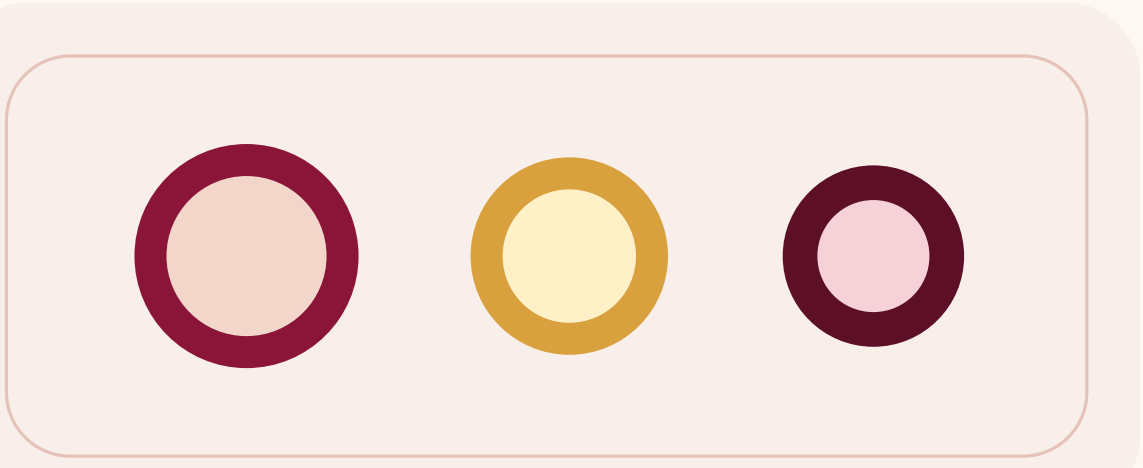
+200 Romantic *dinners*

You'll get your recipes for creating special moments for two.

Practical, beautiful dishes designed to turn a simple dinner into a memorable night.





ROMANTIC DINNER • 35 MIN • 2 SERVINGS • MEDIUM

Shrimp Risotto with Lemon

A creamy, delicate and fragrant risotto where the freshness of lemon meets the tenderness of shrimp. An elegant recipe to open a special night with aroma, lightness and plenty of charm.

Ingredients

- 1 cup arborio rice
- 250 g cleaned shrimp
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup dry white wine
- 3 cups hot vegetable stock
- Zest of 1 lemon
- 1 tablespoon lemon juice
- 2 tablespoons butter
- 3 tablespoons grated parmesan
- 1 drizzle of olive oil
- Salt and black pepper to taste

Romantic tip: Finish with extra lemon zest and serve in a white shallow bowl, with a glass of chilled white wine on the side.

Detailed method

1. Before you begin, keep the vegetable stock warming over low heat, since risotto needs hot liquid throughout cooking. Season the shrimp with salt, pepper and a few drops of lemon, without overdoing it so you don't mask their delicate flavor.
2. Heat a skillet with a drizzle of olive oil and sear the shrimp for 1 to 2 minutes per side, just until pink. Remove immediately and set aside, because shrimp overcooks easily and can turn rubbery.
3. In a medium pot, melt 1 tablespoon of butter and sauté the onion until translucent. Add the garlic, stir for a few seconds and add the arborio rice, coating the grains well in the fat to start building creaminess.
4. Add the white wine and stir until the alcohol evaporates. Start adding the hot stock gradually, one ladle at a time, stirring constantly and waiting until the liquid is almost absorbed before adding the next ladle.
5. When the rice is tender outside and slightly firm in the center, fold in the reserved shrimp, the lemon zest and juice. Mix gently so you don't break the grains or the shrimp.
6. Turn off the heat and finish with the remaining butter and the grated parmesan. Stir until the risotto is glossy, creamy and slightly loose. Serve right away, since risotto keeps absorbing liquid after it's done.



ROMANTIC DINNER • 40 MIN • 2 SERVINGS • MEDIUM

Filet Mignon with Red Wine Sauce

An intense, sophisticated and memorable dish. Tender filet mignon gets a glossy red wine sauce, creating a classic pairing for elegant, unforgettable dinners.

Ingredients

- 2 thick filet mignon medallions
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1/2 cup dry red wine
- 1/2 cup beef stock
- 1 teaspoon brown sugar
- 1 teaspoon cornstarch dissolved in a little water, if needed
- Salt, black pepper and fresh thyme to taste

Romantic tip: Serve with parmesan risotto or very creamy mashed potatoes, finishing with a sprig of fresh thyme.

Detailed method

1. Take the medallions out of the fridge about 15 minutes before cooking. This helps the meat cook more evenly. Pat dry with paper towels and season both sides with salt and black pepper.
2. Heat a heavy-bottomed skillet well. Add a drizzle of olive oil and sear the medallions over high heat, without moving them too much, until a golden crust forms. Flip and brown the other side.
3. Add the butter and tilt the pan slightly to baste the medallions with the melted butter for a few seconds. Remove the meat and let it rest on a plate, loosely covered with foil.
4. In the same skillet, add the red wine and scrape the bottom with a spoon to release the caramelized bits. Those browned bits are what give the sauce its depth.
5. Add the beef stock, brown sugar and thyme. Cook over medium heat until reduced and glossy. For a thicker sauce, add the dissolved cornstarch little by little, stirring until it reaches the texture you want.
6. Return the medallions to the skillet for just 1 to 2 minutes, basting with the sauce. Serve right away to keep the meat tender and the sauce glossy.



ROMANTIC DINNER • 30 MIN • 2 SERVINGS • EASY

Fettuccine Alfredo with Grilled Chicken

Creamy, delicate and comforting, this fettuccine pairs silky Alfredo sauce with golden chicken. A cozy recipe, ideal for a romantic dinner with an Italian-restaurant feel.

Ingredients

- 200 g fettuccine
- 1 chicken breast
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 cup heavy cream
- 1/2 cup grated parmesan
- 1 garlic clove, crushed
- Salt, black pepper and parsley to taste

Romantic tip: Use light-colored plates, finish with freshly grated parmesan and serve under soft lighting to highlight the creaminess.

Detailed method

1. Season the chicken with salt, pepper and a drizzle of olive oil. Heat a skillet and grill the chicken breast until golden on both sides and cooked through, keeping the inside juicy.
2. Remove the chicken from the skillet and let it rest for a few minutes before slicing. Resting keeps the juices from running out when you cut it and makes the meat more tender.
3. Cook the fettuccine in plenty of boiling salted water until al dente. Before draining, reserve half a cup of the cooking water, which can help adjust the texture of the sauce.
4. In a pot, melt the butter over low heat and quickly sauté the garlic, just until fragrant. Add the heavy cream and warm it without letting it boil hard.
5. Add the parmesan gradually, stirring constantly until a smooth, creamy sauce forms. If it gets too thick, add small spoonfuls of pasta water until it turns silky.
6. Toss the fettuccine in the sauce, coating every ribbon well. Top with the sliced chicken and finish with parsley and freshly grated parmesan.



ROMANTIC DINNER • 30 MIN • 2 SERVINGS • EASY

Grilled Salmon with Herb Crust

A light, aromatic and elegant dish. The herb crust wraps the salmon in texture and fragrance, turning a simple recipe into a sophisticated experience.

Ingredients

- 2 salmon fillets
- 1/2 cup crushed nuts or panko breadcrumbs
- 1 tablespoon chopped parsley
- 1 tablespoon chives or dill
- Zest of 1 lime
- 1 tablespoon olive oil
- 1 teaspoon mustard
- Salt and black pepper to taste

Romantic tip: Garnish with fresh herbs and a drizzle of olive oil to make the dish even more elegant.

Detailed method

1. Pat the salmon fillets dry with paper towels so the crust sticks better. Season with salt, pepper and lime zest, spreading it well over the whole surface.
2. In a bowl, mix the crushed nuts or panko with the herbs, olive oil and mustard. The mixture should be moist but still loose and crumbly.
3. Place the fillets on a greased or parchment-lined baking sheet. Spread the crust over the salmon and press lightly so it sticks, without pressing too hard.
4. Bake in an oven preheated to 200 °C for about 12 to 15 minutes. It's ready when the salmon is cooked, moist and flakes easily.
5. For a more golden crust, turn on the broiler for 1 to 2 minutes at the end, watching closely so the herbs don't burn.
6. Remove from the oven, wait 2 minutes and serve with sautéed vegetables, light rice or parsnip purée.



ROMANTIC DINNER • 25 MIN • 2 SERVINGS • EASY

Cheese Ravioli in Rosé Sauce

Delicate, colorful and full of love, this ravioli brings the comfort of filled pasta with the softness of a creamy rosé sauce. A perfect choice for a light, romantic night.

Ingredients

- 300 g cheese ravioli
- 1 cup tomato sauce
- 1/2 cup heavy cream
- 1 tablespoon butter
- 1 garlic clove, chopped
- 2 tablespoons grated parmesan
- Basil leaves
- Salt and black pepper to taste

Romantic tip: Serve in a shallow bowl with basil leaves on top and a small candle beside it on the table.

Detailed method

1. Bring a pot with plenty of water to a boil and add salt. Cook the ravioli carefully, following the package time so the pasta doesn't open or get too soft.
2. While the pasta cooks, melt the butter in a pan and sauté the garlic for just a few seconds, until fragrant. Avoid browning it too much so it doesn't turn bitter.
3. Add the tomato sauce and let it simmer over low heat for 3 to 5 minutes. This concentrates the flavor and thickens the sauce.
4. Add the cream and stir until you have an even rosé sauce. Adjust the salt, add black pepper and keep the heat low so it doesn't curdle.
5. Drain the ravioli gently, ideally with a slotted spoon. Transfer to the sauce and coat the pasta with gentle movements.
6. Finish with parmesan and basil leaves. Serve right away, as filled pasta is best when it reaches the table creamy and hot.



ROMANTIC DINNER • 30 MIN • 2 SERVINGS • EASY

Chicken Medallions with Honey Mustard Sauce

A recipe that balances softness and personality. Grilled chicken gets a golden honey mustard sauce, making a delicate, aromatic dish full of charm.

Ingredients

- 2 thick chicken breast fillets
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 tablespoons mustard
- 1 tablespoon honey
- 1/2 cup heavy cream
- 1 tablespoon lemon juice
- Salt and black pepper to taste

Romantic tip: Serve with a fresh salad and cherry tomatoes, contrasting the golden sauce with the green leaves.

Detailed method

1. Season the chicken fillets with salt, pepper and lemon juice. If the fillets are very thick, press them lightly to an even thickness so they cook evenly.
2. Heat the olive oil in a skillet and grill the chicken over medium-high heat until golden on both sides. Then lower the heat and let it finish cooking through without drying out.
3. Remove the chicken and set aside on a plate. In the same skillet, add the butter and make use of the golden bits left by the chicken, as they hold a lot of flavor.
4. Add the mustard and honey, stirring until a golden, fragrant base forms. Then add the cream and mix over low heat.
5. Taste the sauce and adjust salt and pepper. If it's too strong, add a spoonful of water or cream; if it's too mild, add a little more mustard.
6. Return the chicken to the skillet and let it warm in the sauce for 2 minutes, spooning sauce over it so it's well coated and glossy.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • EASY

Potato Gnocchi in Cheese Sauce

Soft, creamy and irresistible, this gnocchi is the kind of dish that feels like a hug. The cheese sauce coats every piece with richness and comfort, ideal for an intimate dinner.

Ingredients

- 300 g potato gnocchi
- 1 tablespoon butter
- 1 cup heavy cream
- 1/2 cup grated mozzarella
- 1/3 cup grated parmesan
- 2 tablespoons gorgonzola or cream cheese
- Salt, black pepper and basil to taste

Romantic tip: Serve in individual portions and finish with basil leaves for a more elegant look.

Detailed method

1. Bring a large pot of salted water to a boil. When it boils, add the gnocchi a little at a time so they don't stick or drop the water temperature too much.
2. As soon as the gnocchi float to the surface, remove them with a slotted spoon. Don't overcook them, or they can get mushy and lose their texture.
3. In another pot, melt the butter over low heat and add the heavy cream. Warm slowly, stirring so the cream doesn't boil hard.
4. Add the mozzarella, parmesan and gorgonzola or cream cheese. Stir until the cheeses melt into a smooth sauce. Season with salt carefully, since the cheeses are already salty.
5. Add the gnocchi to the sauce and stir gently, just to coat. To gratinate, transfer to a small baking dish, sprinkle with parmesan and put in a hot oven for a few minutes.
6. Finish with black pepper and basil leaves. Serve piping hot to enjoy the creamy texture of the sauce.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • EASY

Garlic Shrimp with Creamy Rice

Golden, fragrant shrimp rest on delicate, creamy rice. A charming combination, easy to love and perfect for a dinner with a taste of the sea.

Ingredients

- 250 g cleaned shrimp
- 1 cup cooked rice
- 2 garlic cloves, chopped
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1/2 cup heavy cream
- 2 tablespoons grated parmesan
- Chopped parsley
- Salt, black pepper and lemon to taste

Romantic tip: Garnish with parsley and serve with lemon cut into half-moons for a delicate touch.

Detailed method

1. Season the shrimp with salt, pepper and a few drops of lemon. Avoid marinating them for too long, because lemon can change the texture of the shrimp.
2. Heat a skillet with olive oil and half the butter. Add the garlic and sauté quickly, just until fragrant, taking care not to burn it.
3. Add the shrimp and sauté for a few minutes, stirring until pink and lightly golden. Remove from the skillet as soon as they're cooked and set aside.
4. In a pot, add the cooked rice, the cream and the parmesan. Mix over low heat until creamy, adjusting salt and pepper as needed.
5. If the rice is too firm, add a spoonful of hot water or stock to soften it. Finish with the remaining butter for shine.
6. Plate the creamy rice as the base with the shrimp on top. Drizzle with the flavorful pan juices and finish with fresh parsley.



ROMANTIC DINNER • 50 MIN • 2 TO 3 SERVINGS • MEDIUM

Eggplant Lasagna with Gratinated Cheese

A light, creamy and flavorful lasagna where layers of eggplant, sauce and cheese come together in a golden gratin. A cozy, elegant option to share for two.

Ingredients

- 2 medium eggplants, thinly sliced
- 1 cup tomato sauce
- 1 cup grated mozzarella
- 1/2 cup ricotta or cream cheese
- 2 tablespoons grated parmesan
- 1 drizzle of olive oil
- Basil leaves
- Salt and black pepper to taste

Romantic tip: Serve in the baking dish itself, still bubbling, with fresh basil leaves on top.

Detailed method

1. Cut the eggplants into thin lengthwise slices. Sprinkle with salt and let rest for 10 minutes to mellow the flavor and draw out some moisture.
2. Pat the slices dry with paper towels. Heat a skillet with a drizzle of olive oil and grill the eggplant on both sides until pliable and lightly golden.
3. Season the tomato sauce with pepper and basil leaves, if you like. In a small baking dish, spread a thin layer of sauce on the bottom so nothing sticks.
4. Build layers alternating eggplant, sauce, ricotta or cream cheese and mozzarella. Repeat until the ingredients are used up, finishing with a layer of cheese.
5. Sprinkle parmesan on top and bake in an oven preheated to 200 °C for about 25 minutes, until bubbling and golden.
6. Remove from the oven and wait 5 minutes before serving. Resting helps the layers set and makes for neater slices.



