



THE TEAMFFLC RECIPE BOOK

# Tasty Eats for Tasty People





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# INTRODUCTION

Welcome to the FFLC Physique Coaching recipe book - Tasty Eats for Tasty People!

Often eating 'healthy' can be seen as bland, boring or too complicated.

It doesn't have to be that way.

Packed full of mouthwatering recipes to help make the kitchen your bitch, Tasty Eats for Tasty People makes the route to unbelievable results unbelievably tasty!

All recipes are calorie friendly, high in protein and won't have you spending hours in the kitchen.

So get cooking, have fun and don't forget to tag @paul.broadbent.flc into your tasty meal photos on the gram!

**Paul Broadbent**

Coach



# DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



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# BREAKFAST







# Baked Beans



**SERVES:**  
4



**TIME:**  
50 minutes



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## INGREDIENTS

2 tsp olive oil  
1 brown onion, diced  
2 cloves garlic, minced  
250g butter beans  
450g (tinned) tomatoes, diced  
2 tsp dried rosemary  
Sea salt & cracked pepper  
2 avocados, sliced

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

Bring a medium sized fry pan to medium-high heat. Add oil, onion and garlic. Cook for 3-4 minutes or until onion is soft.

Add beans, tomatoes, rosemary, salt & pepper and cook for another 4-5 minutes.

Transfer bean mix to a small-medium oven proof dish, place in the oven and cook for 35-40 minutes.

Serve with sliced avocado.

## MACROS

Calories: 280

Protein: 38

Carbs: 22

Fat: 19

Fibre: 8





# Baked Blackberry Custard



**SERVES:**  
2



**TIME:**  
45 minutes



## INGREDIENTS

2 eggs  
1 1/2 tbsp rice malt syrup  
125g natural yoghurt  
1 tbsp vanilla protein powder (vegan if required)  
1/2 lemon, zest finely grated  
90g blackberries  
2 tsp coconut sugar

## MACROS

Calories: 327  
Protein: 28  
Carbs: 29  
Fat: 11  
Fibre: 4

## INSTRUCTIONS

Start by preheating your oven to 200°C/395°F/Gas 6.

Combine eggs, rice malt syrup, yoghurt, protein powder and lemon zest in a blender or food processor and blend until smooth and a little frothy.

Divide the mixture between 2 ramekins and place them in a large oven proof stainless steel fry pan that's filled to about 3/4 of the way up the sides of the ramekins.

Place blackberries on top.

Cover with the lid and bake for about 30 minutes or until set in the middle.

Carefully remove ramekins from the pot and allow to cool for 5 minutes. Sprinkle with coconut sugar before serving.





# Banana Milkshake



**SERVES:**  
2



**TIME:**  
5 minutes



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## INGREDIENTS

400ml milk  
250g Greek yoghurt  
1 large frozen banana  
2 scoop vanilla protein powder

## INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth. To increase the thickness, add 5-10 cubes of ice.

## MACROS

Calories: 433  
Protein: 28  
Carbs: 40  
Fat: 18  
Fibre: 8





# Breakfast Burrito



**SERVES:**  
1



**TIME:**  
25 minutes



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## INGREDIENTS

1 slice bacon  
1 egg  
1/2 tbsp skim milk  
Salt & cracked pepper  
1 large tortilla (gluten free if required)  
30g tasty cheese, grated  
30g cherry tomatoes, sliced  
1/4 avocado, sliced  
1 tsp sriracha

## MACROS

Calories: 498  
Protein: 24  
Carbs: 38  
Fat: 29  
Fibre: 3

## INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Line a small baking tray with baking paper.

Lay bacon on the tray and cook for 10-15 minutes or until nice and crispy.

Whisk the egg, milk, salt & pepper together in a small bowl.

Bring a medium-sized fry pan to medium-high heat. Spray with a little olive oil spray. Pour egg mix in, stirring gently and constantly, until just under done.

Transfer eggs on to the tortilla.

Next, add cooked bacon, cheese, tomatoes, avocado and sriracha.

Roll the burrito up very tightly, making sure the ends are enclosed.

Bring a fry pan to medium-high heat and spray it lightly with olive oil spray.

Place burrito in the pan (seam side down) and cook for about 3 minutes on each side or until nice and toasted.







