



# **TASTY FAMILY MEALS**

---



**FFLC PHYSIQUE COACHING**  
with  
**PAUL BROADBENT**  
@paul.broadbent.fflc

# Breakfast Muffins

**CALORIES**  
256

**PROTEIN**  
25g

**CARBS**  
11g

**FAT**  
12g





3 servings



Prep 10 mins

Cook 20 mins

- 6 eggs
- 100 g very low fat cottage cheese with chives
- 3 bacon medallions, diced
- 1/2 courgettes, grated
- 2 large mushrooms, finely chopped
- 1 red onion, finely chopped
- Handful of spinach
- Low calorie cooking spray

## METHOD

- Preheat the oven to 200°C.
- Spray 9 muffin trays with low calorie cooking spray.
- Beat together the eggs and cottage cheese.
- Lightly fry the bacon, grated courgette, mushrooms, red onion and spinach in a pan with a couple of sprays of low calorie cooking spray.
- Mix this with the egg mixture and pour into the prepared muffin trays.
- Cook at 200°C for about 20 minutes until set and golden.





# Cheesy Bacon Flatbreads



4 servings



Prep 5 mins Cook 7 mins

## INGREDIENTS

- *4 flatbread thins, folded*
- *4 bacon medallions*
- *80 g low fat Cheddar cheese, thinly sliced*
- *2 spring onions, thinly sliced*
- *1 tomato, cut into slices*
- *10 g watercress*
- *2 tsp wholegrain mustard*
- *low calorie cooking spray*

## METHOD

- Spray the griddle pan with low calorie cooking spray and place over a medium heat. Place the bacon medallions in the pan and cook for 1 - 2 minutes on each side or until cooked.
- Unfold the flatbread and place a bacon medallion on one half of each.
- Divide the cheese, tomato and spring onion between each and place on top of the bacon. Spread the mustard over the other half of the flatbread and fold over the filling.
- Place on the preheated griddle pan, pressing down to produce griddle marks.
- Cook for 3 - 5 minutes, turning occasionally, until cheese has melted. Remove from pan and carefully lift the top and add some watercress. Serve immediately.

**CALORIES**  
**237**

**PROTEIN**  
**17g**

**CARBS**  
**18g**

**FAT**  
**10g**

# Creamy Lemon Chicken



4 servings



Prep 5 mins Cook 35 mins



# INGREDIENTS

- *4 medium chicken breasts approx 150g each*
- *1 small onion finely chopped*
- *1 chicken stock cube*
- *300 ml boiling water*
- *½ lemon juice only*
- *75 g low fat cream cheese*
- *50 g spinach*
- *black pepper*
- *low calorie cooking spray*

**CALORIES**  
**192**

**PROTEIN**  
**39g**

**CARBS**  
**2.3g**

**FAT**  
**2.9g**

- Spray the frying pan with low calorie cooking spray and place over a medium heat.
- When the pan is hot, place the chicken breasts in and cook for 2 minutes each side to seal and colour. Remove to a plate and place to one side.
- Give the pan another spray with low calorie cooking spray then add the onions and sauté for 5 minutes until soft.
- Add the stock cube to the boiling water and pour into the pan along with the lemon juice and bring to a simmer.
- Stir in the low fat cream cheese, then return the chicken to the pan.
- Allow to simmer for 10-15 minutes, stirring occasionally until the chicken is cooked through.
- The sauce should have reduced and thickened slightly, but if it is too runny turn up the heat and allow to bubble until you reach the consistency of single cream.
- Stir in the spinach and cook for a couple more minutes until it has wilted.
- Season with a little freshly ground black pepper and serve with your choice of accompaniment.





**CALORIES**  
**413**

**PROTEIN**  
**23g**

**CARBS**  
**55.9g**

**FAT**  
**11.2g**

## INGREDIENTS

- 1 *tbsp olive oil*
- 200g/7oz *lean beef mince*
- 1 *onion, finely chopped*
- 4 *large mushrooms, sliced*
- 1 *carrot, grated*
- 1 *400g/14oz tin tomatoes, chopped*
- 230ml/8fl oz *vegetable stock*
- 2 *tbsp tomato purée*
- ½ *tsp Worcestershire sauce*
- ½ *tsp freshly ground black pepper*
- 300g/10½oz *whole wheat spaghetti*
- 2 *tbsp chopped fresh parsley*



# Spaghetti Bolognese

4 servings



Prep 20 mins Cook 40 mins

## METHOD

- Heat the olive oil in a large saucepan over a medium heat. Add the mince and the onion and fry for five minutes, stirring occasionally, until the mince is browned and the onions softened.
- Add mushrooms and carrot, cook for around one minute, then add tinned tomatoes, vegetable stock, tomato purée, Worcestershire sauce and freshly ground black pepper. Stir well and bring to the boil, then reduce the heat to simmer for 15-20 minutes, until the sauce has thickened.
- Place the wholemeal spaghetti in a deep saucepan full of salted boiling water and cook according to packet instructions, then drain.
- To serve, divide the cooked spaghetti between four dishes, spoon equal portions of Bolognese sauce over each and sprinkle with parsley.