ROMANTIC DINNER • 25 MIN • 2 SERVINGS • MEDIUM

Creamy Spaghetti Carbonara

An enveloping, creamy classic full of personality. Carbonara brings together pasta, cheese, eggs and crispy bacon in an intense dish, perfect for an Italian-inspired night.

Ingredients

- 200 g spaghetti
- 100 g diced bacon or pancetta
- 2 egg yolks
- 1 whole egg
- 1/2 cup grated parmesan or pecorino
- Freshly ground black pepper
- Salt for the cooking water

Romantic tip: Serve right away with freshly ground pepper and extra parmesan, to the sound of soft Italian music.

Detailed method

1. Cook the spaghetti in plenty of boiling salted water until al dente. Before draining, reserve about half a cup of the cooking water.
2. While the pasta cooks, brown the bacon or pancetta in a skillet over medium heat until crispy and the fat renders. Turn off the heat so the skillet loses some of its excess heat.
3. In a bowl, mix the yolks, whole egg, grated cheese and plenty of black pepper. Stir until you have a thick, even cream.
4. Add the drained spaghetti to the skillet with the bacon and toss well to coat the pasta in the flavorful fat.
5. With the heat off, add the egg and cheese mixture, stirring quickly. The heat of the pasta should gently cook the eggs, forming a creamy sauce without scrambling.
6. Add the cooking water gradually, just enough to make the sauce glossy and silky. Serve right away with more cheese and pepper on top.



ROMANTIC DINNER • 45 MIN • 2 SERVINGS • MEDIUM

Chicken Stuffed with Cheese and Spinach

Juicy chicken, golden outside and creamy inside, stuffed with melted cheese and tender spinach. An elegant, heartfelt recipe, perfect for turning a simple dinner into a special night.

Ingredients

- 2 large chicken breast fillets
- 1 cup washed spinach leaves
- 100 g sliced mozzarella, mild cheese or provolone
- 2 tablespoons cream cheese
- 1 garlic clove, chopped
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 teaspoon sweet paprika
- 1 teaspoon lemon juice
- Salt and black pepper to taste
- Toothpicks or kitchen twine to close

Romantic tip: Serve on a board or light-colored plate, with a drizzle of pan sauce on top and a delicate salad on the side.

Detailed method

1. Start by making the filling. Heat a drizzle of olive oil in a small skillet, quickly sauté the garlic and add the spinach. Stir just until the leaves wilt, then turn off the heat and let it cool a little so it doesn't melt the cheese too early.
2. Open each chicken fillet like a pocket, carefully making a side cut without fully separating the two halves. Season inside and out with salt, pepper, paprika and lemon juice, spreading well so the flavor sinks in.
3. Mix the cooled spinach with the cream cheese. Stuff each fillet with this mixture and add the cheese slices, without overfilling so the stuffing doesn't escape during cooking.
4. Close the fillets with toothpicks or kitchen twine. Heat a skillet with olive oil and butter and sear the chicken over medium-high heat, browning all sides to create a nice crust and keep it juicy.
5. After searing, lower the heat, cover the skillet and cook for another 10 to 15 minutes, turning halfway through. If needed, add small spoonfuls of water to keep the bottom from burning.
6. When the chicken is fully cooked, remove the toothpicks, let it rest for 3 minutes and slice carefully. Serve right away, showing off the melted cheese and creamy filling.



ROMANTIC DINNER • 40 MIN • 2 SERVINGS • MEDIUM

Mushroom Risotto with Parmesan

Creamy, aromatic and sophisticated, this risotto combines sautéed mushrooms with parmesan and butter, creating an enveloping dish for a romantic dinner with restaurant flavor.

Ingredients

- 1 cup arborio rice
- 200 g fresh mushrooms, sliced
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup dry white wine
- 3 to 4 cups hot vegetable stock
- 2 tablespoons butter
- 1/2 cup grated parmesan
- 1 tablespoon olive oil
- Parsley or fresh thyme to taste
- Salt and black pepper to taste

Romantic tip: Finish with freshly grated parmesan and a few fresh herbs on top to make the dish more refined.

Detailed method

1. Keep the vegetable stock warm over low heat throughout cooking. This matters because cold stock interrupts the cooking of the rice and hurts the creaminess of the risotto.
2. In a skillet, heat the olive oil and sauté the mushrooms over medium-high heat until lightly golden. Season with salt, pepper and fresh herbs, remove from the heat and set aside.
3. In a pot, melt 1 tablespoon of butter and sauté the onion until translucent. Add the garlic and stir for a few seconds, just until fragrant without burning.
4. Add the arborio rice and stir for 1 minute, coating the grains in the butter. Add the white wine and keep stirring until the alcohol evaporates and the rice absorbs some of the liquid.
5. Add the hot stock gradually, one ladle at a time, stirring often. Only add the next ladle when the previous one is almost absorbed, keeping the risotto moist and creamy.
6. When the rice is al dente, fold in the mushrooms, parmesan and remaining butter. Turn off the heat, mix well and let it rest 1 minute before serving.



ROMANTIC DINNER • 25 MIN • 2 SERVINGS • EASY

Tagliatelle with Gorgonzola and Walnut Sauce

A creamy, bold pasta where the intense flavor of gorgonzola is balanced by the softness of cream and the crunch of walnuts. Simple, elegant and perfect for a cozy night.

Ingredients

- 200 g tagliatelle or other short pasta
- 100 g gorgonzola, chopped
- 1 cup heavy cream or cooking cream
- 1 tablespoon butter
- 1/3 cup chopped walnuts
- 2 tablespoons grated parmesan
- 1 pinch of nutmeg
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Serve in a shallow bowl and finish with walnuts on top for contrasting texture and a sophisticated look.

Detailed method

1. Cook the pasta in plenty of boiling salted water until al dente. Before draining, reserve half a cup of the cooking water to adjust the sauce if needed.
2. While the pasta cooks, melt the butter over low heat and add the cream. Warm gently, without letting it boil hard, to keep the sauce smooth.
3. Add the gorgonzola gradually, stirring until it melts into an even cream. Taste before adding salt, since the cheese is naturally salty.
4. Add the nutmeg, black pepper and parmesan. If the sauce is too thick, add small spoonfuls of the cooking water until it's creamy and coating.
5. Toss the drained pasta in the sauce, coating every ribbon or piece well. Leave over low heat for 1 minute so the pasta absorbs some of the flavor.
6. Finish with chopped walnuts and fresh parsley. Serve right away, as cheese sauces look best and silkiest when they reach the table hot.



ROMANTIC DINNER • 40 MIN • 2 SERVINGS • EASY

Roasted Fish with Vegetables and Fine Herbs

Light, colorful and aromatic, this roasted fish with vegetables is a romantic option for anyone who wants an elegant, healthy and fresh dinner.

Ingredients

- 2 thick white fish fillets
- 1 carrot, cut into thin strips
- 1 zucchini, cut into strips or half-moons
- 1/2 cup cherry tomatoes, halved
- 1/2 red onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 garlic clove, crushed
- Thyme, parsley or rosemary to taste
- Salt and black pepper to taste

Romantic tip: Plate the colorful vegetables as the base with the fish on top, for a light and vibrant presentation.

Detailed method

1. Preheat the oven to 200 °C. Pat the fish fillets dry with paper towels and season with salt, pepper, garlic, lemon and a drizzle of olive oil. Let rest for 10 minutes while you prepare the vegetables.
2. Cut the vegetables into similar sizes so they roast evenly. Season with salt, pepper, olive oil and fine herbs, tossing well so they're lightly glossy.
3. Line a baking sheet with parchment paper or grease it with olive oil. Spread the vegetables into a colorful bed and place the fish fillets on top.
4. Drizzle with more olive oil and cover the pan with foil for the first 15 minutes. This keeps the fish moist and stops it from drying out.
5. Remove the foil and bake for another 8 to 12 minutes, until the fish is tender and flakes. Timing may vary with the thickness of the fillet.
6. Finish with fresh herbs and serve with the roasted vegetables. If you like, add drops of lemon only on the plate to preserve the fresh aroma.



ROMANTIC DINNER • 55 MIN • 2 TO 3 SERVINGS • MEDIUM

Creamy Brazilian Dried Beef Bake

Creamy, Brazilian and full of comfort, this escondidinho combines soft mash with well-seasoned dried beef and gratinated cheese. A heartfelt dish, perfect for sharing on a cozy night.

Ingredients

- 300 g dried salted beef (carne seca), desalted, cooked and shredded
- 500 g cooked cassava or potato
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 2 tablespoons butter
- 1/2 cup milk or cream
- 1/2 cup cream cheese
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Parsley and chives to taste
- Salt and black pepper to taste

Romantic tip: Serve in a small baking dish or individual portions, with fresh parsley and chives to contrast with the golden cheese.

Detailed method

1. Cook the cassava or potato until very tender. Mash while still hot and mix with butter, milk or cream, adjusting the salt until you have a smooth, creamy mash.
2. In a pan, sauté the onion and garlic in a drizzle of olive oil or butter until lightly golden. Add the shredded beef and stir well so it soaks up the seasoning.
3. Add parsley, chives and black pepper to the beef. For a moister filling, stir in a few spoonfuls of cream cheese or a little cream.
4. In a small baking dish, spread half the mash on the bottom, add the beef on top and cover with the rest of the mash, smoothing it with a spoon to make it even.
5. Spread the mozzarella and parmesan on top. Bake in an oven preheated to 200 °C for about 20 minutes, or until the cheese melts and turns golden.
6. Remove from the oven and wait 5 minutes before serving. Resting firms up the layers and keeps the filling from running too much on the plate.



ROMANTIC DINNER • 50 MIN • 2 TO 3 SERVINGS • MEDIUM

Conchiglioni Stuffed with Ricotta and Spinach

A delicate, creamy and very charming stuffed pasta. The conchiglioni get a ricotta and spinach filling, tomato sauce and gratinated cheese, creating a classic, romantic dish.

Ingredients

- 12 to 14 conchiglioni shells
- 250 g ricotta, mashed
- 1 cup sautéed spinach, chopped
- 2 tablespoons cream cheese
- 1 garlic clove, chopped
- 1 1/2 cups tomato sauce
- 1/2 cup grated mozzarella
- 2 tablespoons grated parmesan
- Basil leaves
- Salt, black pepper and nutmeg to taste

Romantic tip: Use a pretty baking dish and bring it to the table still bubbling, with fresh basil on top.

Detailed method

1. Cook the conchiglioni in boiling salted water until al dente. Drain carefully and spread on a plate with a drizzle of olive oil so they don't stick or tear.
2. Sauté the spinach with garlic, squeeze out the excess liquid and chop well. This step keeps the filling from getting watery after baking.
3. Mix the ricotta, spinach, cream cheese, salt, pepper and a pinch of nutmeg. The filling should be creamy but firm enough to fill the shells.
4. Spread a layer of tomato sauce on the bottom of a baking dish. Fill each shell with a generous spoonful of the ricotta mixture and arrange side by side.
5. Cover with the rest of the sauce, sprinkle with mozzarella and parmesan, and bake in an oven preheated to 200 °C for 20 to 25 minutes, until bubbling and golden.
6. Remove from the oven, finish with basil leaves and let rest for 3 minutes before serving so the filling settles.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • EASY

Chicken Fillet with Orange Sauce

A delicate, lightly citrusy and very elegant dish. The orange sauce brings shine, aroma and freshness to the chicken, creating a balanced pairing for a special dinner.

Ingredients

- 2 chicken breast fillets
- 1 cup fresh orange juice
- 1 teaspoon orange zest
- 1 tablespoon honey
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1 teaspoon cornstarch dissolved in 2 tablespoons water
- 1 teaspoon mustard, optional
- Salt and black pepper to taste

Romantic tip: Finish with orange zest and serve with white rice, mashed potatoes or a light salad to bring out the freshness.

Detailed method

1. Season the fillets with salt, pepper and orange zest. If the fillets are very thick, pound them lightly or cut them in half so they cook evenly.
2. Heat the olive oil in a skillet and grill the chicken over medium heat until golden on both sides. Avoid piercing the meat so it doesn't lose its juices.
3. When the chicken is cooked, remove it from the skillet and keep it covered. In the same pan, add the orange juice and scrape the bottom to use the browned flavors.
4. Add the honey, butter and mustard, if using. Cook over medium heat for a few minutes, until the sauce reduces slightly and turns glossy.
5. Add the dissolved cornstarch little by little, stirring until the sauce thickens. Adjust salt and pepper, keeping a balance between sweet, citrusy and savory.
6. Return the chicken to the skillet and let it warm in the sauce for 2 minutes. Serve sliced or whole, spooning plenty of sauce on top.



ROMANTIC DINNER • 25 MIN • 2 SERVINGS • EASY

Penne with Cherry Tomato and Basil Sauce

Colorful, fresh and lovable, this penne celebrates the flavor of tomato, the fragrance of basil and the simplicity of good pasta made with care.

Ingredients

- 200 g penne
- 1 1/2 cups cherry tomatoes, halved
- 1 cup tomato sauce
- 2 garlic cloves, sliced or chopped
- 2 tablespoons olive oil
- 2 tablespoons grated parmesan
- Fresh basil leaves
- 1 pinch of sugar, if needed
- Salt and black pepper to taste

Romantic tip: Plate in a shallow bowl and finish with whole basil leaves for a romantic Italian look.

Detailed method

1. Cook the penne in boiling salted water until al dente. Reserve half a cup of the cooking water before draining, as it helps give the sauce more body.
2. Heat the olive oil in a pan and quickly brown the garlic without burning it. Add the cherry tomatoes and sauté until they start to soften and release their juice.
3. Add the tomato sauce, season with salt and pepper and cook for 5 to 8 minutes. If the sauce is too acidic, add a small pinch of sugar to balance it.
4. Add the drained penne to the sauce and mix well. If needed, add a little cooking water to coat the pasta better.
5. Turn off the heat and add basil leaves torn by hand, preserving their fresh aroma. Mix gently.
6. Finish with grated parmesan and more cherry tomatoes on top. Serve hot, with the sauce well distributed inside the pasta.



ROMANTIC DINNER • 50 MIN • 2 SERVINGS • MEDIUM

Rib-Eye Steak with Rustic Potatoes

An intense, memorable dinner with juicy meat, a golden crust and aromatic rustic potatoes. A perfect choice for a romantic night with steakhouse flavor.

Ingredients

- 2 rib-eye steaks about 2 cm thick
- 3 medium potatoes, cut into wedges
- 2 tablespoons olive oil
- 1 tablespoon butter
- 2 garlic cloves, crushed
- 1 sprig of rosemary or thyme
- 1 teaspoon paprika
- Coarse or fine salt to taste
- Freshly ground black pepper

Romantic tip: Slice part of the steak before serving to show off the doneness and make the presentation more inviting.

Detailed method

1. Start with the potatoes. Cut into wedges and season with olive oil, salt, pepper, paprika and rosemary. Roast in an oven preheated to 220 °C for 30 to 35 minutes, turning halfway through.
2. Take the steaks out of the fridge about 20 minutes before cooking. Pat dry well with paper towels and season with salt and pepper only right before grilling.
3. Heat a heavy skillet or grill pan very well. Add a drizzle of olive oil and sear the steaks without moving them for 2 to 3 minutes, until a golden crust forms.
4. Flip the steaks and add butter, garlic and herbs. Tilt the pan and baste the meat with the flavored butter for a few seconds to intensify the flavor.
5. Adjust the doneness to your liking. For pink meat, cook a few more minutes and remove before it toughens. Let rest for 5 minutes before slicing.
6. Serve the rib-eye with the golden rustic potatoes. Finish with fresh herbs and a drizzle of the pan butter on top.