# Kiwi Smoothie Bowl



**SERVES:**

1



**TIME:**

10 minutes



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## INGREDIENTS

120g frozen kiwi fruit  
1 medium frozen banana  
2-3 tbsp light coconut milk (more if needed)  
1 scoop protein powder (vegan if required)  
2 tsp shredded coconut  
Handful blueberries

## INSTRUCTIONS

Add frozen kiwi fruit and banana to a blender and blend on low for about 30 seconds.

Next, start adding the coconut milk and protein powder in increments. Blending each time you add more and scraping down the sides as you go. Once you have a smooth and thick consistency, transfer to a bowl. Top with shredded coconut and blueberries.

## MACROS

Calories: 438

Protein: 30

Carbs: 64

Fat: 10

Fibre: 10





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# SIDES & SMALL PLATES





# Garlic Mushroom Egg cups



**SERVES:**  
6



**TIME:**  
30 minutes



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## INGREDIENTS

30g mushrooms, sliced  
60g spinach  
60g feta, crumbled  
6 eggs  
1/4 brown onion, diced  
1 clove garlic, minced  
Salt & cracked pepper

## MACROS

Calories: 103  
Protein: 8  
Carbs: 1  
Fat: 7  
Fibre: 0

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Lightly spray a 6-cup muffin tin with non stick cooking oil spray.

Divide mushroom, spinach and feta evenly between six muffin cups.

In a medium-sized bowl, whisk the egg, onion and garlic.

Pour the egg mix evenly into each cup and season with salt & pepper.

Cook for 20 minutes or until eggs have set.

Serve straight away, or refrigerate in an airtight container for up to 4 days.





# Roast Pumpkin Slices



**SERVES:**  
4



**TIME:**  
40 minutes



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## INGREDIENTS

1 1/2kg Kent pumpkin  
2 tbsp olive oil  
2 tbsp Cajun spice  
Sea salt & cracked pepper.

## MACROS

Calories: 222  
Protein: 6  
Carbs: 42  
Fat: 8  
Fibre: 4

## INSTRUCTIONS

Preheat oven to 200°C/395°F/Gas 6.

Cut the pumpkin in half or quarters and scoop the seeds out. Cut the pieces into ½" half moons.

Toss the pumpkin in olive oil, cajun spice, salt & pepper. Season with salt and pepper.

Roast for about 25-30 minutes, flipping at the halfway mark.







# Cheesy Bacon Broccoli



**SERVES:**  
4



**TIME:**  
50 minutes



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## INGREDIENTS

2 large broccoli heads, chopped  
1 tbsp olive oil  
2 cloves garlic, minced  
1 tbsp lemon, juiced  
1 tsp parsley  
Sea salt & cracked pepper  
225g bacon, chopped  
120g mozzarella, shredded  
60g parmesan, grated  
2 tsp chilli flakes

## INSTRUCTIONS

Preheat oven to 200°C/395°F/Gas 6. Toss broccoli with olive oil, garlic, lemon parsley, salt & pepper. Transfer broccoli to an ovenproof dish, scatter bacon on top and cook for about 20-25 minutes, or until bacon is fully cooked.

Remove dish from the oven and cover with a layer of mozzarella and Parmesan. Sprinkle chilli flakes on top and cook for another 5 minutes or until cheese has melted.

Serve immediately.

## MACROS

Calories: 359  
Protein: 23  
Carbs: 9  
Fat: 29  
Fibre: 3





# Prosciutto Wrapped Asparagus

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**SERVES:**  
5



**TIME:**  
20 minutes



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## INGREDIENTS

450g asparagus spears  
1 1/2 tbsp olive oil  
2 tsp balsamic vinegar  
Sea salt & cracked pepper  
10-12 slices prosciutto

## MACROS

Calories: 133  
Protein: 11  
Carbs: 4  
Fat: 9  
Fibre: 2

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper.

Toss asparagus in olive oil, balsamic vinegar salt & pepper.

Wrap each spear in a piece of prosciutto and pierce with a toothpick.

Place in the oven and cook for 15 minutes, or until everything is starting to crisp.

Transfer to a large serving plate and season with a little extra salt & pepper.





