4 eggs
- 1 cup sugar
- 1 cup flour
- Whipped cream for topping



Steps:

- **Bake the Cake:** Beat eggs and sugar until fluffy, then fold in flour. Bake at 180°C for 30 minutes.
- **Make the Tres Leches Mixture:** Mix MIAMO Condensed Milk, evaporated milk, and heavy cream together.
- **Soak the Cake:** Once baked, poke holes in the cake and pour the milk mixture over it.
- **Top and Serve:** Refrigerate and top with whipped cream before serving.

CONDENSED MILK RECIPES

Condensed Milk Iced Coffee

Ingredients:

- 1/4 cup MIAMO Condensed Milk
- 1 cup strong brewed coffee (cooled)
- Ice cubes
- 1/2 cup milk



Steps:

- **Prepare the Coffee:** Brew a cup of strong coffee and let it cool.
- **Mix with Condensed Milk:** Stir MIAMO Condensed Milk into the coffee until well combined.
- **Serve Over Ice:** Fill a glass with ice cubes, pour the coffee mixture, and top with milk. Stir and enjoy.