ROMANTIC DINNER • 40 MIN • 2 TO 3 SERVINGS • EASY

Creamy Rice with Chicken and Cheese

Creamy, gratinated and full of flavor, this chicken and cheese rice is a practical, cozy recipe, perfect for a romantic dinner that feels like food made with love.

Ingredients

- 2 cups cooked rice
- 1 cup cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1/2 cup heavy cream
- 1/2 cup cream cheese
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- 1 tablespoon butter
- Parsley and chives to taste
- Salt and black pepper to taste

Romantic tip: Serve in a pretty dish with fresh herbs on top and a light salad to balance the creaminess.

Detailed method

1. In a pot, melt the butter and sauté the onion until translucent. Add the garlic and stir quickly to release its aroma without burning.
2. Add the shredded chicken and season with salt, pepper, parsley and chives. Sauté for a few minutes so the chicken absorbs the flavor of the base.
3. Add the cooked rice, the cream and the cream cheese. Mix over low heat until creamy and moist, adjusting the texture with a little milk if needed.
4. Taste and adjust the seasoning. The rice should be flavorful but not too salty, since it will still get mozzarella and parmesan.
5. Transfer to a baking dish, cover with mozzarella and parmesan and bake in an oven preheated to 200 °C for 15 to 20 minutes, until golden.
6. Remove from the oven and wait a few minutes before serving. Resting thickens the cream and makes plating easier.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • EASY

Salmon with Passion Fruit Sauce

A vibrant, elegant and delicately citrusy dish. Golden salmon gets a glossy passion fruit sauce, contrasting the rich fish with the tropical freshness of the fruit.

Ingredients

- 2 salmon fillets, about 180 g each
- 1/2 cup passion fruit pulp with seeds
- 1/2 cup orange juice or water
- 1 tablespoon honey
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 teaspoon cornstarch dissolved in 2 tablespoons water
- 1 tablespoon lemon juice
- Dill, parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Serve with parsnip purée or fluffy white rice, letting the passion fruit sauce run across the plate for a romantic look.

Detailed method

1. Pat the salmon fillets dry with paper towels. Season with salt, black pepper and a few drops of lemon, spreading over the whole surface to enhance the flavor without hiding the delicacy of the fish.
2. Heat a nonstick skillet with olive oil over medium-high heat. Place the salmon presentation side down and let it brown without moving for a few minutes, until a lightly caramelized crust forms.
3. Carefully flip the fillets and cook the other side until the center is moist and tender. Remove from the skillet and keep on a warm plate, avoiding overcooking so it doesn't dry out.
4. In the same skillet, add the passion fruit pulp, orange juice or water and the honey. Stir, gently scraping the bottom to use the flavors left by the salmon.
5. When the sauce starts to boil, add the butter and the dissolved cornstarch little by little, stirring until slightly thickened and glossy. Taste and adjust salt, pepper or honey depending on the fruit's acidity.
6. Return the salmon to the skillet just to warm for 1 minute, basting with the sauce. Finish with fresh herbs and serve right away, keeping the fish juicy and the sauce bright.



ROMANTIC DINNER • 45 MIN • 2 TO 3 SERVINGS • EASY

Ham and Cheese Rondelli in White Sauce

Creamy, delicate and cozy, this rondelli combines soft pasta, a ham and cheese filling and a silky white sauce. A charming recipe to serve in a pretty baking dish and share for two.

Ingredients

- 300 g fresh lasagna sheets or ready-made rondelli
- 150 g sliced ham
- 150 g sliced mozzarella
- 1 1/2 cups milk
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1/2 carton of cream
- 1/2 cup grated parmesan
- Nutmeg to taste
- Chopped parsley to taste
- Salt and black pepper to taste

Romantic tip: Bring the baking dish to the table on a pretty cloth and finish with fresh herbs to enhance the cozy mood.

Detailed method

1. If using fresh pasta, lay the sheets on a clean surface. Spread the ham and mozzarella slices on top, leaving a free border to make rolling easier.
2. Roll the pasta firmly into snug cylinders, but not so tight that it tears. Cut into medium rounds and arrange in a greased baking dish or one with a thin layer of sauce.
3. Make the white sauce by melting the butter in a pan. Add the flour and stir for 1 minute, forming a pale paste that will give the sauce body.
4. Add the milk gradually, stirring constantly with a whisk or spoon to avoid lumps. Cook over low heat until thickened, then season with salt, pepper and nutmeg.
5. Stir the cream into the thickened sauce and pour over the rondelli. Sprinkle with grated parmesan and bake in an oven preheated to 200 °C for about 20 minutes, until bubbling.
6. Finish with chopped parsley and serve hot. Ideally let it rest 3 minutes before serving so the sauce settles and the slices look nicer.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • EASY

Chicken in Creamy Mushroom Sauce

Tender chicken wrapped in a creamy mushroom sauce, with a delicate flavor and sophisticated look. A perfect option for an elegant dinner without the fuss.

Ingredients

- 2 chicken breast fillets
- 200 g fresh mushrooms, sliced
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 cup white wine or chicken stock
- 1 cup heavy cream or cooking cream
- 1 teaspoon mustard, optional
- Parsley or thyme to taste
- Salt and black pepper to taste

Romantic tip: Garnish with visible mushroom slices and fresh herbs to give the dish a restaurant look.

Detailed method

1. Season the chicken fillets with salt and pepper. If they're very thick, press them lightly to even out the thickness and ensure even cooking.
2. Heat the olive oil in a skillet and brown the fillets over medium-high heat on both sides. Remove when cooked and keep covered to stay juicy.
3. In the same skillet, add the butter and sauté the onion until translucent. Add the garlic and mushrooms, stirring until they release their liquid and then start to brown.
4. Add the white wine or stock, scraping the bottom of the skillet to release the caramelized flavors. Let it reduce for a few minutes to concentrate the flavor.
5. Add the cream and the mustard, if you like. Cook over low heat until the sauce is creamy, adjusting salt and pepper carefully.
6. Return the fillets to the skillet, coat with the sauce and warm for 2 more minutes. Finish with fresh herbs and serve with rice, short pasta or mashed potatoes.



ROMANTIC DINNER • 40 MIN • 2 SERVINGS • MEDIUM

Brie and Apricot Risotto

Creamy, lightly sweet and very elegant, this risotto pairs brie with apricot in a delicate combination. A sophisticated recipe to impress on a special night.

Ingredients

- 1 cup arborio rice
- 100 g brie, cubed
- 1/2 cup dried apricots, chopped
- 1/2 onion, finely chopped
- 1/2 cup dry white wine
- 3 to 4 cups hot vegetable stock
- 2 tablespoons butter
- 2 tablespoons grated parmesan
- 1 drizzle of olive oil
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Serve in a light shallow bowl and finish with small cubes of brie and apricot to reinforce the sophisticated touch.

Detailed method

1. Keep the vegetable stock warm over low heat before you begin. Risotto needs hot liquid to cook evenly and stay creamy.
2. In a medium pot, heat a drizzle of olive oil and 1 tablespoon of butter. Sauté the onion until translucent, without letting it brown too much.
3. Add the arborio rice and stir for 1 minute to coat the grains in the fat. Add the white wine and keep stirring until the alcohol evaporates.
4. Add the hot stock gradually, one ladle at a time, stirring often and waiting until the liquid is almost absorbed before the next addition.
5. When the rice is al dente, add the chopped apricots and stir for 1 minute. Then add the brie and stir gently so it melts without disappearing completely.
6. Turn off the heat and finish with the remaining butter and the parmesan. Adjust salt and pepper, let rest 1 minute and serve with fresh herbs on top.



ROMANTIC DINNER • 30 MIN • 2 SERVINGS • EASY

Farfalle with Shrimp in Creamy Sauce

A charming, creamy and delicate pasta where the bow-tie shape hugs a mild sauce with shrimp. Practical, pretty and perfect for a light romantic dinner.

Ingredients

- 200 g farfalle or other short pasta
- 250 g cleaned shrimp
- 1 garlic clove, chopped
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1/2 cup heavy cream
- 1/2 cup cream cheese
- 2 tablespoons grated parmesan
- 1 tablespoon lemon juice
- Chopped parsley to taste
- Salt and black pepper to taste

Romantic tip: Use a dark or colorful plate to highlight the pale sauce and pink shrimp, creating an elegant contrast.

Detailed method

1. Season the shrimp with salt, pepper and a few drops of lemon. Don't marinate too long, as lemon can change the texture and make the shrimp less delicate.
2. Cook the farfalle in plenty of boiling salted water until al dente. Reserve some of the cooking water before draining.
3. Heat olive oil and half the butter in a skillet. Quickly sauté the garlic and add the shrimp, sautéing just until pink. Remove and set aside.
4. In the same skillet, add the cream, cream cheese and parmesan. Mix over low heat until you have a smooth, creamy, slightly thickened sauce.
5. Return the shrimp to the sauce and add the drained pasta. Toss everything gently, using a little cooking water if you need a silkier sauce.
6. Finish with the remaining butter and chopped parsley. Serve right away so the pasta stays creamy and the shrimp stay tender.



ROMANTIC DINNER • 1H10 MIN • 3 TO 4 SERVINGS • MEDIUM

Herb-Roasted Pork Loin

An aromatic, golden roast full of personality. The pork loin gets bold seasonings and is perfect for a special dinner with creamy sides or fresh salads.

Ingredients

- 600 g pork loin, in one piece
- 2 garlic cloves, crushed
- 1 tablespoon mustard
- 1 tablespoon honey or brown sugar
- 2 tablespoons olive oil
- 1/2 cup white wine or orange juice
- 1 tablespoon lemon juice
- Rosemary, thyme or parsley to taste
- 1 teaspoon paprika
- Salt and black pepper to taste

Romantic tip: Serve sliced with the pan juices on top and a creamy mash on the side for a more sophisticated presentation.

Detailed method

1. Mix garlic, mustard, honey, olive oil, lemon, paprika, herbs, salt and pepper into an aromatic marinade. Rub this mixture all over the loin, massaging it in well.
2. If you have time, let the meat marinate for at least 30 minutes. This rest helps the seasoning sink in and improves the final flavor.
3. Heat a large skillet and sear the loin on all sides until golden. This step creates a crust and helps keep the juices inside the meat.
4. Transfer to a roasting pan, drizzle with white wine or orange juice and cover with foil. Roast in an oven preheated to 200 °C for about 35 minutes.
5. Remove the foil and roast for another 15 to 20 minutes, basting with the pan juices to keep the surface moist and flavorful.
6. Let the loin rest for 8 minutes before slicing. This redistributes the juices and keeps the meat from drying out when cut.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • EASY

Chicken with Mushrooms and Capers

Light, aromatic and full of flavor, this chicken combines golden mushrooms and capers in a simple, elegant sauce, ideal for a romantic dinner that isn't too heavy.

Ingredients

- 2 chicken breast fillets
- 150 g mushrooms, sliced
- 1 tablespoon drained capers
- 1 garlic clove, chopped
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 cup chicken stock or white wine
- 1 tablespoon lemon juice
- Chopped parsley to taste
- Salt and black pepper to taste

Romantic tip: Finish with bright green parsley and a few visible capers for a delicate, appetizing look.

Detailed method

1. Season the fillets with salt, pepper and lemon juice. Pat lightly dry before grilling for a more golden surface.
2. Heat a skillet with olive oil and brown the fillets on both sides over medium-high heat. Remove and set aside when cooked but still juicy.
3. In the same skillet, melt the butter and add the mushrooms. Sauté until they lose their liquid and turn lightly golden.
4. Add the garlic and capers, stirring for a few seconds. Capers bring salt and acidity, so taste before adjusting the seasoning.
5. Add the stock or white wine, scraping the bottom of the skillet. Let it reduce into a light, aromatic sauce.
6. Return the chicken to the skillet, warm for 2 minutes and finish with parsley. Serve with sautéed vegetables, rice or potatoes.



ROMANTIC DINNER • 45 MIN • 2 TO 3 SERVINGS • EASY

Creamy Chicken Crêpes

Softness, a creamy filling and homemade flavor in a comforting recipe. These chicken crêpes are practical, pretty and feel special when served with a mild sauce and cheese on top.

Ingredients

- 6 crêpes, store-bought or homemade
- 1 1/2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 small tomato, seeded and chopped
- 1/2 cup cream cheese
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup grated mozzarella
- 1 tablespoon olive oil
- Parsley and chives to taste
- Salt and black pepper to taste

Romantic tip: Serve two crêpes per plate with a drizzle of sauce on top and fresh herbs for a delicate finish.

Detailed method

1. Heat the olive oil in a pan and sauté the onion until translucent. Add the garlic and stir quickly so it's fragrant without burning.
2. Add the shredded chicken and tomato, seasoning with salt and pepper. Sauté for a few minutes until the filling is moist and flavorful.
3. Turn off the heat and stir in the cream cheese, parsley and chives. The filling should be creamy but firm enough not to run when rolled.
4. Place a portion of filling on each crêpe and roll carefully. Arrange the rolls in a baking dish with a thin layer of sauce on the bottom.
5. Cover with the rest of the sauce and sprinkle with mozzarella. Bake in an oven preheated to 200 °C for about 15 minutes, just until warmed and the cheese melts.
6. Remove from the oven and wait 2 minutes before serving. This short rest helps the filling set and makes the dish look nicer.



ROMANTIC DINNER • 40 MIN • 2 SERVINGS • MEDIUM

Filet Mignon with Green Peppercorn Sauce

An intense, classic and sophisticated dish. The filet mignon stays tender and gets a dark, glossy, aromatic green peppercorn sauce, perfect for a special night.

Ingredients

- 2 filet mignon medallions
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1 tablespoon pickled green peppercorns, drained
- 1/2 cup dry red wine or cognac
- 1/2 cup beef stock
- 1/2 cup heavy cream, optional
- 1 teaspoon mustard, optional
- Salt and black pepper to taste
- Chopped parsley to finish

Romantic tip: Serve with mashed potatoes or potato gratin, letting the dark sauce contrast with the pale side dish.

Detailed method

1. Take the medallions out of the fridge about 15 minutes before cooking. Pat dry with paper towels and season with salt and a little black pepper, since the green peppercorns will add plenty of kick.
2. Heat a heavy skillet with olive oil and sear the medallions over high heat, without moving them too much, until a golden crust forms. Flip and brown the other side.
3. Add the butter, baste the meat for a few seconds and remove the medallions to rest on a loosely covered plate.
4. In the same skillet, add the red wine or cognac and scrape the bottom to release the flavors. Let it reduce for a few minutes to mellow the alcohol.
5. Add the beef stock, green peppercorns and mustard, if you like. Cook until the sauce thickens; for a creamier version, add the cream over low heat.
6. Return the medallions to the sauce for 1 minute, just to warm through. Serve with the sauce on top and finish with chopped parsley.



ROMANTIC DINNER • 45 MIN • 2 TO 3 SERVINGS • EASY

Ham and Cheese Cannelloni in Tomato Sauce

A romantic, comforting classic with a creamy ham and cheese filling, tomato sauce and gratinated cheese. An easy-to-love recipe that looks lovely in individual portions.

