

MIA SANTORO

FOUNDER OF NOURISH WITH MIA

WHOLESOME
INGREDIENTS.
BALANCED
RECIPES.
REAL LIFE
NOURISHMENT.



100+
DELICIOUS
RECIPES
FOR EVERY
SEASON



NOURISH

with Mia

Healthy recipes. Real life. Feel good.



Ciao, I'm Mia

Ciao, and welcome to my kitchen. For me, Italian food has never been about complication or restriction. It is about a handful of beautiful ingredients, treated simply and shared generously around a table with the people you love.

This little collection gathers the dishes I cook again and again at home. They lean on what Italians have always known: that a ripe summer tomato, good olive oil, a little sea salt and a few torn basil leaves need almost nothing else to shine.

Every recipe here is built on fresh, seasonal produce and whole ingredients. Nothing is fussy, nothing is fake, and there is plenty of room to make each dish your own. Cook with your senses, taste as you go, and trust yourself.

Most of all, I hope these pages remind you that eating well is one of life's simplest pleasures. Real food, real life, and a table full of colour.



With love from my table to yours,

Mia Santoro



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Insalata Caprese

Tomato, mozzarella & basil salad

SERVES

4

PREP

10 min

COOK

No cook

INGREDIENTS

- 4 ripe vine tomatoes, at room temperature
- 250g fresh buffalo mozzarella
- Large bunch of fresh basil
- 3 tbsp extra-virgin olive oil
- Flaky sea salt & black pepper
- Aged balsamic, to finish (optional)

METHOD

- 1** Slice the tomatoes and mozzarella into rounds about 1 cm thick.
- 2** Arrange them overlapping on a platter, alternating tomato and mozzarella.
- 3** Tuck whole basil leaves in between the slices.
- 4** Drizzle generously with olive oil and season with sea salt and pepper.
- 5** Finish with a little balsamic if you like, and serve at room temperature with crusty bread.



MIA'S TIP

Use tomatoes at room temperature for the fullest, sweetest flavour, never straight from the fridge.



Minestrone della Nonna

Grandmother's garden vegetable soup

SERVES

6

PREP

20 min

COOK

40 min

INGREDIENTS

- 3 tbsp extra-virgin olive oil
- 1 onion, 2 carrots, 2 celery sticks, diced
- 2 garlic cloves, chopped
- 1 courgette & 1 potato, diced
- 400g tin cannellini beans, drained
- 400g tin chopped tomatoes
- 1.2 litres vegetable stock
- 1 bay leaf + a parmesan rind (optional)
- 100g small pasta, e.g. ditalini
- Handful of spinach or cavolo nero
- Basil & grated parmesan, to serve

METHOD

- 1** Gently soften the onion, carrot and celery in the oil for 8 minutes to make a soffritto.
- 2** Add the garlic, courgette and potato and cook for 3 minutes more.
- 3** Stir in the tomatoes, beans, stock, bay leaf and parmesan rind. Simmer for 20 minutes.
- 4** Add the pasta and cook until al dente.
- 5** Stir through the greens until just wilted, then season to taste.
- 6** Serve with a drizzle of olive oil, torn basil and plenty of grated parmesan.



MIA'S TIP

Simmer a parmesan rind in the pot for savoury depth, keep your rinds in the freezer just for this.



Spaghetti al Pomodoro

Fresh tomato & basil spaghetti

SERVES

4

PREP

10 min

COOK

25 min

INGREDIENTS

- 400g spaghetti
- 800g ripe plum tomatoes (or 2 x 400g tins)
- 4 tbsp extra-virgin olive oil
- 3 garlic cloves, thinly sliced
- Large bunch of fresh basil
- Pinch of chilli flakes (optional)
- Sea salt
- Parmesan, to serve

METHOD

- 1 Warm the garlic gently in the oil until fragrant but not coloured.
- 2 Add the tomatoes, crushing them in, with a little salt. Simmer for 15 to 18 minutes until thick.
- 3 Tear in half the basil leaves.
- 4 Meanwhile cook the spaghetti until al dente, reserving a cup of pasta water.
- 5 Toss the pasta through the sauce with a splash of pasta water for one minute.
- 6 Finish with the rest of the basil, a drizzle of oil and grated parmesan.