Clean & tasty

# Steak Stir Fry



4 servings



25 minutes



## INGREDIENTS

- 320 g tenderstem broccoli
- 2 x 250 g lean flank steak
- 2 teaspoons coriander seeds
- 250 g medium free-range egg noodles
- 3 teaspoons sesame oil
- 1 red onion
- 2 cloves of garlic
- 6 cm piece of fresh ginger
- olive oil
- 3 tablespoons soy sauce
- 1 lime
- 1 fresh red chilli

## METHOD

- Trim the broccoli, cutting any larger broccoli stems in half lengthways, then place in a heatproof bowl and cover with boiling water. Add a good pinch of sea salt and leave for 10 minutes, then drain and put to one side. Half-fill a pan with water and bring to the boil.
- Slice the steaks against the grain into finger-sized strips and season with sea salt and black pepper.
- Pound the coriander seeds in a pestle and mortar, or bash with the base of a pan, until fine. Sprinkle over the steak so they stick to it and give it a lovely, fragrant flavour.
- Drop the noodles into the pan of boiling salted water and cook until just tender. Drain, then toss with 2 teaspoons of sesame oil and return to the pan. Cover to keep warm.
- Peel and finely slice the onion and garlic, then peel and finely chop the ginger.
- Heat a splash of olive oil in a wok or large frying pan over a high heat, then add the onions, garlic and ginger. Fry for a couple of minutes, or until the onions have softened slightly.
- Add the seasoned pieces of steak and stir-fry for 1 to 2 minutes, then add the broccoli and fry for a further 2 minutes, stirring constantly.
- Pour in the soy sauce and 1 teaspoon of sesame oil, toss in the pan until everything is well coated, then serve with the egg noodles.
- Cut the lime into wedges for squeezing over, and finely slice the chilli (deseed if you like), then sprinkle over the top.



**CALORIES**  
**511**

**PROTEIN**  
**38.7g**

**CARBS**  
**52.8g**

**FAT**  
**17.9g**

# Chicken Traybake

**CALORIES** 328    **PROTEIN** 31g    **CARBS** 19g    **FAT** 13g





4 servings



Prep 5 mins

Cook 30 mins

## INGREDIENTS

- *1½ lb skinless, boneless chicken thigh fillets*
- *3 red peppers cut into large chunks*
- *4 tablespoons dark soy sauce*
- *2 tablespoons sesame oil*
- *3 tablespoons runny honey*
- *Juice of half a lime*
- *1½ inches ginger grated*
- *1 teaspoon chilli flakes*
- *½ teaspoon salt*
- *2 tablespoons fresh coriander (cilantro) roughly chopped*



## METHOD

- Preheat the oven 220C / 200C fan / gas mark 7 / 425F.
- Place the chicken thigh fillets and chopped peppers in a large oven tray.
- Mix together the soy sauce, sesame oil, honey, lime juice, ginger, chilli flakes and salt in a small jug or jam jar.
- Pour the glaze over the chicken and peppers and turn to coat. Spread out the chicken and peppers into a single layer.
- Place the chicken and peppers in the preheated oven and cook for 30 minutes. Baste halfway through cooking.
- After 30 minutes, remove from the oven and sprinkle with the coriander. Serve with rice and lime wedges.



# Bang Bang Pork & Potato



4 servings



Prep 5 mins Cook 45 mins

## INGREDIENTS

- *600 g baby potatoes cut in half lengthways*
- *1/2 tsp paprika*
- *1/4 tsp chilli flakes*
- *500 g lean diced pork*
- *2 cloves garlic crushed*
- *2 tsp cider vinegar*
- *1 tbsp soy sauce*
- *1 tsp chilli powder*
- *1 tsp reduced fat peanut butter powder*
- *1 tbsp light sweet chilli sauce*
- *1 tsp toasted sesame oil*
- *250 g broccoli cut into florets*
- *low calorie cooking spray*
- *1 tsp sesame seeds to garnish*

## METHOD

- Pre-heat the oven to 170°C. Spray a large hob and oven proof casserole dish with low calorie cooking spray and heat on the hob.
- Place the halved baby potatoes into the pan, cut side down, and fry in the low calorie cooking spray until they start to colour. This should take around 5 minutes.
- Once starting to go golden, flip over and sprinkle on the paprika and chilli flakes. Leave to cook for another couple of minutes.
- While the potatoes are browning, add the rest of the ingredients to a bowl, reserving the broccoli and sesame seeds and mix well.
- Once the potatoes have been browned, turn the heat off and add the pork and sauce in between the potatoes. Scatter over the broccoli and place into the oven for 30-35 minutes until the potatoes are cooked through.
- Serve with a sprinkling of sesame seeds!