Ingredients

- 8 fresh lasagna sheets or cannelloni pasta
- 150 g sliced ham
- 150 g sliced mozzarella
- 1 1/2 cups tomato sauce
- 1/2 cup grated mozzarella
- 2 tablespoons grated parmesan
- 1 tablespoon olive oil
- 1 garlic clove, chopped
- Basil leaves to taste
- Salt and black pepper to taste

Romantic tip: Serve with fresh basil and a drizzle of olive oil, contrasting the red sauce with the green leaves.

Detailed method

1. Make the sauce by sautéing the garlic in olive oil for a few seconds. Add the tomato sauce, season with salt and pepper and cook for 5 minutes to develop the flavor.
2. Lay the pasta sheets on a clean surface. Place a slice of ham and a slice of mozzarella on each sheet, keeping them from going too far past the edges.
3. Roll each sheet into firm cannelloni. If the pasta is dry, lightly moisten the edges to help them seal.
4. Spread a thin layer of sauce on the bottom of the baking dish and arrange the cannelloni side by side, seam side down.
5. Cover with the rest of the sauce, sprinkle with mozzarella and parmesan and bake in an oven preheated to 200 °C for about 20 minutes, until the cheese melts and turns lightly golden.
6. Finish with basil leaves and serve hot. If possible, wait 2 minutes before taking them out of the dish so they keep their shape.



ROMANTIC DINNER • 40 MIN • 2 TO 3 SERVINGS • EASY

Creamy Chicken Fricassee with Corn

Creamy, delicate and very cozy, this fricassee combines shredded chicken, corn and a velvety cream. Perfect for a simple romantic dinner, served with fluffy rice and green vegetables.

Ingredients

- 2 cups cooked, shredded chicken
- 1 can sweet corn, drained
- 1/2 cup milk
- 1/2 carton of cream
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 tablespoon olive oil or butter
- 1/2 cup grated mozzarella
- Potato sticks to taste, optional
- Chopped parsley to taste
- Salt and black pepper to taste

Romantic tip: Plate in individual dishes or a shallow baking dish, with the cream showing beside the rice for a delicate presentation.

Detailed method

1. Blend half the corn with the milk, cream and cream cheese until smooth and slightly thick. Set this cream aside, as it will be the creamy base of the dish.
2. Heat the olive oil or butter in a pan and sauté the onion until translucent. Add the garlic and stir quickly, just until fragrant without browning.
3. Add the shredded chicken and sauté for a few minutes, seasoning with salt and black pepper. This step helps the chicken absorb flavor before the cream goes in.
4. Add the blended cream and the rest of the whole corn. Mix over low heat until creamy, adjusting the texture with a little milk if needed.
5. Transfer to a small baking dish, cover with mozzarella and bake in an oven preheated to 200 °C for about 15 minutes, until the cheese melts and starts to brown.
6. Finish with parsley and, if you like, potato sticks right before serving. Serve with white or brown rice and broccoli for a complete, pretty plate.



ROMANTIC DINNER • 45 MIN • 2 SERVINGS • MEDIUM

Roasted Tomato Risotto with Basil

A vibrant, fragrant and colorful risotto. Roasted tomatoes bring sweetness and intensity, while basil keeps the dish fresh and elegant for a special night.

Ingredients

- 1 cup arborio rice
- 1 cup cherry tomatoes or chopped tomatoes
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup dry white wine
- 3 to 4 cups hot vegetable stock
- 2 tablespoons butter
- 2 tablespoons grated parmesan
- 2 tablespoons olive oil
- Fresh basil leaves to taste
- Salt and black pepper to taste

Romantic tip: Save a few roasted tomatoes to place on top of the risotto on the plate, for a colorful, romantic finish.

Detailed method

1. Season the tomatoes with olive oil, salt, pepper and a few torn basil leaves. Roast in a hot oven for about 15 minutes, until soft, glossy and lightly caramelized.
2. Keep the vegetable stock warm in a pot alongside. Hot stock is important so the rice cooks evenly and releases its starch properly.
3. In another pot, heat a drizzle of olive oil and 1 tablespoon of butter. Sauté the onion until translucent, add the garlic and stir for a few seconds.
4. Add the arborio rice and stir for 1 minute, coating the grains well in the fat. Add the white wine and stir until the alcohol evaporates.
5. Add the hot stock gradually, one ladle at a time, stirring often. Wait until the liquid is almost absorbed before adding the next ladle.
6. When the rice is al dente, fold in the roasted tomatoes, remaining butter and parmesan. Adjust salt and pepper, finish with fresh basil and serve right away.



ROMANTIC DINNER • 50 MIN • 2 TO 3 SERVINGS • EASY

Spaghetti and Meatballs in Tomato Sauce

A heartwarming, irresistible classic with al dente pasta, fragrant tomato sauce and tender meatballs. A perfect recipe to share at the table, with a romantic-movie feel.

Ingredients

- 220 g spaghetti
- 250 g ground beef
- 1/4 onion, grated
- 1 garlic clove, chopped
- 1 small egg
- 2 tablespoons breadcrumbs
- 2 cups tomato sauce
- 2 tablespoons olive oil
- 2 tablespoons grated parmesan
- Fresh basil to taste
- Salt and black pepper to taste

Romantic tip: Serve in a shallow bowl or shared platter, with freshly grated cheese and two glasses on the side to set the Italian mood.

Detailed method

1. Mix the ground beef with onion, garlic, egg, breadcrumbs, salt and pepper. Stir only until combined, avoiding overworking the meat so the meatballs stay tender.
2. Shape medium balls with lightly dampened hands. Heat a skillet with olive oil and brown the meatballs on all sides, without worrying about cooking them through yet.
3. Add the tomato sauce to the pan with the meatballs, lower the heat and cook for about 15 minutes. The sauce will take on the flavor of the meat and the meatballs will finish cooking.
4. Meanwhile, cook the spaghetti in plenty of boiling salted water until al dente. Reserve half a cup of the cooking water before draining.
5. Toss the pasta in the sauce, using some of the reserved water if you need everything silkier. Mix gently so you don't break the meatballs.
6. Finish with grated parmesan and fresh basil. Serve right away, placing a few meatballs on top for a nicer presentation.



ROMANTIC DINNER • 40 MIN • 2 SERVINGS • EASY

Grilled Salmon with Creamy Mashed Potatoes

Elegant, light and very flavorful, this golden salmon contrasts with silky mashed potatoes. A classic pairing for a sophisticated romantic dinner that's easy to make.

Ingredients

- 2 salmon fillets, about 180 g each
- 3 medium potatoes, peeled
- 1/2 cup hot milk
- 1 tablespoon butter for the mash
- 1 tablespoon olive oil
- 1 tablespoon butter to finish the fish
- 1 tablespoon lemon juice
- Thyme, dill or parsley to taste
- Nutmeg to taste
- Salt and black pepper to taste

Romantic tip: Use a warm plate and make a smooth bed of mash for the salmon, giving it a restaurant look.

Detailed method

1. Cook the potatoes in salted water until very tender. Drain, mash while hot and mix with hot milk and butter until smooth and creamy.
2. Season the mash with nutmeg, salt and pepper. Keep warm over very low heat, stirring occasionally so it doesn't stick.
3. Pat the salmon fillets dry with paper towels and season with salt, pepper and lemon juice. Let rest for a few minutes, just long enough to absorb the seasoning.
4. Heat a nonstick skillet with olive oil over medium-high heat. Place the salmon presentation side down and let it brown without moving until a crust forms.
5. Flip the fillets and finish cooking for a few more minutes, keeping the center moist. Add the butter and quickly baste the fish for shine and flavor.
6. Plate a base of mash, place the salmon on top and finish with fresh herbs. Serve right away to preserve the texture of the fish.



ROMANTIC DINNER • 45 MIN • 2 TO 3 SERVINGS • EASY

Creamy Beef and Potato Stew

A homestyle, creamy and flavorful dish with tender beef, potatoes and a rich sauce. Ideal for a heartfelt dinner, served with white rice and crispy potato sticks.

Ingredients

- 350 g beef, cut into small cubes
- 2 medium potatoes, cubed
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 chopped tomato or 2 tablespoons tomato sauce
- 1/2 cup beef stock or hot water
- 1/2 carton of cream
- 1 tablespoon mustard, optional
- 1 tablespoon olive oil
- 1 tablespoon butter
- Parsley to taste
- Salt and black pepper to taste

Romantic tip: Serve on a flat plate with molded rice on the side and a little sauce around it, for a simple, charming presentation.

Detailed method

1. Season the beef with salt and pepper. Heat olive oil and butter in a pot and brown the cubes in batches, avoiding a buildup of too much liquid.
2. Remove the browned beef and, in the same pot, sauté the onion until soft. Add the garlic and tomato, scraping the bottom to use the caramelized flavors.
3. Return the beef to the pot, add the hot stock and cook over low heat until it starts to get tender. If needed, add small amounts of water during cooking.
4. Add the cubed potatoes and cook until tender but still whole. Stir gently so they don't fall apart completely.
5. Stir in the mustard and cream over low heat, without letting it boil hard. Adjust salt and pepper until the sauce is balanced and creamy.
6. Finish with chopped parsley and serve with white rice. Add the potato sticks only at the end to keep them crunchy.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • MEDIUM

Seafood Linguine with Garlic and White Wine

Light, aromatic and Mediterranean-looking, this linguine combines shrimp, mussels and a delicate white wine sauce. A special recipe to impress without being heavy.

Ingredients

- 220 g linguine or spaghetti
- 200 g cleaned shrimp
- 150 g cleaned mussels or clams
- 2 garlic cloves, sliced
- 1/2 cup dry white wine
- 1/2 cup cherry tomatoes, halved
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 tablespoon lemon juice
- Fresh parsley or cilantro to taste
- Salt and black pepper to taste

Romantic tip: Serve on a shallow platter with some seafood visible on top to show off how generous the dish is.

Detailed method

1. Cook the pasta in plenty of boiling salted water until al dente. Reserve half a cup of the cooking water before draining.
2. Season the shrimp with salt, pepper and a few drops of lemon. Do this just a few minutes before cooking to keep their delicate texture.
3. Heat the olive oil in a large skillet and quickly brown the garlic. Add the tomatoes and sauté until they begin to soften and release their juice.
4. Add the shrimp and mussels, sautéing just until cooked. Avoid overcooking so the seafood stays tender.
5. Add the white wine and let it reduce for a few minutes. Add the butter to make the sauce glossy and adjust salt and pepper.
6. Toss the pasta in the sauce, using the cooking water to bring everything together. Finish with fresh herbs and serve right away.



ROMANTIC DINNER • 45 MIN • 2 TO 3 SERVINGS • EASY

Creamy Chicken and Broccoli Gratin

Golden, creamy and comforting, this gratin brings together chicken, broccoli and cheese in a balanced combination. A practical option to serve straight from the oven at a cozy dinner.

Ingredients

- 2 cups cooked chicken, cubed or shredded
- 2 cups broccoli, in small florets
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1 1/2 cups milk
- 1/2 carton of cream
- 1/2 cup grated mozzarella
- 2 tablespoons grated parmesan
- 1 pinch of nutmeg
- Salt and black pepper to taste

Romantic tip: Choose a pretty baking dish and take it straight to the table, finishing with extra parmesan to highlight the golden crust.

Detailed method

1. Cook the broccoli briefly in boiling salted water or steam it, just until green and slightly tender. Drain well so it doesn't release water into the gratin.
2. Melt the butter in a pan, add the flour and stir for 1 minute. This base helps make the white sauce creamy and stable.
3. Add the milk gradually, stirring constantly to avoid lumps. Cook until thickened and season with salt, pepper and nutmeg.
4. Stir the cream into the white sauce and fold in the chicken and broccoli. Mix gently to keep some florets whole.
5. Transfer to a baking dish, cover with mozzarella and parmesan and bake in an oven preheated to 200 °C for 15 to 20 minutes, until golden.
6. Remove from the oven and let rest for 3 minutes before serving. This helps the cream set slightly and makes serving easier.



ROMANTIC DINNER • 50 MIN • 2 SERVINGS • MEDIUM

Creamy Dried Beef and Pumpkin Risotto

Brazilian, creamy and full of personality, this risotto combines shredded dried beef with small cubes of pumpkin. The result is delicate, colorful and perfect for a dinner with heartfelt flavor.

Ingredients

- 1 cup arborio rice
- 1 cup dried salted beef (carne seca), desalted, cooked and shredded
- 1/2 cup pumpkin, in small cubes
- 1/2 onion, chopped
- 1/2 cup dry white wine
- 3 to 4 cups hot vegetable or beef stock
- 2 tablespoons butter
- 2 tablespoons grated parmesan
- 1 drizzle of olive oil
- Basil or parsley and chives to taste
- Salt and black pepper to taste

Romantic tip: Finish with basil leaves or parsley and chives and a few shreds of beef on top to make the dish more elegant.

Detailed method

1. Heat the stock in a pot and keep it over low heat. Risotto needs hot stock throughout cooking to keep a creamy texture.
2. In a medium pot, heat olive oil and sauté the onion until translucent. Add the pumpkin and stir for a few minutes to start cooking it.
3. Add the arborio rice and mix well. Add the white wine and stir until it evaporates, leaving only its soft aroma.
4. Add the hot stock gradually, stirring often. Keep adding liquid as the rice absorbs it, until it's almost al dente.
5. Fold in the shredded beef and cook for a few more minutes, until the rice is done and the pumpkin is tender but still visible.
6. Turn off the heat and stir in butter and parmesan for shine and creaminess. Adjust the salt carefully, since the dried beef is already salty, and finish with fresh herbs.



ROMANTIC DINNER • 1H15 MIN • 3 TO 4 SERVINGS • MEDIUM

Sliced Pork Loin with Golden Potatoes

A beautiful, aromatic and juicy roast, served sliced with golden potatoes. A recipe with real table presence, ideal for a more elaborate romantic dinner.

Ingredients

- 600 g pork loin, in one piece
- 3 medium potatoes, cut into wedges
- 2 garlic cloves, crushed
- 1 tablespoon mustard
- 1 tablespoon honey or brown sugar
- 1/2 cup white wine or orange juice
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Rosemary or thyme to taste
- Salt and black pepper to taste

Romantic tip: Slice the loin evenly and arrange on a light platter, alternating with the potatoes for an elegant presentation.

Detailed method

1. Mix garlic, mustard, honey, olive oil, lemon, herbs, salt and pepper. Rub this marinade all over the loin, massaging the meat to spread the seasonings well.
2. If possible, let the loin rest for 30 minutes. Meanwhile, season the potatoes with olive oil, salt, pepper and some of the herbs.
3. Heat a skillet and sear the loin on all sides until a golden crust forms. This step improves the flavor and helps keep the meat juicy.
4. Transfer the loin to a roasting pan, arrange the potatoes around it and drizzle with white wine or orange juice. Cover with foil.
5. Roast in an oven preheated to 200 °C for about 35 minutes. Remove the foil and return to the oven for another 20 minutes, basting with the pan juices.
6. Let the meat rest for 8 minutes before slicing. Serve with the golden potatoes and some of the sauce from the pan.



ROMANTIC DINNER • 30 MIN • 2 SERVINGS • EASY

Spaghetti Pomodoro with Burrata and Basil

Delicate, fresh and very romantic, this spaghetti pairs a light tomato sauce with creamy burrata and basil. Simple, elegant and perfect for ending the night with Italian charm.