MIA'S TIP

Finish the pasta in the sauce so it drinks up the flavour, never just spoon sauce on top.



Branzino al Forno

Baked sea bass with lemon & herbs

SERVES

2

PREP

15 min

COOK

25 min

INGREDIENTS

- 2 whole sea bass, scaled & gutted
- 1 lemon, thinly sliced
- 2 garlic cloves, sliced
- Handful of parsley & a few thyme sprigs
- 3 tbsp extra-virgin olive oil
- 150g cherry tomatoes
- A few olives (optional)
- Sea salt & black pepper

METHOD

- 1** Heat the oven to 200C (fan 180C).
- 2** Score the fish a few times and season inside and out.
- 3** Stuff the cavities with lemon slices, garlic and herbs.
- 4** Lay on a tray with the tomatoes and olives, then drizzle with olive oil.
- 5** Roast for 20 to 25 minutes until the flesh is opaque and flakes easily.
- 6** Rest for 2 minutes and serve with the roasted tomatoes and pan juices.



MIA'S TIP

When the flesh turns opaque and flakes from the bone, it is perfectly cooked, do not overdo it.



Insalata di Farro

Summer farro salad with lemon & herbs

SERVES

4

PREP

15 min

COOK

25 min

INGREDIENTS

- 250g pearled farro
- 200g cherry tomatoes, halved
- 1 cucumber, diced
- Half a red onion, thinly sliced
- 100g olives
- 100g feta or ricotta salata
- Handful of basil & mint
- 4 tbsp extra-virgin olive oil
- Juice of 1 lemon
- Sea salt & black pepper

METHOD

- 1** Simmer the farro in salted water for 20 to 25 minutes until tender, then drain.
- 2** Whisk the olive oil, lemon juice, salt and pepper into a dressing.
- 3** Combine the farro with the tomatoes, cucumber, onion and olives.
- 4** Fold the dressing through while the farro is still slightly warm.
- 5** Crumble over the cheese and tear in the herbs.
- 6** Serve at room temperature.



MIA'S TIP

Dress the farro while it is still warm so it soaks up all the lemon and olive oil.



Pollo alla Cacciatora

Hunter's chicken with tomatoes & olives

SERVES

4

PREP

20 min

COOK

45 min

INGREDIENTS

- 8 chicken thighs, skin on, bone in
- 2 tbsp extra-virgin olive oil
- 1 onion, 1 carrot, 1 celery stick, diced
- 2 garlic cloves, chopped
- 150ml white wine
- 400g tin chopped tomatoes
- 100g black olives
- 2 rosemary sprigs & 1 bay leaf
- Sea salt & black pepper

METHOD

- 1** Season the chicken and brown well in the oil, then set aside.
- 2** Soften the onion, carrot, celery and garlic in the same pan.
- 3** Pour in the wine and let it bubble to deglaze the pan.
- 4** Add the tomatoes, olives and herbs, then return the chicken.
- 5** Simmer, covered, for 35 to 40 minutes until tender.
- 6** Season and serve with soft polenta or greens.



MIA'S TIP

Brown the chicken really well first, those golden bits build the deep flavour of the sauce.



Pesche al Forno

Baked peaches with honey & almonds

SERVES

4

PREP

10 min

COOK

25 min

INGREDIENTS

- 4 ripe peaches, halved & stoned
- 2 tbsp honey
- 30g flaked almonds
- 1 tsp ground cinnamon
- Zest of 1 orange
- 150g Greek yogurt or ricotta
- A few mint leaves

METHOD

- 1** Heat the oven to 190C (fan 170C).
- 2** Set the peaches cut-side up in a baking dish.
- 3** Drizzle with the honey and scatter over the cinnamon and orange zest.
- 4** Sprinkle with the flaked almonds.
- 5** Bake for 20 to 25 minutes until soft and lightly caramelised.
- 6** Serve warm with yogurt or ricotta and a few mint leaves.



MIA'S TIP

Choose peaches that give slightly when gently squeezed, ripe fruit needs almost no added sugar.