# Orange & Radicchio Salad



**SERVES:**  
2



**TIME:**  
10 minutes



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## INGREDIENTS

2 tbsp olive oil  
2 tbsp orange, juiced  
2 tsp balsamic vinegar  
Salt & cracked pepper  
1 orange, sliced  
1 romaine lettuce heart, leaves separated  
80g radicchio, leaves separated and sliced  
30g walnuts, chopped

## INSTRUCTIONS

Firstly add olive oil, orange, balsamic vinegar, salt & pepper to a small jar. Place the lid on top and give it a vigorous shake.

Add orange and lettuce to a large bowl, pour the dressing on top and toss with your hands until well coated.

Using your hands, lift the salad out of the bowl and transfer to a platter, leaving excess dressing behind.

Sprinkle with chopped walnuts.

## MACROS

Calories: 152

Protein: 2

Carbs: 9

Fat: 12

Fibre: 2





# Caprese Bean Salad

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**SERVES:**  
4



**TIME:**  
25 minutes



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## INGREDIENTS

5 large tomatoes, sliced  
300g green beans, trimmed  
1 x (400g) tin cannellini beans, rinsed and drained  
100g mozzarella  
2 tbsp lemon infused olive oil  
1 tbsp basil, leaves picked  
Salt flakes & cracked pepper

## INSTRUCTIONS

Arrange tomatoes, green beans, cannellini beans and mozzarella on a large serving plate.

Top with torn mozzarella and basil leaves.

Drizzle oil all over and season with salt flakes & cracked pepper.

## MACROS

Calories: 248

Protein: 13

Carbs: 25

Fat: 12

Fibre: 9





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# MAINS







# Rainbow Slaw

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**SERVES:**  
2



**TIME:**  
20 minutes



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## INGREDIENTS

150g red cabbage, finely sliced  
150g white cabbage, finely sliced  
100g carrot, peeled and cut into matchsticks  
100g cucumber, cut into matchsticks  
4 radishes, finely sliced  
140g Greek yoghurt  
2 tbsp sweet chilli sauce

## INSTRUCTIONS

Place all vegetables in a large bowl.  
Mix yoghurt with sweet chilli sauce, pour all over the slaw and toss really well to combine.

## MACROS

Calories: 175  
Protein: 7  
Carbs: 21  
Fat: 7  
Fibre: 6





# Mini Goats Cheese Pizzas



**SERVES:**

2



**TIME:**

20 minutes



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## INGREDIENTS

2 English muffins, sliced in half  
2 tbsp basil pesto  
120g courgette, thinly sliced  
80g soft goats cheese

## MACROS

Calories: 332  
Protein: 15  
Carbs: 29  
Fat: 19  
Fibre: 3

## INSTRUCTIONS

Start by preheating your oven to 180°C/350°F/Gas 4.

You'll need to slightly pre-toast your muffins. Place them in the toaster and toast for half the usual amount of time.

Next, spread basil pesto all over, followed by courgette and goats cheese.

Place in the oven and cook for 10-15 minutes or until cheese has melted and muffins look crispy around the edges.





# Sticky Pork Chops



**SERVES:**  
3



**TIME:**  
20 minutes



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## INGREDIENTS

2 cloves garlic, minced  
3 oranges, juiced  
1 tbsp maple syrup  
Salt & cracked pepper  
1 tbsp butter  
3 pork chops

## MACROS

Calories: 514  
Protein: 30  
Carbs: 14  
Fat: 38  
Fibre: 0

## INSTRUCTIONS

Mix garlic, oranges, maple syrup, salt & pepper together in a small bowl and set aside.

Melt butter in a non-stick skillet over medium-high heat. Add the pork chops and cook for about 5-6 minutes or until they start to brown on the bottom. Flip the chops and cook for another 5-6 minutes on the other side.

Remove from the pan and set aside on some kitchen towel.

Pour the sauce into the same skillet and let it bubble and become sticky. Once thickened, throw the chops back in and toss them around to coat them in sauce.

Divide on three plates and serve immediately.







# Sesame Salmon

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**SERVES:**  
4



**TIME:**  
15 minutes



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## INGREDIENTS

2 tsp sesame oil  
400g skinless salmon steaks, thinly sliced  
150g edamame  
1 tbsp pickled ginger  
2 tsp sesame seeds  
2 tsp fresh red chilli, diced

## INSTRUCTIONS

Bring a large fry pan to high heat and add sesame oil.