CALORIES	PROTEIN	CARBS	FAT
<b>343</b>	<b>33g</b>	<b>31g</b>	<b>8.4g</b>

# Healthy Chilli Con Carne



4 servings



Prep 5 mins Cook 2 hours 15 mins



# INGREDIENTS

- 1-2 *tbsp olive oil*
- 400g *diced stewing beef*
- 1 *onion, finely chopped*
- 2 *garlic cloves, finely chopped*
- 1 ½ *tsp ground cumin*
- 1-2 *tbsp chipotle paste*
- 400g *can kidney bean in chilli sauce*
- 400g *can chopped tomato*
- 1 *lime, zested and cut into wedges*
- ¼ *small pack coriander, leaves only*

- Heat the oil in a large pan and cook the beef pieces for a few mins on each side until browned all over. Remove from the pan with a slotted spoon and set aside.
- Add the onion to the pan, with extra oil if needed, and cook until softened. Stir in the garlic, cumin and chipotle paste, and cook for 1 min. Sieve the kidney beans, reserving the sauce. Add this sauce, along with the chopped tomatoes and a can full of water, to the pan. Stir well, then return the meat to the pan. Bring to a simmer, then cook, covered, for 2 hrs or until the beef is tender (or bake in the oven for 3 hrs at 160C/140C fan/gas 3).
- Add the reserved kidney beans and lime zest, season and warm through. Serve with a scattering of coriander leaves, the lime wedges to squeeze over, and rice, if you like.

**CALORIES**  
**300**

**PROTEIN**  
**26g**

**CARBS**  
**21g**

**FAT**  
**13g**





**CALORIES**  
**364**

**PROTEIN**  
**36g**

**CARBS**  
**26.1g**

**FAT**  
**14g**

## INGREDIENTS

- *450ml semi-skimmed milk*
- *2 bay leaves*
- *3 spring onions, finely chopped*
- *3 tbsp cornflour*
- *1 heaped tsp Dijon mustard*
- *2 tbsp chopped dill*
- *160g cod, cut into chunks*
- *160g smoked haddock, cut into chunks*
- *160g salmon, cut into chunks*
- *150g raw king prawns*
- *100g frozen peas*
- *2 Desiree potatoes, each about 100g peeled*
- *2 tbsp light olive oil*
- *25g vintage Cheddar, grated*
- *steamed broccoli, to serve*



# Healthy Fish Pie



Prep 25 mins Cook 45 mins



4 servings

## METHOD

- Preheat the oven to gas 6, 200°C, fan 180°C. Pour the milk into a large saucepan, add the bay leaves and spring onion and bring to a simmer. Mix the cornflour and 3 tablespoons cold water to form a paste, then stir into the milk and simmer for 3-4 minutes or until thickened slightly. Season well, add the mustard and dill and cook for another 2 minutes. Remove the bay leaves and discard. Stir in the fish mix, prawns and peas and pour into a 1.5-litre (2 1/2 pint) ovenproof dish.
- Place the whole peeled potatoes into a large pan of boiling salted water and blanch for 1 minute. Remove from the pan, cool slightly, grate into a large clean tea towel and squeeze gently to remove excess liquid. Tip the potato into a bowl, add the olive oil and Cheddar cheese and season well. Then scatter over the fish.
- Place in the preheated oven and bake for 30 minutes or until bubbling hot and golden on top. Serve with steamed green vegetables.

# Salt & Pepper Chicken



4 servings



50 minutes



## INGREDIENTS

- 8 chicken thighs, skinless
- 2-3 tbsp salt and pepper mix
- ½ red pepper, chopped
- 3 spring onions, chopped
- ½ onion, finely chopped
- ½ chilli deseeded and chopped
- 1 tbsp sea salt flakes
- 1 tbsp granulated sweetener
- 1 tbsp MSG (monosodium glutamate) optional
- ½ tbsp Chinese 5 spice
- 1 pinch chilli flakes
- 1 tsp ground white pepper

## METHOD

- Toast the salt flakes in a hot pan until they start to brown - it's very important to do this to get the true salt and pepper flavour.
- Mix the toasted salt and all the other spice mix ingredients together.
- Sprinkle the chicken thighs with a couple of teaspoons of the spice mix.
- Place them on a baking tray and cook as per pack instructions (usually around 30 minutes at 190°C).
- When the chicken is cooked, heat up a wok sprayed with some low calorie cooking spray.
- Add the spring onions, onions, chilli and peppers to the wok and cook until they start to brown slightly.
- Add the chicken thighs to the wok along with 1 or 2 tablespoons of spice mix. Don't add it all at once, add it a bit at a time, taste and stop when it's spicy enough.
- Cook through for another 3 or 4 minutes, then serve sprinkled with some finely chopped spring onions.



**CALORIES**  
**308**

**PROTEIN**  
**34g**

**CARBS**  
**11g**

**FAT**  
**15g**