Ingredients

- 220 g spaghetti
- 1 cup cherry tomatoes, halved
- 1 cup rustic tomato sauce
- 1 small burrata or 120 g creamy buffalo mozzarella
- 2 garlic cloves, sliced
- 2 tablespoons olive oil
- 1 teaspoon sugar, if needed
- Fresh basil leaves to taste
- Grated parmesan to taste, optional
- Salt and black pepper to taste

Romantic tip: Place the whole burrata in the center of the plate and open it only at the table, creating a small special moment for your dinner for two.

Detailed method

1. Cook the spaghetti in boiling salted water until al dente. Reserve some of the cooking water before draining.
2. Heat the olive oil in a large skillet and gently brown the garlic. Add the cherry tomatoes and cook until they start to soften.
3. Add the rustic tomato sauce, season with salt and pepper and cook for a few minutes. If the sauce is too acidic, correct it with a pinch of sugar.
4. Add the spaghetti to the sauce and mix over low heat, using some cooking water to make the sauce glossy and cling to the pasta.
5. Transfer to the plate and place the burrata on top, still cold or at room temperature. It should open slightly when cut, creating a creamy contrast.
6. Finish with fresh basil, freshly ground black pepper and a drizzle of olive oil. Serve right away to keep the burrata fresh.



ROMANTIC DINNER • 50 MIN • 2 TO 3 SERVINGS • EASY

Creamy Potato Gratin with Chicken

A golden, creamy and very cozy gratin, perfect for serving in a pretty dish at the center of the table. The combination of potato, chicken and cheese makes a simple, generous dish that looks irresistible.

Ingredients

- 3 medium potatoes, cooked and mashed
- 1 1/2 cups cooked, shredded chicken
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 tablespoon butter
- 1/2 cup heavy cream
- 1/2 cup cream cheese
- 1/2 cup grated mozzarella
- 2 tablespoons grated parmesan
- Chopped parsley to taste
- Salt, black pepper and nutmeg to taste

Romantic tip: Use a glass or light ceramic baking dish to show off the golden crust and serve straight at the table.

Detailed method

1. Mash the potatoes while hot and mix with butter, cream, salt, pepper and a pinch of nutmeg. The mash should be soft but firm enough to hold the filling.
2. In a pan, sauté the onion in a drizzle of olive oil or butter until translucent. Add the garlic and stir quickly, just until fragrant.
3. Add the shredded chicken, season with salt and pepper and stir in the cream cheese to make a creamy filling. Finish with parsley for freshness.
4. In a small baking dish, spread half the mash, cover with the creamy chicken and top with the rest of the mash, gently smoothing the surface.
5. Cover with mozzarella and parmesan. Bake in an oven preheated to 200 °C for about 20 minutes, until the top is golden and bubbling.
6. Wait 5 minutes before serving so the layers set. Serve with a green salad or fluffy rice for a complete, comforting dinner.



ROMANTIC DINNER • 45 MIN • 2 SERVINGS • EASY

Creamy Chicken and Cheese Escondidinho

A soft, romantic recipe with a juicy chicken filling and a creamy gratinated topping. Ideal for a night when the goal is to serve something homemade, pretty and full of love.

Ingredients

- 2 cups cooked, mashed cassava or potato
- 1 tablespoon butter
- 1/3 cup hot milk
- 1 1/2 cups shredded chicken
- 1/2 cup mild tomato sauce
- 1/2 cup cream cheese
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1/2 cup grated mozzarella
- Parsley and chives to taste
- Salt and black pepper to taste

Romantic tip: For a more delicate presentation, assemble in individual ramekins and finish each with a small fresh herb leaf.

Detailed method

1. Make the mash by mixing the mashed cassava or potato with butter and hot milk. Stir until smooth, creamy and free of large lumps.
2. Season the mash with salt and pepper. If using cassava, pass it through a sieve or mash it very well to make it more delicate.
3. Sauté the onion and garlic in a pan, add the shredded chicken and mix well. Add the tomato sauce and cook for a few minutes to blend the flavors.
4. Add the cream cheese to the chicken and stir until the filling is creamy, moist and easy to spread. Finish with parsley and chives.
5. Assemble in layers: part of the mash, all the chicken filling and the rest of the mash on top. Cover with grated mozzarella.
6. Bake at 200 °C until golden. Serve in generous portions, keeping the top layer golden and the filling very creamy.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • EASY

Crispy Fish Fillet with Lemon

Light, crispy and very elegant, this oven-breaded fish gets freshness from lemon and herbs. A delicate option for a romantic dinner that isn't heavy.

Ingredients

- 2 white fish fillets
- 1 tablespoon lemon juice
- 1 small garlic clove, crushed
- 1/2 cup panko or coarse breadcrumbs
- 2 tablespoons grated parmesan
- 1 tablespoon olive oil
- 1 teaspoon lemon zest
- Chopped parsley or cilantro to taste
- Salt and black pepper to taste
- Lemon slices to serve

Romantic tip: Plate with lemon rounds and a small portion of salad, for a bright, sophisticated composition.

Detailed method

1. Pat the fillets dry with paper towels and season with lemon, garlic, salt and pepper. Let rest for 10 minutes so the fish absorbs the seasoning without losing firmness.
2. Mix the panko, parmesan, lemon zest, herbs and olive oil. The texture should be slightly moist, forming an aromatic crumb.
3. Place the fillets on a greased or parchment-lined baking sheet. Cover the top with the crispy mixture, pressing lightly so it sticks.
4. Bake in an oven preheated to 200 °C for 15 to 20 minutes, until the fish is cooked and the topping golden. Avoid overbaking to keep the flesh moist.
5. For more color, turn on the broiler for 2 minutes at the end, watching closely so the crust doesn't burn.
6. Serve with fresh lemon and herbed rice or a light mash. The contrast between the tender fish and the crispy crust makes the dish special.



ROMANTIC DINNER • 45 MIN • 2 SERVINGS • MEDIUM

Creamy Bacon and Leek Risotto

Creamy, fragrant and boldly flavored, this risotto pairs golden bacon with delicate leek. A comforting recipe with restaurant-style presentation.

Ingredients

- 1 cup arborio rice
- 100 g bacon, diced
- 1/2 leek, sliced
- 1/2 onion, finely chopped
- 1/2 cup dry white wine
- 3 to 4 cups hot vegetable stock
- 1 tablespoon butter
- 2 tablespoons grated parmesan
- Freshly ground black pepper
- Salt to taste

Romantic tip: Serve in a shallow bowl and finish with crispy bacon in the center for texture and a more appetizing look.

Detailed method

1. Heat the stock in a pot and keep it over low heat. Hot stock helps the rice cook evenly and creamily.
2. In a medium pot, brown the bacon until lightly crispy. Remove some to finish the dish and keep a little of the fat in the pot.
3. Sauté the onion and leek in the bacon fat until soft and fragrant. If needed, add a drizzle of olive oil so it doesn't dry out.
4. Add the arborio rice and stir for 1 minute. Add the white wine and cook until the alcohol evaporates, leaving only its aroma.
5. Add the stock gradually, stirring often. Continue until the rice is al dente and wrapped in its own natural cream.
6. Turn off the heat and stir in butter and parmesan. Adjust the salt carefully, then finish with the reserved bacon and black pepper.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • EASY

Romantic Kung Pao–Style Chicken with White Rice

Colorful, aromatic and full of contrast, this stir-fried chicken combines crisp vegetables, a mild sweet-and-sour sauce and peanuts. A different option to vary your dinner for two.

Ingredients

- 300 g chicken breast, in cubes or strips
- 1/2 red bell pepper, in strips
- 1/2 green bell pepper, in strips
- 1/2 onion, in petals
- 1 garlic clove, chopped
- 2 tablespoons soy sauce
- 1 tablespoon tomato sauce or ketchup
- 1 teaspoon honey or sugar
- 1/2 cup water
- 1 teaspoon cornstarch
- 2 tablespoons roasted peanuts
- Chopped chives to taste
- Cooked white rice to serve

Romantic tip: Place the rice on one side of the plate with the chicken beside it, keeping the peppers visible to show off the colors.

Detailed method

1. Season the chicken with a little soy sauce, pepper and garlic. Let it rest for a few minutes while you cut the vegetables.
2. Heat a large skillet or wok with a drizzle of oil and brown the chicken over high heat, stirring to sear all sides without drying it out.
3. Add the onion and peppers, stir-frying quickly so they stay colorful and still slightly crunchy.
4. Mix the water, remaining soy sauce, tomato sauce, honey and cornstarch. Pour over the chicken and stir until the sauce thickens and coats all the ingredients.
5. Add the peanuts at the end to keep them crunchy. Adjust the salt only if needed, since soy sauce is already salty.
6. Serve with fluffy white rice and finish with chives. The dish should be glossy, colorful and fragrant.



ROMANTIC DINNER • 30 MIN • 2 SERVINGS • EASY

Creamy Spaghetti with Shrimp

An elegant, delicate pasta with golden shrimp and a light white sauce. The dish looks sophisticated and is ready quickly, ideal for impressing without fuss.

Ingredients

- 220 g spaghetti or tagliatelle
- 250 g cleaned shrimp
- 1 tablespoon lemon juice
- 1 garlic clove, chopped
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 cup heavy cream
- 1/3 cup milk or pasta cooking water
- 2 tablespoons grated parmesan
- Basil or parsley to taste
- Salt and black pepper to taste

Romantic tip: Save a few shrimp to place on top of the pasta on the plate, for a more refined presentation.

Detailed method

1. Cook the pasta in boiling salted water until al dente. Before draining, reserve some of the cooking water to adjust the sauce.
2. Season the shrimp with salt, pepper and lemon. Don't marinate for too long, to keep the texture from getting too firm.
3. Heat olive oil and butter in a large skillet. Quickly brown the shrimp, just until they change color, and set aside.
4. In the same skillet, sauté the garlic for a few seconds. Add the cream, the milk or pasta water and the parmesan, stirring until a creamy sauce forms.
5. Return the shrimp to the pan and toss the pasta in the sauce. Adjust the texture with more cooking water if needed.
6. Finish with fresh herbs and freshly ground pepper. Serve right away to keep the shrimp tender and the sauce silky.



ROMANTIC DINNER • 1H • 2 TO 3 SERVINGS • MEDIUM

Pot Roast with Velvety Mash

A comfort dish with a delicate finish: tender beef in a rich sauce, small vegetables and creamy mash. Perfect for an intimate, pretty dinner full of homemade flavor.

Ingredients

- 350 g beef, cubed
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 small carrot, diced
- 1/2 cup chopped tomato or tomato sauce
- 1 cup beef stock or hot water
- 1 bay leaf
- 3 medium potatoes, cooked and mashed
- 1/2 cup hot milk
- 1 tablespoon butter
- Olive oil, salt and black pepper to taste
- Chopped parsley to taste

Romantic tip: Use a spoon to make a well in the mash and let a little sauce touch the side, for a more elegant look.

Detailed method

1. Season the beef with salt and pepper. Heat a drizzle of olive oil in a pot and brown the cubes in batches, building a flavorful layer on the bottom.
2. Add onion and garlic, sautéing until fragrant. Add the carrot, tomato and bay leaf, mixing well.
3. Add the hot stock, partially cover and cook over low heat until the beef is tender. If needed, add more water little by little.
4. While the beef cooks, make the mash by mixing mashed potatoes, hot milk, butter, salt and pepper until very creamy.
5. When the beef is tender, adjust the salt and let the sauce reduce until glossy and rich. Remove the bay leaf.
6. Plate the mash on one side and the beef with sauce on the other. Finish with parsley and serve hot.



ROMANTIC DINNER • 40 MIN • 2 TO 3 SERVINGS • EASY

Creamy Fish Moqueca with Rice

Colorful, fragrant and enveloping, this fish moqueca brings coconut milk, bell peppers and a velvety sauce. A vibrant dish for a romantic dinner with Brazilian flavor.

Ingredients

- 350 g white fish, in large cubes
- 1 tablespoon lemon juice
- 1/2 onion, in thin rings
- 1/2 red bell pepper, in strips
- 1 tomato, chopped
- 1 garlic clove, chopped
- 1/2 cup coconut milk
- 1/2 cup fish stock or water
- 1 tablespoon dendê (palm) oil, optional
- 1 tablespoon regular olive oil
- Cilantro or parsley to taste
- Cooked white rice to serve
- Salt and black pepper to taste

Romantic tip: Choose a deep bowl for serving, with the rice on one side and the moqueca on the other, the colorful sauce on display.

Detailed method

1. Season the fish with lemon, salt and pepper. Let rest for 10 minutes, enough to add flavor without changing the texture too much.
2. In a wide pot, heat the olive oil and sauté onion, garlic, tomato and bell pepper until they begin to soften and form an aromatic base.
3. Arrange the fish pieces over the vegetables without stirring too much so they don't break. Add the stock and cook covered for a few minutes.
4. Add the coconut milk and the dendê oil, if using. Cook over low heat until the fish is tender and the sauce slightly thickened.
5. Adjust the salt and finish with cilantro or parsley. Avoid boiling vigorously to keep the fish pieces whole.
6. Serve with white rice, spooning plenty of sauce over the plate. The creamy moqueca should generously coat the rice.



ROMANTIC DINNER • 35 MIN • 2 SERVINGS • EASY

Grilled Chicken with Moroccan Couscous

Light, colorful and sophisticated, this dish combines grilled chicken with Moroccan couscous, tomatoes and fresh herbs. A modern option for a balanced romantic dinner.

Ingredients

- 2 chicken breast fillets
- 1 cup Moroccan couscous
- 1 cup hot vegetable stock
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1 tablespoon olive oil for the couscous
- 1 tablespoon olive oil for grilling
- 1 tablespoon lemon juice
- Mint, parsley or cilantro to taste
- Sweet paprika to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal and arrange over the couscous, for a simple, elegant bistro presentation.

Detailed method

1. Season the chicken with salt, pepper, paprika, lemon and a drizzle of olive oil. Let it rest while you prepare the couscous.
2. Place the couscous in a bowl, cover with hot stock, cover and let it hydrate for 5 minutes. Then fluff the grains with a fork.
3. Mix the tomatoes, cucumber, fresh herbs, olive oil and a little lemon into the couscous. Adjust salt and pepper until fresh and balanced.
4. Heat a skillet or grill pan and brown the chicken fillets on both sides until cooked through with nice grill marks.
5. Let the chicken rest for 3 minutes before slicing. Resting helps keep the juices inside the meat.
6. Plate the couscous as the base with the sliced chicken on top. Finish with herbs and tomatoes for a vibrant look.



ROMANTIC DINNER • 25 MIN • 2 SERVINGS • EASY

Creamy Tuna Penne in Rosé Sauce

A practical, creamy and tasty pasta with a delicate rosé sauce and flaked tuna. A quick recipe that brings comfort, beauty and lots of flavor.

Ingredients

- 220 g penne or other short pasta
- 1 can solid tuna, drained
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1/2 cup tomato sauce
- 1/2 carton of cream
- 1 tablespoon olive oil
- 2 tablespoons grated parmesan
- Chopped parsley or basil to taste
- Salt and black pepper to taste

Romantic tip: For a romantic touch, finish with freshly ground pepper and a few basil leaves in the center of the plate.