Lay salmon slices in the pan and cook for one minute. Flip, and cook for an additional 30 seconds or until just cooked through.

Transfer to a serving plate and sprinkle with edamame, pickled ginger, sesame seeds and fresh chilli.

## MACROS

Calories: 293  
Protein: 24  
Carbs: 3  
Fat: 20  
Fibre: 1





# BBQ Chicken & Avocado Salad

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**SERVES:**  
4



**TIME:**  
30 minutes



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## INGREDIENTS

2 chicken breast (240g), sliced in strips  
2 tsp olive oil  
1/2 pineapple, peeled & cut into wedges  
60g spinach  
200g avocado, sliced  
For the satay sauce:  
1 tbsp vegetable oil  
3 tbsp chunky peanut butter  
3 tbsp hoisin sauce  
60ml lime juice  
60ml water  
To serve:  
25g coriander, leaves picked

## MACROS

Calories: 396  
Protein: 23  
Carbs: 31  
Fat: 20

## INSTRUCTIONS

Bring a saucepan to medium heat and add all dressing ingredients. Stir constantly with a whisk and cook for 4-5 minutes or until the sauce is thick and smooth. Transfer to a bowl and set aside.

Next, place chicken in a medium bowl with olive oil and toss to coat. Season with salt & pepper.

Heat a chargrill BBQ plate on medium-high heat. Cook chicken for about 7 minutes on each side, or until fully cooked through. Remove from the heat, cover with tinfoil and set aside.

Add pineapple and cook each side for 2-3 minutes, or until slightly charred.

Lay spinach across a large serving plate, then arrange chicken, pineapple and avocado on top.

Pour satay sauce all over and sprinkle with coriander.





# Vietnamese Beef Roll



**SERVES:**  
2



**TIME:**  
20 minutes (plus 8 hours)



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## INGREDIENTS

1 carrot, shredded  
1/2 lebanese cucumber, cut into matchsticks  
1/2 red onion, thinly sliced  
80ml Vietnamese dressing  
100g rump steak, trimmed  
25g coriander, leaves picked  
2 long wholemeal soft rolls, cut lengthways (not all the way through) (gluten-free if required)  
2 tsp kewpie mayonnaise  
2 tsp sriracha

## INSTRUCTIONS

Place carrot, cucumber and onion in a small bowl and cover with vietnamese dressing. Place in the fridge for 2 hours, or ideally overnight to allow the vegetables to absorb the dressing.

Heat a lightly oiled, barbecue grill plate over a high heat. Add beef. Cook, for about 3 minutes on each side, or until cooked to your liking. Remove from the heat and loosely cover with tin foil for five minutes before slicing the steak into thin slices.

Drain the marinating vegetables and divide between the rolls. Finally, layer with beef, coriander, mayonnaise and sriracha.

## MACROS

Calories: 366  
Protein: 18  
Carbs: 41  
Fat: 14  
Fibre: 6





# Avocado Zoodle Pasta



**SERVES:**  
4



**TIME:**  
15 minutes



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## INGREDIENTS

3 courgettes, spiralised  
180g arugula  
1 x (400g) tin chickpeas, drained & rinsed  
1 avocado, sliced  
60g green olives, sliced  
2 tbsp pine nuts  
Chilli flakes, optional  
For the sauce:  
1 avocado  
1/2 tbsp apple cider vinegar  
1 1/2 tbsp olive oil  
2 1/2 tbsp mayonnaise  
Sea salt & cracked pepper

## INSTRUCTIONS

Bring a large pot of salted water to boil. Once boiling add the spiralised courgette and cook for 2-3 minutes. Drain and set aside.

Add all the sauce ingredients to a blender and blitz until smooth.

In a large bowl, toss the rocket, chickpeas and sauce all together. Gently mix through the courgette noodles. Transfer to 4 bowls.

Top each bowl with sliced avocado, olives, pine nuts and a sprinkling of chilli flakes.

## MACROS

Calories: 408  
Protein: 11  
Carbs: 26  
Fat: 30







# Roast Potato & Prawn Salad

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**SERVES:**  
5



**TIME:**  
60 minutes



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## INGREDIENTS

600g baby new potatoes, cut into halves or quarters

200g green beans

600g cooked prawns

For the dressing:

300ml Greek yoghurt

1 tbsp lemon, juiced

2 tbsp red onion, diced

2 tbsp dill, chopped

2 tbsp mint, chopped

2 tsp olive oil

2 tsp Dijon mustard

## INSTRUCTIONS

Peel potatoes and place in a pan of cold water, bring to the boil and cook for 10 minutes or until just tender. Add the beans for the remaining 3-4 minutes. Drain, set aside and allow to cool for 30-40 minutes.

Meanwhile, you can prepare the dressing by mixing all ingredients together in a medium sized bowl.

Add everything to a large bowl, season with a little salt & pepper and toss well to combine.

Divide on five plates and garnish with parsley, optional.

## MACROS

Calories: 317

Protein: 36

Carbs: 25

Fat: 6

Fibre: 3





# Chargrilled Veg & Black Rice

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**SERVES:**  
4



**TIME:**  
20 minutes



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## INGREDIENTS

2 red onions, cut into chunks  
2 red bell peppers, cut into chunks  
2 courgettes, cut into chunks  
1 1/2 tbsp olive oil  
225g black rice (uncooked)  
2 cloves garlic, minced  
430ml water  
1 vegetable stock cube

## MACROS

Calories: 293  
Protein: 8  
Carbs: 52  
Fat: 7  
Fibre: 6

## INSTRUCTIONS

Preheat oven to 200°C/395°F/Gas 6. Line a baking tray with baking paper.

Toss onion, peppers and courgettes in olive oil, season with salt & pepper, and lay evenly on the baking tray.

Meanwhile, heat olive oil in a saucepan over medium heat, then add black rice and garlic. Cook for 6-7 minutes stirring constantly. Add water and vegetable stock, and bring to a boil before reducing to a low heat. Cover, and simmer for about 25-30 minutes or until water is absorbed.

Divide rice into 4 bowls, top with vegetables and serve immediately.





# Creamy Turkey Pasta



**SERVES:**  
2



**TIME:**  
35 minutes

GF

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## INGREDIENTS

100g penne (uncooked)  
1 brown onion, diced  
1 clove garlic, minced  
100g sundried tomatoes, sliced  
500ml vegetable stock  
100ml light cream  
1 tbsp lemon, juiced  
1/2 tbsp Dijon  
170g cooked turkey breast

## MACROS

Calories: 474  
Protein: 29  
Carbs: 48  
Fat: 17  
Fibre: 3

## INSTRUCTIONS

Bring a large pot of salted water to boil and cook penne according to packet instructions.

Meanwhile, bring a large non-stick skillet to medium heat, add onion, garlic and sundried tomatoes. Cook for 5 minutes.

Next, add the stock, cream, lemon and Dijon, and bring to a simmer.

Stir through the cooked turkey and pasta.

Season really well with salt & cracked pepper, and divide into 2 bowls.





# Rigatoni Bake



**SERVES:**  
4



**TIME:**  
60 minutes



## INGREDIENTS

400g rigatoni (gluten-free if required)  
1 1/2 tbsp olive oil  
1 red onion, diced  
1 x (400g) can kidney beans  
300ml passata  
250ml vegetable stock  
1 tbsp Italian herbs  
2 tbsp fresh basil, chopped  
70g panko crumbs

## MACROS

Calories: 543  
Protein: 21  
Carbs: 94  
Fat: 7  
Fibre: 8

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. At the same time bring a large pot of salted water to boil.

Next, grease a baking dish with cooking spray.

Cook pasta according to packet instructions. Once cooked, drain and set aside.

Meanwhile, heat half the oil in a medium frypan. Add onion and kidney beans and cook for 5 minutes or until soft. Pour in the passata, stock and Italian herbs. Bring to a boil then remove from heat.

Stir through the pasta before transferring to the baking dish.

In a small bowl, toss breadcrumbs with remaining olive oil. Sprinkle over pasta and bake for 25 minutes.

Sprinkle with chopped basil before serving.