Detailed method

1. Cook the penne in boiling salted water until al dente. Reserve half a cup of the cooking water before draining.
2. Heat the olive oil in a pan and sauté the onion until soft. Add the garlic and stir quickly so it doesn't burn.
3. Add the tomato sauce and cook for a few minutes to reduce the acidity. Season moderately with salt and pepper.
4. Add the cream and mix until a creamy rosé sauce forms. If it's too thick, add a little of the cooking water.
5. Fold in the flaked tuna and stir gently so it doesn't fall apart too much. Then toss the pasta in the sauce until well coated.
6. Finish with parmesan and fresh herbs. Serve in a deep bowl, hot and very creamy.

ROMANTIC DINNER • 35 min • 2 servings • Easy

Potato Gnocchi in Cheese and Herb Sauce

A creamy, cozy and easy-to-serve pasta, ideal for a dinner for two with a polished look and rich flavor.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 220 g dried pasta or filled pasta
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1 garlic clove, chopped
- 1/2 small onion, finely chopped
- 1/2 cup heavy cream
- 1/3 cup milk or cooking water
- 2 tablespoons grated parmesan
- Chopped fresh herbs to taste
- Salt and black pepper to taste

Romantic tip: Serve in a shallow bowl and finish with herbs in the center to add height and a restaurant look.

Detailed method

1. Cook the pasta in plenty of boiling salted water until al dente. Before draining, reserve some of the cooking water to adjust the creaminess of the sauce.
2. In a wide skillet, heat butter and olive oil. Sauté the onion until translucent and add the garlic for just a few seconds, without letting it darken.
3. Add the cream and the milk or cooking water and stir until a smooth sauce forms. Add the parmesan little by little so it doesn't clump.
4. Toss the pasta in the sauce and coat gently until everything is glossy and creamy. Adjust salt, pepper and texture with more cooking water if needed.
5. Finish with fresh herbs and serve right away, in a shallow bowl or warmed dish, to keep the sauce silky and the look elegant.

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ROMANTIC DINNER • 40 min • 2 servings • Easy

Chicken in Honey Mustard Sauce

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

ROMANTIC DINNER • 50 min • 2 to 3 servings • Easy

Eggplant Lasagna with Creamy Cheese

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Creamy Shrimp Rice with Lemon

A dish with a special touch, tender texture and fragrant sauce, ideal for a romantic night without too much effort.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 300 g cleaned shrimp
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1 garlic clove, chopped
- 1/2 small onion, chopped
- 1/2 cup cream or coconut milk
- 1/2 cup rice, pasta or mash to serve
- Cilantro, parsley or basil to taste
- Salt and black pepper to taste

Romantic tip: Save a few whole shrimp to finish the dish on top, for a more sophisticated look.

Detailed method

1. Season the shrimp with lemon, salt and pepper. Don't marinate them too long so they stay tender after cooking.
2. Heat butter and olive oil in a wide skillet. Quickly brown the shrimp until they change color and set aside so they don't overcook.
3. In the same pan, sauté onion and garlic to make an aromatic base. Add the cream, coconut milk or chosen sauce and stir until even.
4. Return the shrimp to the sauce only at the end, warming for a few minutes. Adjust salt, pepper and freshness with chopped herbs.
5. Serve with rice, pasta or mash, leaving a few shrimp visible on top to enhance the romantic presentation.

ROMANTIC DINNER • 45 min • 2 servings • Medium

Filet Mignon with Red Wine Sauce

A bold, elegant option with a rich sauce and a comforting side for an extra-special dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 350 g beef, as steaks, cubes or strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup wine, stock or base sauce
- 1 teaspoon cornstarch, if needed to thicken
- Potatoes, mash or rice to serve
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Spoon the sauce over the beef only at the end and keep the side dish neatly shaped on the plate.

Detailed method

1. Season the beef with salt and pepper. Heat the pan well with olive oil and brown the pieces in batches, to build flavor without releasing too much water.
2. Add butter, onion and garlic, sautéing until fragrant. Any golden bits on the bottom of the pan will be the base of the sauce.
3. Add wine, stock or base sauce and cook until the beef is tender and the liquid reduces. For steaks, do this quickly so they don't toughen.
4. For a more velvety sauce, dissolve the cornstarch in a little cold water and add it gradually, stirring until it reaches the desired consistency.
5. Finish with parsley and serve with mash, potatoes or rice. Pour the sauce on top only when serving to keep the dish looking appetizing.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Cheese Ravioli with Sage Butter

A creamy, cozy and easy-to-serve pasta, ideal for a dinner for two with a polished look and rich flavor.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 220 g dried pasta or filled pasta
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1 garlic clove, chopped
- 1/2 small onion, finely chopped
- 1/2 cup heavy cream
- 1/3 cup milk or cooking water
- 2 tablespoons grated parmesan
- Chopped fresh herbs to taste
- Salt and black pepper to taste

Romantic tip: Serve in a shallow bowl and finish with herbs in the center to add height and a restaurant look.

Detailed method

1. Cook the pasta in plenty of boiling salted water until al dente. Before draining, reserve some of the cooking water to adjust the creaminess of the sauce.
2. In a wide skillet, heat butter and olive oil. Sauté the onion until translucent and add the garlic for just a few seconds, without letting it darken.
3. Add the cream and the milk or cooking water and stir until a smooth sauce forms. Add the parmesan little by little so it doesn't clump.
4. Toss the pasta in the sauce and coat gently until everything is glossy and creamy. Adjust salt, pepper and texture with more cooking water if needed.
5. Finish with fresh herbs and serve right away, in a shallow bowl or warmed dish, to keep the sauce silky and the look elegant.

ROMANTIC DINNER • 35 min • 2 servings • Easy

Baked Salmon with Nut Crust

A light, aromatic and well-balanced recipe, perfect for a delicate, flavorful romantic dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 white fish or salmon fillets
- 1 tablespoon lemon juice
- 1 drizzle of olive oil
- 1 tablespoon butter
- 1 small garlic clove, chopped
- 1/2 cup creamy sauce, coconut milk or stock
- Vegetables, potatoes or rice to serve
- Fresh herbs to taste
- Lemon zest, paprika or rosemary to taste
- Salt and black pepper to taste

Romantic tip: Finish with fresh herbs and lemon to make the dish lighter, more fragrant and visually delicate.

Detailed method

1. Pat the fillets dry with paper towels and season with lemon, salt, pepper and herbs. Let rest for 10 minutes to absorb the aromas without losing texture.
2. Heat olive oil and butter or prepare a greased baking dish, depending on the recipe. Fish needs moderate heat and careful cooking.
3. Cook or bake the fillets until opaque and tender. Avoid moving them too much so they don't break and keep a nice presentation.
4. Make the sauce with cream, coconut milk or stock and adjust the seasoning. If using vegetables or potatoes, make sure they're tender before adding them to the plate.
5. Plate with the fish as the star and the side alongside. Finish with herbs and lemon zest for freshness and aroma.

ROMANTIC DINNER • 45 min • 2 servings • Medium

Mushroom Risotto with Parmesan

A creamy, classic dish with careful preparation and an elegant finish, ideal for serving straight to the table.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 1 cup arborio rice
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1/2 small onion, finely chopped
- 1/3 cup dry white wine, optional
- 3 to 4 cups hot stock
- 1 cup of the main ingredient, already prepared
- 2 tablespoons grated parmesan
- Fresh herbs to finish
- Salt and black pepper to taste

Romantic tip: Serve as soon as it's ready, with the rice still creamy, and finish with finely grated parmesan.

Detailed method

1. Keep the stock warm over low heat. This helps the rice release its starch and cook creamily and evenly.
2. Sauté the onion in olive oil and half the butter until translucent. Add the arborio rice and stir for 1 minute to coat the grains well.
3. Add the wine, if using, and let it evaporate. Then add the stock gradually, stirring often and waiting until it's almost absorbed before adding more.
4. When the rice is al dente, stir in the main ingredient and cook just long enough to warm through and blend the flavors.
5. Turn off the heat and finish with butter, parmesan, pepper and herbs. Serve right away, because a beautiful risotto is creamy and slightly loose.

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ROMANTIC DINNER • 35 min • 2 servings • Easy

Chicken Stuffed with Spinach and Ricotta

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

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ROMANTIC DINNER • 40 min • 2 servings • Easy

Tagliatelle in White Sauce with Leek

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

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ROMANTIC DINNER • 50 min • 2 to 3 servings • Easy

Creamy Brazilian Dried Beef Bake

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

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ROMANTIC DINNER • 35 min • 2 servings • Medium

Tilapia with Caper Sauce

A light, aromatic and well-balanced recipe, perfect for a delicate, flavorful romantic dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 white fish or salmon fillets
- 1 tablespoon lemon juice
- 1 drizzle of olive oil
- 1 tablespoon butter
- 1 small garlic clove, chopped
- 1/2 cup creamy sauce, coconut milk or stock
- Vegetables, potatoes or rice to serve
- Fresh herbs to taste
- Lemon zest, paprika or rosemary to taste
- Salt and black pepper to taste

Romantic tip: Finish with fresh herbs and lemon to make the dish lighter, more fragrant and visually delicate.

Detailed method

1. Pat the fillets dry with paper towels and season with lemon, salt, pepper and herbs. Let rest for 10 minutes to absorb the aromas without losing texture.
2. Heat olive oil and butter or prepare a greased baking dish, depending on the recipe. Fish needs moderate heat and careful cooking.
3. Cook or bake the fillets until opaque and tender. Avoid moving them too much so they don't break and keep a nice presentation.
4. Make the sauce with cream, coconut milk or stock and adjust the seasoning. If using vegetables or potatoes, make sure they're tender before adding them to the plate.
5. Plate with the fish as the star and the side alongside. Finish with herbs and lemon zest for freshness and aroma.

62

ROMANTIC DINNER • 45 min • 2 servings • Medium

Conchiglioni Stuffed with Chicken and Cream Cheese

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

63

ROMANTIC DINNER • 30 min • 2 servings • Easy

Chicken Medallions with Bacon and Mash

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

64

ROMANTIC DINNER • 35 min • 2 servings • Easy

Creamy Shrimp in a Small Pumpkin

A dish with a special touch, tender texture and fragrant sauce, ideal for a romantic night without too much effort.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 300 g cleaned shrimp
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1 garlic clove, chopped
- 1/2 small onion, chopped
- 1/2 cup cream or coconut milk
- 1/2 cup rice, pasta or mash to serve
- Cilantro, parsley or basil to taste
- Salt and black pepper to taste

Romantic tip: Save a few whole shrimp to finish the dish on top, for a more sophisticated look.

Detailed method

1. Season the shrimp with lemon, salt and pepper. Don't marinate them too long so they stay tender after cooking.
2. Heat butter and olive oil in a wide skillet. Quickly brown the shrimp until they change color and set aside so they don't overcook.
3. In the same pan, sauté onion and garlic to make an aromatic base. Add the cream, coconut milk or chosen sauce and stir until even.
4. Return the shrimp to the sauce only at the end, warming for a few minutes. Adjust salt, pepper and freshness with chopped herbs.
5. Serve with rice, pasta or mash, leaving a few shrimp visible on top to enhance the romantic presentation.

ROMANTIC DINNER • 45 min • 2 servings • Medium

Beef Crêpes in Rosé Sauce

A bold, elegant option with a rich sauce and a comforting side for an extra-special dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 350 g beef, as steaks, cubes or strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup wine, stock or base sauce
- 1 teaspoon cornstarch, if needed to thicken
- Potatoes, mash or rice to serve
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Spoon the sauce over the beef only at the end and keep the side dish neatly shaped on the plate.

Detailed method

1. Season the beef with salt and pepper. Heat the pan well with olive oil and brown the pieces in batches, to build flavor without releasing too much water.
2. Add butter, onion and garlic, sautéing until fragrant. Any golden bits on the bottom of the pan will be the base of the sauce.
3. Add wine, stock or base sauce and cook until the beef is tender and the liquid reduces. For steaks, do this quickly so they don't toughen.
4. For a more velvety sauce, dissolve the cornstarch in a little cold water and add it gradually, stirring until it reaches the desired consistency.
5. Finish with parsley and serve with mash, potatoes or rice. Pour the sauce on top only when serving to keep the dish looking appetizing.

66

ROMANTIC DINNER • 35 min • 2 servings • Easy

Lemon Risotto with Golden Chicken

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Four-Cheese Pasta Gratin

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

ROMANTIC DINNER • 50 min • 2 to 3 servings • Easy

Beef in Madeira Sauce with Potatoes

A bold, elegant option with a rich sauce and a comforting side for an extra-special dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 350 g beef, as steaks, cubes or strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup wine, stock or base sauce
- 1 teaspoon cornstarch, if needed to thicken
- Potatoes, mash or rice to serve
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Spoon the sauce over the beef only at the end and keep the side dish neatly shaped on the plate.

Detailed method

1. Season the beef with salt and pepper. Heat the pan well with olive oil and brown the pieces in batches, to build flavor without releasing too much water.
2. Add butter, onion and garlic, sautéing until fragrant. Any golden bits on the bottom of the pan will be the base of the sauce.
3. Add wine, stock or base sauce and cook until the beef is tender and the liquid reduces. For steaks, do this quickly so they don't toughen.
4. For a more velvety sauce, dissolve the cornstarch in a little cold water and add it gradually, stirring until it reaches the desired consistency.
5. Finish with parsley and serve with mash, potatoes or rice. Pour the sauce on top only when serving to keep the dish looking appetizing.

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ROMANTIC DINNER • 35 min • 2 servings • Medium

Fish in Coconut Milk with Bell Peppers

A light, aromatic and well-balanced recipe, perfect for a delicate, flavorful romantic dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 white fish or salmon fillets
- 1 tablespoon lemon juice
- 1 drizzle of olive oil
- 1 tablespoon butter
- 1 small garlic clove, chopped
- 1/2 cup creamy sauce, coconut milk or stock
- Vegetables, potatoes or rice to serve
- Fresh herbs to taste
- Lemon zest, paprika or rosemary to taste
- Salt and black pepper to taste

Romantic tip: Finish with fresh herbs and lemon to make the dish lighter, more fragrant and visually delicate.

Detailed method

1. Pat the fillets dry with paper towels and season with lemon, salt, pepper and herbs. Let rest for 10 minutes to absorb the aromas without losing texture.
2. Heat olive oil and butter or prepare a greased baking dish, depending on the recipe. Fish needs moderate heat and careful cooking.
3. Cook or bake the fillets until opaque and tender. Avoid moving them too much so they don't break and keep a nice presentation.
4. Make the sauce with cream, coconut milk or stock and adjust the seasoning. If using vegetables or potatoes, make sure they're tender before adding them to the plate.
5. Plate with the fish as the star and the side alongside. Finish with herbs and lemon zest for freshness and aroma.

ROMANTIC DINNER • 45 min • 2 servings • Medium

Baked Ham and Cheese Cannelloni

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Creamy Chicken with Corn and Catupiry Cheese

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

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ROMANTIC DINNER • 35 min • 2 servings • Easy

Beef Ragù with Creamy Polenta

A bold, elegant option with a rich sauce and a comforting side for an extra-special dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 350 g beef, as steaks, cubes or strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup wine, stock or base sauce
- 1 teaspoon cornstarch, if needed to thicken
- Potatoes, mash or rice to serve
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Spoon the sauce over the beef only at the end and keep the side dish neatly shaped on the plate.