# Scottish Rumbledethumps



**SERVES:**  
3



**TIME:**  
55 minutes



## INGREDIENTS

225g potatoes, diced  
2 large onions, diced  
2 celery stalks, peeled and chopped  
1 large carrot, peeled and chopped  
40g butter (unsalted)  
1 head Savoy cabbage, finely shredded  
100g cheddar cheese, grated  
Salt and pepper to taste

## MACROS

Calories: 405  
Protein: 14  
Carbs: 42  
Fat: 22  
Fibre: 9

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

Bring a pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 12-15 minutes. Drain, transfer to a large bowl, mash and set aside.

Meanwhile, bring a 1/2 inch of salted water to boil in a large frying pan. Add the onions, celery and carrots, cover, and cook for about 5 minutes or until water has evaporated. Add half the butter and savoy cabbage to the pan and cook for 2-3 minutes or until cabbage has softened.

Add the cabbage to the bowl of potato, along with the remaining butter and mash together thoroughly. Mix through the other vegetables and season with salt and pepper.

Transfer the vegetables to an ovenproof baking dish, sprinkle the cheese on top, cover with aluminum foil and bake for 30-35 minutes.

Remove the aluminium foil and cook for a further 5 mins or until the cheese is starting to become crispy.

Divide on to four plates and serve hot.





# Chicken with Brown Butter Sauce

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**SERVES:**  
2



**TIME:**  
30 minutes

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## INGREDIENTS

150g chicken breast (2 pieces)  
Sea salt & cracked pepper  
40g all purpose flour  
1 tbsp olive oil  
60g butter  
2 tsp fresh thyme leaves  
1 garlic clove, minced

## MACROS

Calories: 451  
Protein: 25  
Carbs: 15  
Fat: 33  
Fibre: 1

## INSTRUCTIONS

Start by cutting each chicken breast in half lengthways (to make the pieces thinner)

Season well with salt & cracked pepper.

Place flour in a bowl and dredge each chicken breast in the flour.

Add the olive oil and half the butter to a large skillet set over medium-high heat. Allow the butter to melt a little, then add the chicken and cook for 3 minutes per side, or until cooked through. Transfer chicken to a plate and cover with aluminum foil.

Add the remaining butter to the same skillet, and again, allow it to melt before adding the thyme leaves and garlic. After 2-3 minutes the butter should begin to brown and bubble a little.

Reduce the heat right down, add the chicken back to the skillet and just allow the chicken to heat through.

Transfer to two pallets and serve immediately.





# Roast Beef Tenderloin



**SERVES:**  
6



**TIME:**  
60 minutes



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## INGREDIENTS

1kg beef tenderloin roast  
2 tbsp olive oil, divided  
2 cloves garlic, minced  
2 red bell peppers, halved  
2 yellow bell peppers, halved  
Coriander leaves

## MACROS

Calories: 396  
Protein: 49  
Carbs: 5  
Fat: 20  
Fibre: 2

## INSTRUCTIONS

Allow beef to stand at room temperature for 1 hour before roasting. Set an oven rack in the middle position and preheat the oven to 200°C/395°F/Gas 6.

Take a separate large baking tray and line it with baking paper. Place bell peppers cut side down and place tray in the oven (under the tray reserved for the meat). Cook capsicums for 40-50 minutes or until the skin begins to char.

Season beef all over with sea salt and pepper. Heat oil, garlic and chermoula spice in an ovenproof skillet over medium-high heat. Cook beef for about 10 minutes, turning with tongs, until well browned on all but one side. Turn the tenderloin so that the un-seared side is down, and transfer the skillet directly to the preheated oven. (You can transfer to a greased pan if you don't have an ovenproof skillet). Roast until a thermometer inserted into the center of the meat registers 49°C-51°C for medium rare, about 15 minutes, or until done to your liking (54.5°C-57°C for medium). Remove meat, cover with aluminum foil and allow to rest for 10 minutes.

Slice meat and serve on a large tray with peppers and fresh coriander.





# Quick & Easy Tuna Quiche



**SERVES:**  
4



**TIME:**  
55 minutes



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## INGREDIENTS

250g tuna in springwater  
200g mushrooms, sliced  
3 eggs  
250ml milk  
100g Swiss cheese  
Salt & cracked pepper

## MACROS

Calories: 306  
Protein: 38  
Carbs: 7  
Fat: 14  
Fibre: 1

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Lightly grease an oven dish with cooking oil spray.