Detailed method

1. Season the beef with salt and pepper. Heat the pan well with olive oil and brown the pieces in batches, to build flavor without releasing too much water.
2. Add butter, onion and garlic, sautéing until fragrant. Any golden bits on the bottom of the pan will be the base of the sauce.
3. Add wine, stock or base sauce and cook until the beef is tender and the liquid reduces. For steaks, do this quickly so they don't toughen.
4. For a more velvety sauce, dissolve the cornstarch in a little cold water and add it gradually, stirring until it reaches the desired consistency.
5. Finish with parsley and serve with mash, potatoes or rice. Pour the sauce on top only when serving to keep the dish looking appetizing.

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ROMANTIC DINNER • 45 min • 2 servings • Medium

Delicate Spaghetti Carbonara

A creamy, classic dish with careful preparation and an elegant finish, ideal for serving straight to the table.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 1 cup arborio rice
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1/2 small onion, finely chopped
- 1/3 cup dry white wine, optional
- 3 to 4 cups hot stock
- 1 cup of the main ingredient, already prepared
- 2 tablespoons grated parmesan
- Fresh herbs to finish
- Salt and black pepper to taste

Romantic tip: Serve as soon as it's ready, with the rice still creamy, and finish with finely grated parmesan.

Detailed method

1. Keep the stock warm over low heat. This helps the rice release its starch and cook creamily and evenly.
2. Sauté the onion in olive oil and half the butter until translucent. Add the arborio rice and stir for 1 minute to coat the grains well.
3. Add the wine, if using, and let it evaporate. Then add the stock gradually, stirring often and waiting until it's almost absorbed before adding more.
4. When the rice is al dente, stir in the main ingredient and cook just long enough to warm through and blend the flavors.
5. Turn off the heat and finish with butter, parmesan, pepper and herbs. Serve right away, because a beautiful risotto is creamy and slightly loose.

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ROMANTIC DINNER • 35 min • 2 servings • Easy

Chicken Fillet with Orange Sauce

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Romantic Baked Rice with Cheese

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

ROMANTIC DINNER • 50 min • 2 to 3 servings • Easy

Grilled Salmon with Passion Fruit Sauce

A light, aromatic and well-balanced recipe, perfect for a delicate, flavorful romantic dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 white fish or salmon fillets
- 1 tablespoon lemon juice
- 1 drizzle of olive oil
- 1 tablespoon butter
- 1 small garlic clove, chopped
- 1/2 cup creamy sauce, coconut milk or stock
- Vegetables, potatoes or rice to serve
- Fresh herbs to taste
- Lemon zest, paprika or rosemary to taste
- Salt and black pepper to taste

Romantic tip: Finish with fresh herbs and lemon to make the dish lighter, more fragrant and visually delicate.

Detailed method

1. Pat the fillets dry with paper towels and season with lemon, salt, pepper and herbs. Let rest for 10 minutes to absorb the aromas without losing texture.
2. Heat olive oil and butter or prepare a greased baking dish, depending on the recipe. Fish needs moderate heat and careful cooking.
3. Cook or bake the fillets until opaque and tender. Avoid moving them too much so they don't break and keep a nice presentation.
4. Make the sauce with cream, coconut milk or stock and adjust the seasoning. If using vegetables or potatoes, make sure they're tender before adding them to the plate.
5. Plate with the fish as the star and the side alongside. Finish with herbs and lemon zest for freshness and aroma.

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ROMANTIC DINNER • 35 min • 2 servings • Medium

Fettuccine with Mushrooms and Cream

A dish with a special touch, tender texture and fragrant sauce, ideal for a romantic night without too much effort.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 300 g cleaned shrimp
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1 garlic clove, chopped
- 1/2 small onion, chopped
- 1/2 cup cream or coconut milk
- 1/2 cup rice, pasta or mash to serve
- Cilantro, parsley or basil to taste
- Salt and black pepper to taste

Romantic tip: Save a few whole shrimp to finish the dish on top, for a more sophisticated look.

Detailed method

1. Season the shrimp with lemon, salt and pepper. Don't marinate them too long so they stay tender after cooking.
2. Heat butter and olive oil in a wide skillet. Quickly brown the shrimp until they change color and set aside so they don't overcook.
3. In the same pan, sauté onion and garlic to make an aromatic base. Add the cream, coconut milk or chosen sauce and stir until even.
4. Return the shrimp to the sauce only at the end, warming for a few minutes. Adjust salt, pepper and freshness with chopped herbs.
5. Serve with rice, pasta or mash, leaving a few shrimp visible on top to enhance the romantic presentation.

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ROMANTIC DINNER • 45 min • 2 servings • Medium

Rib-Eye Steak with Herb Butter

A bold, elegant option with a rich sauce and a comforting side for an extra-special dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 350 g beef, as steaks, cubes or strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup wine, stock or base sauce
- 1 teaspoon cornstarch, if needed to thicken
- Potatoes, mash or rice to serve
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Spoon the sauce over the beef only at the end and keep the side dish neatly shaped on the plate.

Detailed method

1. Season the beef with salt and pepper. Heat the pan well with olive oil and brown the pieces in batches, to build flavor without releasing too much water.
2. Add butter, onion and garlic, sautéing until fragrant. Any golden bits on the bottom of the pan will be the base of the sauce.
3. Add wine, stock or base sauce and cook until the beef is tender and the liquid reduces. For steaks, do this quickly so they don't toughen.
4. For a more velvety sauce, dissolve the cornstarch in a little cold water and add it gradually, stirring until it reaches the desired consistency.
5. Finish with parsley and serve with mash, potatoes or rice. Pour the sauce on top only when serving to keep the dish looking appetizing.

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ROMANTIC DINNER • 30 min • 2 servings • Easy

Shrimp Bobó for Two

A dish with a special touch, tender texture and fragrant sauce, ideal for a romantic night without too much effort.

> Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 300 g cleaned shrimp
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1 garlic clove, chopped
- 1/2 small onion, chopped
- 1/2 cup cream or coconut milk
- 1/2 cup rice, pasta or mash to serve
- Cilantro, parsley or basil to taste
- Salt and black pepper to taste

Romantic tip: Save a few whole shrimp to finish the dish on top, for a more sophisticated look.

Detailed method

1. Season the shrimp with lemon, salt and pepper. Don't marinate them too long so they stay tender after cooking.
2. Heat butter and olive oil in a wide skillet. Quickly brown the shrimp until they change color and set aside so they don't overcook.
3. In the same pan, sauté onion and garlic to make an aromatic base. Add the cream, coconut milk or chosen sauce and stir until even.
4. Return the shrimp to the sauce only at the end, warming for a few minutes. Adjust salt, pepper and freshness with chopped herbs.
5. Serve with rice, pasta or mash, leaving a few shrimp visible on top to enhance the romantic presentation.

ROMANTIC DINNER • 35 min • 2 servings • Easy

Chicken Parmigiana Casserole

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

ROMANTIC DINNER • 45 min • 2 servings • Medium

Sun-Dried Tomato and Arugula Risotto

A creamy, classic dish with careful preparation and an elegant finish, ideal for serving straight to the table.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 1 cup arborio rice
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1/2 small onion, finely chopped
- 1/3 cup dry white wine, optional
- 3 to 4 cups hot stock
- 1 cup of the main ingredient, already prepared
- 2 tablespoons grated parmesan
- Fresh herbs to finish
- Salt and black pepper to taste

Romantic tip: Serve as soon as it's ready, with the rice still creamy, and finish with finely grated parmesan.

Detailed method

1. Keep the stock warm over low heat. This helps the rice release its starch and cook creamily and evenly.
2. Sauté the onion in olive oil and half the butter until translucent. Add the arborio rice and stir for 1 minute to coat the grains well.
3. Add the wine, if using, and let it evaporate. Then add the stock gradually, stirring often and waiting until it's almost absorbed before adding more.
4. When the rice is al dente, stir in the main ingredient and cook just long enough to warm through and blend the flavors.
5. Turn off the heat and finish with butter, parmesan, pepper and herbs. Serve right away, because a beautiful risotto is creamy and slightly loose.

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ROMANTIC DINNER • 35 min • 2 servings • Easy

Roasted Fish with Potatoes and Rosemary

A light, aromatic and well-balanced recipe, perfect for a delicate, flavorful romantic dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 white fish or salmon fillets
- 1 tablespoon lemon juice
- 1 drizzle of olive oil
- 1 tablespoon butter
- 1 small garlic clove, chopped
- 1/2 cup creamy sauce, coconut milk or stock
- Vegetables, potatoes or rice to serve
- Fresh herbs to taste
- Lemon zest, paprika or rosemary to taste
- Salt and black pepper to taste

Romantic tip: Finish with fresh herbs and lemon to make the dish lighter, more fragrant and visually delicate.

Detailed method

1. Pat the fillets dry with paper towels and season with lemon, salt, pepper and herbs. Let rest for 10 minutes to absorb the aromas without losing texture.
2. Heat olive oil and butter or prepare a greased baking dish, depending on the recipe. Fish needs moderate heat and careful cooking.
3. Cook or bake the fillets until opaque and tender. Avoid moving them too much so they don't break and keep a nice presentation.
4. Make the sauce with cream, coconut milk or stock and adjust the seasoning. If using vegetables or potatoes, make sure they're tender before adding them to the plate.
5. Plate with the fish as the star and the side alongside. Finish with herbs and lemon zest for freshness and aroma.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Pasta with Chicken, Broccoli and Cream

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

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ROMANTIC DINNER • 50 min • 2 to 3 servings • Easy

Shredded Beef in Creamy Sauce

A bold, elegant option with a rich sauce and a comforting side for an extra-special dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 350 g beef, as steaks, cubes or strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup wine, stock or base sauce
- 1 teaspoon cornstarch, if needed to thicken
- Potatoes, mash or rice to serve
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Spoon the sauce over the beef only at the end and keep the side dish neatly shaped on the plate.

Detailed method

1. Season the beef with salt and pepper. Heat the pan well with olive oil and brown the pieces in batches, to build flavor without releasing too much water.
2. Add butter, onion and garlic, sautéing until fragrant. Any golden bits on the bottom of the pan will be the base of the sauce.
3. Add wine, stock or base sauce and cook until the beef is tender and the liquid reduces. For steaks, do this quickly so they don't toughen.
4. For a more velvety sauce, dissolve the cornstarch in a little cold water and add it gradually, stirring until it reaches the desired consistency.
5. Finish with parsley and serve with mash, potatoes or rice. Pour the sauce on top only when serving to keep the dish looking appetizing.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Cheese Rondelli with White Sauce

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

86

ROMANTIC DINNER • 45 min • 2 servings • Medium

Mild Chicken Curry with Rice

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Garlic and Oil Shrimp Spaghetti

A dish with a special touch, tender texture and fragrant sauce, ideal for a romantic night without too much effort.

> Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 300 g cleaned shrimp
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1 garlic clove, chopped
- 1/2 small onion, chopped
- 1/2 cup cream or coconut milk
- 1/2 cup rice, pasta or mash to serve
- Cilantro, parsley or basil to taste
- Salt and black pepper to taste

Romantic tip: Save a few whole shrimp to finish the dish on top, for a more sophisticated look.

Detailed method

1. Season the shrimp with lemon, salt and pepper. Don't marinate them too long so they stay tender after cooking.
2. Heat butter and olive oil in a wide skillet. Quickly brown the shrimp until they change color and set aside so they don't overcook.
3. In the same pan, sauté onion and garlic to make an aromatic base. Add the cream, coconut milk or chosen sauce and stir until even.
4. Return the shrimp to the sauce only at the end, warming for a few minutes. Adjust salt, pepper and freshness with chopped herbs.
5. Serve with rice, pasta or mash, leaving a few shrimp visible on top to enhance the romantic presentation.

88

ROMANTIC DINNER • 35 min • 2 servings • Easy

Mash Stuffed with Special Ground Beef

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

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ROMANTIC DINNER • 45 min • 2 servings • Medium

Tilapia Gratin with Leek Cream

A light, aromatic and well-balanced recipe, perfect for a delicate, flavorful romantic dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 white fish or salmon fillets
- 1 tablespoon lemon juice
- 1 drizzle of olive oil
- 1 tablespoon butter
- 1 small garlic clove, chopped
- 1/2 cup creamy sauce, coconut milk or stock
- Vegetables, potatoes or rice to serve
- Fresh herbs to taste
- Lemon zest, paprika or rosemary to taste
- Salt and black pepper to taste

Romantic tip: Finish with fresh herbs and lemon to make the dish lighter, more fragrant and visually delicate.

Detailed method

1. Pat the fillets dry with paper towels and season with lemon, salt, pepper and herbs. Let rest for 10 minutes to absorb the aromas without losing texture.
2. Heat olive oil and butter or prepare a greased baking dish, depending on the recipe. Fish needs moderate heat and careful cooking.
3. Cook or bake the fillets until opaque and tender. Avoid moving them too much so they don't break and keep a nice presentation.
4. Make the sauce with cream, coconut milk or stock and adjust the seasoning. If using vegetables or potatoes, make sure they're tender before adding them to the plate.
5. Plate with the fish as the star and the side alongside. Finish with herbs and lemon zest for freshness and aroma.

90

ROMANTIC DINNER • 35 min • 2 servings • Easy

Pumpkin Risotto with Dried Beef

A bold, elegant option with a rich sauce and a comforting side for an extra-special dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 350 g beef, as steaks, cubes or strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup wine, stock or base sauce
- 1 teaspoon cornstarch, if needed to thicken
- Potatoes, mash or rice to serve
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Spoon the sauce over the beef only at the end and keep the side dish neatly shaped on the plate.

Detailed method

1. Season the beef with salt and pepper. Heat the pan well with olive oil and brown the pieces in batches, to build flavor without releasing too much water.
2. Add butter, onion and garlic, sautéing until fragrant. Any golden bits on the bottom of the pan will be the base of the sauce.
3. Add wine, stock or base sauce and cook until the beef is tender and the liquid reduces. For steaks, do this quickly so they don't toughen.
4. For a more velvety sauce, dissolve the cornstarch in a little cold water and add it gradually, stirring until it reaches the desired consistency.
5. Finish with parsley and serve with mash, potatoes or rice. Pour the sauce on top only when serving to keep the dish looking appetizing.

91

ROMANTIC DINNER • 40 min • 2 servings • Easy

Creamy Baked Pasta with Chicken

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

92

ROMANTIC DINNER • 50 min • 2 to 3 servings • Easy

Elegant Beef Stroganoff

A bold, elegant option with a rich sauce and a comforting side for an extra-special dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 350 g beef, as steaks, cubes or strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup wine, stock or base sauce
- 1 teaspoon cornstarch, if needed to thicken
- Potatoes, mash or rice to serve
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Spoon the sauce over the beef only at the end and keep the side dish neatly shaped on the plate.

Detailed method

1. Season the beef with salt and pepper. Heat the pan well with olive oil and brown the pieces in batches, to build flavor without releasing too much water.
2. Add butter, onion and garlic, sautéing until fragrant. Any golden bits on the bottom of the pan will be the base of the sauce.
3. Add wine, stock or base sauce and cook until the beef is tender and the liquid reduces. For steaks, do this quickly so they don't toughen.
4. For a more velvety sauce, dissolve the cornstarch in a little cold water and add it gradually, stirring until it reaches the desired consistency.
5. Finish with parsley and serve with mash, potatoes or rice. Pour the sauce on top only when serving to keep the dish looking appetizing.

93

ROMANTIC DINNER • 35 min • 2 servings • Medium

Creamy Leek and Cheese Quiche

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

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ROMANTIC DINNER • 45 min • 2 servings • Medium

Chicken in Cheese and Paprika Sauce

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Crispy Fish with Parsnip Purée

A light, aromatic and well-balanced recipe, perfect for a delicate, flavorful romantic dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 white fish or salmon fillets
- 1 tablespoon lemon juice
- 1 drizzle of olive oil
- 1 tablespoon butter
- 1 small garlic clove, chopped
- 1/2 cup creamy sauce, coconut milk or stock
- Vegetables, potatoes or rice to serve
- Fresh herbs to taste
- Lemon zest, paprika or rosemary to taste
- Salt and black pepper to taste

Romantic tip: Finish with fresh herbs and lemon to make the dish lighter, more fragrant and visually delicate.

Detailed method

1. Pat the fillets dry with paper towels and season with lemon, salt, pepper and herbs. Let rest for 10 minutes to absorb the aromas without losing texture.
2. Heat olive oil and butter or prepare a greased baking dish, depending on the recipe. Fish needs moderate heat and careful cooking.
3. Cook or bake the fillets until opaque and tender. Avoid moving them too much so they don't break and keep a nice presentation.
4. Make the sauce with cream, coconut milk or stock and adjust the seasoning. If using vegetables or potatoes, make sure they're tender before adding them to the plate.
5. Plate with the fish as the star and the side alongside. Finish with herbs and lemon zest for freshness and aroma.

ROMANTIC DINNER • 35 min • 2 servings • Easy

Simple Creamy Salt Cod Rice

A light, aromatic and well-balanced recipe, perfect for a delicate, flavorful romantic dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 white fish or salmon fillets
- 1 tablespoon lemon juice
- 1 drizzle of olive oil
- 1 tablespoon butter
- 1 small garlic clove, chopped
- 1/2 cup creamy sauce, coconut milk or stock
- Vegetables, potatoes or rice to serve
- Fresh herbs to taste
- Lemon zest, paprika or rosemary to taste
- Salt and black pepper to taste

Romantic tip: Finish with fresh herbs and lemon to make the dish lighter, more fragrant and visually delicate.

Detailed method

1. Pat the fillets dry with paper towels and season with lemon, salt, pepper and herbs. Let rest for 10 minutes to absorb the aromas without losing texture.
2. Heat olive oil and butter or prepare a greased baking dish, depending on the recipe. Fish needs moderate heat and careful cooking.
3. Cook or bake the fillets until opaque and tender. Avoid moving them too much so they don't break and keep a nice presentation.
4. Make the sauce with cream, coconut milk or stock and adjust the seasoning. If using vegetables or potatoes, make sure they're tender before adding them to the plate.
5. Plate with the fish as the star and the side alongside. Finish with herbs and lemon zest for freshness and aroma.

97

ROMANTIC DINNER • 45 min • 2 servings • Medium

Sweet-and-Sour Pork Loin

A bold, elegant option with a rich sauce and a comforting side for an extra-special dinner.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 350 g beef, as steaks, cubes or strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup wine, stock or base sauce
- 1 teaspoon cornstarch, if needed to thicken
- Potatoes, mash or rice to serve
- Fresh parsley to taste
- Salt and black pepper to taste

Romantic tip: Spoon the sauce over the beef only at the end and keep the side dish neatly shaped on the plate.

Detailed method

1. Season the beef with salt and pepper. Heat the pan well with olive oil and brown the pieces in batches, to build flavor without releasing too much water.
2. Add butter, onion and garlic, sautéing until fragrant. Any golden bits on the bottom of the pan will be the base of the sauce.
3. Add wine, stock or base sauce and cook until the beef is tender and the liquid reduces. For steaks, do this quickly so they don't toughen.
4. For a more velvety sauce, dissolve the cornstarch in a little cold water and add it gradually, stirring until it reaches the desired consistency.
5. Finish with parsley and serve with mash, potatoes or rice. Pour the sauce on top only when serving to keep the dish looking appetizing.

98

ROMANTIC DINNER • 35 min • 2 servings • Easy

Pesto Pasta with Grilled Chicken

A juicy, delicate recipe designed to turn simple ingredients into a beautiful, warm dish full of love.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 chicken breast fillets or 300 g chicken strips
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 garlic clove, crushed
- 1/2 small onion, chopped
- 1/2 cup cream or cream cheese
- 1 teaspoon mustard, paprika or herbs
- 1/3 cup stock or hot water
- Parsley or chives to taste
- Salt and black pepper to taste

Romantic tip: Slice the chicken on the diagonal before serving and spoon the sauce carefully to make the dish more elegant.

Detailed method

1. Season the chicken with salt, pepper, garlic and the recipe's main seasoning. Let it rest for a few minutes while you gather the other ingredients.
2. Heat olive oil and butter in a skillet and brown the chicken on both sides. The goal is to build color outside without drying out the inside.
3. Remove the chicken if needed and sauté the onion in the same pan, using the golden bits on the bottom. Add the stock or hot water and scrape well to release flavor.
4. Add the cream or cream cheese, stir until the sauce is even and return the chicken to finish cooking over low heat.
5. Adjust the seasoning, finish with herbs and serve with rice, mash or short pasta. The sauce should coat the chicken generously and glossily.

99

ROMANTIC DINNER • 40 min • 2 servings • Easy

Brie and Apricot Risotto

A creamy, classic dish with careful preparation and an elegant finish, ideal for serving straight to the table.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 1 cup arborio rice
- 1 tablespoon butter
- 1 drizzle of olive oil
- 1/2 small onion, finely chopped
- 1/3 cup dry white wine, optional
- 3 to 4 cups hot stock
- 1 cup of the main ingredient, already prepared
- 2 tablespoons grated parmesan
- Fresh herbs to finish
- Salt and black pepper to taste

Romantic tip: Serve as soon as it's ready, with the rice still creamy, and finish with finely grated parmesan.

Detailed method

1. Keep the stock warm over low heat. This helps the rice release its starch and cook creamily and evenly.
2. Sauté the onion in olive oil and half the butter until translucent. Add the arborio rice and stir for 1 minute to coat the grains well.
3. Add the wine, if using, and let it evaporate. Then add the stock gradually, stirring often and waiting until it's almost absorbed before adding more.
4. When the rice is al dente, stir in the main ingredient and cook just long enough to warm through and blend the flavors.
5. Turn off the heat and finish with butter, parmesan, pepper and herbs. Serve right away, because a beautiful risotto is creamy and slightly loose.

100

ROMANTIC DINNER • 50 min • 2 to 3 servings • Easy

Final Dinner: Sweethearts' Special Penne

A creamy, generous gratin, perfect for bringing to the table in a pretty dish and serving at a relaxed pace.

Well-organized ingredients, clear steps and a presentation designed for a special night.

Ingredients

- 2 cups of the main ingredient, cooked or sliced
- 1 cup creamy chicken, beef or vegetable filling
- 1/2 cup white sauce or mild tomato sauce
- 1/2 cup cream cheese
- 1/2 small onion, chopped
- 1 garlic clove, chopped
- 1 cup grated mozzarella
- 2 tablespoons grated parmesan
- Olive oil for greasing
- Salt, pepper and herbs to taste

Romantic tip: Use a light baking dish or individual ramekins to turn a simple recipe into a special dinner.

Detailed method

1. Preheat the oven to 200 °C and grease a small baking dish. Gather all the ingredients so you can assemble the layers in an organized way.
2. Sauté onion and garlic in a drizzle of olive oil, add the filling of your choice and mix with cream cheese or sauce until moist and creamy.
3. Assemble the dish in layers, alternating base, filling and sauce. Spread gently so each portion has a balanced texture.
4. Cover with mozzarella and parmesan. Bake until bubbling with a golden surface, usually 18 to 25 minutes.
5. Let rest for 5 minutes before serving. This firms up the layers and makes for nicer slices on the plate.

101

ROMANTIC DINNER • 25 min • 2 servings • Easy

Spinach Cream Risotto

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Pasta with Cheese Cream and Leek

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Mild Pesto Chicken

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Fish with Apricot and Walnuts

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Lemon Beef

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Parmesan-Crusted Shrimp

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Pork Loin in Fragrant White Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Crêpes with Tomato Confit

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Gnocchi in Honey Mustard Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Escondidinho with Sweet Paprika

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Risotto in Rosé Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Pasta with Cream Cheese and Fine Herbs

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Chicken Caprese

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Fish with Sage Butter

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Beef Provençal

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Shrimp with a Touch of Gorgonzola

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Elegant Pork Loin Parmigiana

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Crêpes with Balsamic Reduction

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Gnocchi in Wine and Herb Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Escondidinho with Creamy Mushrooms

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Spinach Cream Risotto

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Pasta with Cheese Cream and Leek

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Mild Pesto Chicken

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Fish with Apricot and Walnuts

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Lemon Beef

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Parmesan-Crusted Shrimp

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Pork Loin in Fragrant White Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Crêpes with Tomato Confit

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Gnocchi in Honey Mustard Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Escondidinho with Sweet Paprika

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Risotto in Rosé Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Pasta with Cream Cheese and Fine Herbs

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Chicken Caprese

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Fish with Sage Butter

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Beef Provençal

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Shrimp with a Touch of Gorgonzola

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Elegant Pork Loin Parmigiana

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Crêpes with Balsamic Reduction

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Gnocchi in Wine and Herb Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Escondidinho with Creamy Mushrooms

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Spinach Cream Risotto

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Pasta with Cheese Cream and Leek

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Mild Pesto Chicken

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Fish with Apricot and Walnuts

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Lemon Beef

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Parmesan-Crusted Shrimp

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Pork Loin in Fragrant White Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Crêpes with Tomato Confit

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Gnocchi in Honey Mustard Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Escondidinho with Sweet Paprika

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Risotto in Rosé Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Pasta with Cream Cheese and Fine Herbs

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Chicken Caprese

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Fish with Sage Butter

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Beef Provençal

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Shrimp with a Touch of Gorgonzola

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Elegant Pork Loin Parmigiana

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Crêpes with Balsamic Reduction

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Gnocchi in Wine and Herb Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Escondidinho with Creamy Mushrooms

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Spinach Cream Risotto

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Pasta with Cheese Cream and Leek

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Mild Pesto Chicken

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Fish with Apricot and Walnuts

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Lemon Beef

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Parmesan-Crusted Shrimp

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Pork Loin in Fragrant White Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Crêpes with Tomato Confit

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Gnocchi in Honey Mustard Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Escondidinho with Sweet Paprika

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Risotto in Rosé Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Pasta with Cream Cheese and Fine Herbs

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Chicken Caprese

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Fish with Sage Butter

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Beef Provençal

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Shrimp with a Touch of Gorgonzola

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Elegant Pork Loin Parmigiana

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Crêpes with Balsamic Reduction

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Gnocchi in Wine and Herb Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Escondidinho with Creamy Mushrooms

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Spinach Cream Risotto

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Pasta with Cheese Cream and Leek

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Mild Pesto Chicken

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Fish with Apricot and Walnuts

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Lemon Beef

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Parmesan-Crusted Shrimp

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Pork Loin in Fragrant White Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Crêpes with Tomato Confit

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Gnocchi in Honey Mustard Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Escondidinho with Sweet Paprika

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Risotto in Rosé Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g arborio rice
- 1 cup hot stock
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Butter to taste
- Salt and black pepper to taste
- Short pasta to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of butter. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the arborio rice and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the hot stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Pasta with Cream Cheese and Fine Herbs

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g short or long pasta
- 1 cup cream
- 1 tablespoon grated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Fresh herbs to taste
- Salt and black pepper to taste
- Mixed greens with olive oil to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of fresh herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the short or long pasta and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Chicken Caprese

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g chicken fillets
- 1 cup light stock
- 1 tablespoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Lemon to taste
- Salt and black pepper to taste
- Golden potatoes to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of lemon. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the chicken fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the light stock, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Fish with Sage Butter

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g fish fillets
- 1 cup coconut milk
- 1 tablespoon onion
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Herbs to taste
- Salt and black pepper to taste
- Herbed rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of herbs. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the fish fillets and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the coconut milk, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 45 min • 2 servings • Easy

Beef Provençal

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g beef strips
- 1 cup rich sauce
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Garlic to taste
- Salt and black pepper to taste
- Moroccan couscous to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of garlic. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the beef strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the rich sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 50 min • 2 servings • Medium

Shrimp with a Touch of Gorgonzola

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g cleaned shrimp
- 1 cup mild cream
- 1 tablespoon lemon
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Parsley to taste
- Salt and black pepper to taste
- Simple green salad to serve

Romantic tip: Use a pretty serving dish at the center of the table to create a special-dinner mood.

Method

1. Season the main ingredient with salt, pepper and a touch of parsley. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the cleaned shrimp and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the mild cream, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 25 min • 2 servings • Easy

Elegant Pork Loin Parmigiana

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g pork loin strips
- 1 cup sweet-and-sour sauce
- 1 tablespoon honey
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Mustard to taste
- Salt and black pepper to taste
- Mashed potatoes to serve

Romantic tip: Finish with a drizzle of olive oil and a pinch of freshly ground black pepper.

Method

1. Season the main ingredient with salt, pepper and a touch of mustard. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the pork loin strips and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the sweet-and-sour sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 30 min • 2 servings • Easy

Crêpes with Balsamic Reduction

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g crêpe batter
- 1 cup creamy filling
- 1 tablespoon white sauce
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Cheese to taste
- Salt and black pepper to taste
- Warm Italian bread to serve

Romantic tip: Plate smaller, carefully arranged portions to give the dish a restaurant look.

Method

1. Season the main ingredient with salt, pepper and a touch of cheese. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the crêpe batter and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the creamy filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 35 min • 2 servings • Medium

Gnocchi in Wine and Herb Sauce

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g store-bought or homemade gnocchi
- 1 cup velvety sauce
- 1 tablespoon parmesan
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Basil to taste
- Salt and black pepper to taste
- Fluffy white rice to serve

Romantic tip: Serve on light-colored plates and finish with fresh herbs for a more delicate presentation.

Method

1. Season the main ingredient with salt, pepper and a touch of basil. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the store-bought or homemade gnocchi and cook over medium heat, stirring carefully, until they take on color and start to soften.
4. Add the velvety sauce, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.

ROMANTIC DINNER • 40 min • 2 servings • Easy

Escondidinho with Creamy Mushrooms

A practical, beautiful option that brings variety, flavor and a special-dinner mood to your table.

Simple ingredients, straightforward steps and a presentation designed for a dinner for two.

Ingredients

- 2 cups or 350 g creamy mash
- 1 cup seasoned filling
- 1 tablespoon gratinated cheese
- 1/2 small onion, finely chopped
- 1 garlic clove, chopped
- 1/2 cup cream, cream cheese or mild sauce
- 2 tablespoons grated cheese or parmesan
- Onion to taste
- Salt and black pepper to taste
- Sautéed vegetables to serve

Romantic tip: Warm the plates before serving to keep the dinner elegant for longer.

Method

1. Season the main ingredient with salt, pepper and a touch of onion. Let it rest for a few minutes while you gather the other items.
2. Heat a pan with the fat of your choice and sauté onion and garlic until fragrant, without letting them burn.
3. Add the creamy mash and cook over medium heat, stirring carefully, until it takes on color and starts to soften.
4. Add the seasoned filling, mix well and let it reduce until a light, creamy sauce forms that blends well into the dish.
5. Finish with cream, cheese and herbs. Adjust the salt, serve right away and take care with the plating.