Drain the tuna and transfer to the dish along with the mushrooms. (Make sure you break the tuna up with a fork into flakes).

Season with salt & cracked pepper.

Whisk eggs and milk in a separate bowl and stir the cheese through. Pour over the tuna and mushrooms and bake for 30-35 minutes or until fully cooked through.

Serve immediately with an easy green salad.





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# DESSERTS







# Fruity Muffin

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**SERVES:**  
1



**TIME:**  
10 minutes



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## INGREDIENTS

100g mixed berries  
2 tsp maple syrup  
1/4 tsp cinnamon  
1 English muffin, toasted  
30g cream cheese  
1 tsp coconut sugar

## INSTRUCTIONS

Mix berries, maple syrup and cinnamon in a small bowl.  
Once your muffin is toasted, place on a dessert plate and spread cream cheese on both sides.  
Top with berry mix and sprinkle with coconut sugar.

## MACROS

Calories: 351  
Protein: 6  
Carbs: 57  
Fat: 11  
Fibre: 8





# Peanut Butter Protein Cookies

---



**SERVES:**  
12



**TIME:**  
15 minutes



---

## INGREDIENTS

240g runny peanut butter  
120g coconut sugar  
2 large eggs  
50g chocolate protein powder (vegan if required)  
Sprinkling sea salt

## MACROS

Calories: 182  
Protein: 10  
Carbs: 12  
Fat: 10  
Fibre: 0

## INSTRUCTIONS

Start by preheating oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper.

Place all ingredients (except sea salt) into a medium-sized bowl and combine.

Spoon out 1 1/2 tbsp of dough at a time and roll into a ball. Flatten between your palms to create a cookie shape and place on the baking tray.

Sprinkle with a little sea salt.

Bake for 8-10 minutes or until the edges begin to turn golden brown.

Let cool for 10 minutes before transferring to a cooling rack.





# Greek Yoghurt Tart with Mango

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**SERVES:**  
8



**TIME:**  
40 minutes



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## INGREDIENTS

190g almond meal  
2 tbsp coconut sugar  
Pinch of sea salt  
3 tbsp coconut oil, melted  
1 egg white  
285g Greek yogurt  
3 tbsp honey  
260g mango

## MACROS

Calories: 302  
Protein: 8  
Carbs: 18  
Fat: 22  
Fibre: 3

## INSTRUCTIONS

Preheat the oven 180°C/350°F/Gas 4. Spray a round tart pan with a removable bottom with cooking spray.

In a food processor pulse the almond meal with the coconut sugar and salt until finely ground. Add the coconut oil and egg white and pulse until everything is evenly coated and sticking together. Press the crumbs evenly over the bottom and up the sides of the tart pan. Bake for about 15-20 minutes, until the crust is lightly browned. Let the crust cool completely.

In a medium bowl, mix the yogurt with the maple syrup.

Spread the yogurt in the crust and arrange the berries over the surface of the yogurt. Cut the tart in slices and serve.







# Carrot Cake Oatmeal Slice



**SERVES:**  
10



**TIME:**  
60 minutes



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## INGREDIENTS

100g instant oats  
90g whole wheat flour  
1 ½ tsp baking powder  
1 tsp ground nutmeg  
1 tsp ground cinnamon  
2 tbsp coconut oil, melted  
1 egg  
1 tsp vanilla extract  
120ml maple syrup  
1 medium carrot, peeled and grated

## INSTRUCTIONS

Preheat the oven to 180°C/350°F/Gas 4. Line a 1-2" baking tray with baking paper.

Whisk together the oats, flour, baking powder, nutmeg and cinnamon. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Once combined, stir in the maple syrup. Add in the flour mixture, stirring until just combined. Finally, fold in the carrots. Chill the dough in the fridge for 40-45 minutes.

Transfer the mixture into the tray and smooth with the back of a spoon. Bake for 12-15 minutes.

Cool for 15 minutes before transferring to a cooling rack.

## MACROS

Calories: 148

Protein: 3

Carbs: 25

Fat: 4

Fibre: 2





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THE TEAMFFLC RECIPE BOOK

# TASTY EATS FOR TASTY PEOPLE

