



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





Poppy Seed Pancakes



SERVES: 12 Pancakes (4
TIME: 40 minutes

INGREDIENTS

1 Medium egg
200 g of plain flour
75 g of caster sugar
2 tsp of baking powder
150ml of milk
2 lemons, juiced and zested
40 g of poppy seeds
2 tbsps of oil

MACROS

Calories: 528
Protein: 12
Carbs: 84
Fat: 16
Fibre: 8

INSTRUCTIONS

Begin by sifting the flour into a large bowl to remove any lumps before mixing in the sugar, baking powder and salt.

In a measuring jug, whisk together the milk, egg, poppy seeds, lemon juice and zest. Create a well in centre of the flour mixture and pour the liquid into it. Using a wooden spoon, slowly fold the flour into the wet ingredients until a smooth batter has formed.

Heat a lightly oiled non-stick frying pan over a low heat and add one ladleful of batter. Spread the batter out to create a pancake that is 10 cms in diameter and cook for around 3 minutes, or until the base has turned golden brown. Flip the pancake and cook for a further 2 minutes on the other side before removing from the pan.

Repeat this process until all the batter is used up and wrap finished pancakes in kitchen foil to keep warm while the rest cook. Squeeze over a wedge of lemon before serving with a dollop of natural yoghurt and honey for a delicious breakfast





PB & J Overnight Oats



SERVES:
2



TIME:
5 minutes

INGREDIENTS

130 g of rolled oats
240ml of unsweetened almond milk
1 tbsp of chia seeds
½ tbsp of maple syrup
1 tbsps of peanut butter
1 tbsp of jam

INSTRUCTIONS

To make this nutritious and simple breakfast, add all the ingredients except the jam into a serving bowl. Cover with kitchen wrap and place in the fridge overnight, by which point the oats will have absorbed the delicious flavours of the maple syrup and peanut butter and soaked up much of the almond milk.

When ready to serve, add a dollop of jam on top and stir in some extra almond milk if needed.

MACROS

Calories: 341
Protein: 11
Carbs: 45
Fat: 13
Fibre: 8





Avocado on toast with smoked salmon



SERVES:
2



TIME:
15 minutes

INGREDIENTS

1 avocado, peeled and stoned
2 tbsps of fat-free natural yoghurt
½ lemon, juiced
2 slices of rye bread, toasted
½ tsp of cayenne pepper
75 g of smoked salmon
¼ cucumber, thinly sliced using a vegetable peeler
A handful of watercress
Dressing:
½ red chilli, deseeded and diced
A handful of fresh mint, chopped
½ lemon, juiced and zested
1 tomato, diced
1 tsp of white wine vinegar
A pinch of salt and black pepper

INSTRUCTIONS

Begin making the dressing by combining all the dressing ingredients in a small bowl and seasoning to perfection before setting aside.

In a separate bowl, roughly mash together the avocado flesh, lemon juice and yoghurt. Be careful not to make the mixture too smooth, as you want it to have a chunky texture.

Divide the avocado mixture between the slices of toasted rye bread. Sprinkle over a pinch of cayenne pepper to add a touch of heat and colour before layering the smoked salmon and cucumber ribbons on top. Finish by placing a small handful of watercress on top of the salmon and drizzling over the dressing.

MACROS

Calories: 289

Protein: 16





Black Forest Overnight Oats



SERVES:
2



TIME:
10 minutes

INGREDIENTS

65 g of rolled oats
1 tbsp of unsweetened cocoa powder
125ml of unsweetened almond milk
¼ tsp of vanilla extract
1 tsp of maple syrup
65 g of frozen dark cherries
1 tsp of dark chocolate chips
A pinch of salt
¼ tsp of ground cinnamon

INSTRUCTIONS

To make this nutritious and easy breakfast, add all the ingredients except the chocolate chips into a serving bowl. Cover with kitchen wrap and place in the fridge overnight, by which point the oats will have absorbed the delicious flavours of the maple syrup, vanilla and cherries.

When ready to serve, stir in the chocolate chips and some extra almond milk if needed.

MACROS

Calories: 279
Protein: 8
Carbs: 46
Fat: 7
Fibre: 6





Spicy Moroccan Eggs



SERVES:
4



TIME:
20 minutes

INGREDIENTS

2 tsp of olive oil
1 white onion, thinly sliced
3 garlic cloves, crushed
1 tbsp of rose harissa paste
1 tsp of ground coriander
150ml of vegetable stock
1 400 g tin of chickpeas
2 400 g tins of chopped tomatoes
2 courgettes, diced
200 g of baby spinach
A large handful of coriander, chopped
4 eggs

MACROS

Calories: 242
Protein: 16
Carbs: 22
Fat: 10
Fibre: 8

INSTRUCTIONS

Begin by heating the olive oil in a large frying pan. Once hot, sauté the onion and garlic for 5 minutes, or until the onion has softened and the garlic smells fragrant. Stir in the harissa paste and ground coriander. Let the spices roast in the pan for a few moments before adding the vegetable stock and chickpeas, including their liquid. Cover the pan and leave to simmer for 10 minutes, by which point it should smell incredible.

Add the tinned tomatoes and courgettes to the pan and cook over a low heat for a further 10 minutes. Once the tomatoes have broken down and the courgettes are tender fold in the baby spinach and fresh coriander and let the sauce gently bubble until it is rich and delicious.

Using the back of a spoon, make 4 hollows in the sauce. Crack the eggs into the hollows, put a lid on the pan and let the eggs poach in the sauce. Once the yolk has turned golden yellow and the white has set, remove from the heat and serve immediately.





SIDES & SMALL PLATES





Roasted Brussels Sprouts with Cranberries



SERVES:
4



TIME:
35 minutes

INGREDIENTS

450 g of Brussels sprouts, trimmed and halved

1 tbsp of olive oil

A pinch of salt and black pepper

1 tbsp of dried cranberries

MACROS

Calories: 81

Protein: 4

Carbs: 14

Fat: 1

Fibre: 5

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

In a large bowl, toss the Brussels sprouts with olive oil before spreading them out evenly across a baking tray. Season the sprouts to perfection with salt and pepper before roasting them in the oven for 15 minutes, by which point they will have started to soften.

Remove the sprouts from the oven and scatter over the cranberries. Return to the oven and roast for a further 10 minutes, or until the sprouts have begun to slightly char and the cranberries are caramelised.

Serve as a delicious accompaniment to any main meal or as a healthy snack.





Rocket, Egg and Charred Asparagus Salad



SERVES:
4



TIME:
20 minutes

INGREDIENTS

4 eggs
1 tbsp of extra-virgin olive oil
340 g of asparagus, trimmed
50ml of Greek yoghurt
1 lemon, juiced
1 tbsp of water
150 g of rocket
A pinch of salt and black pepper

MACROS

Calories: 154
Protein: 10
Carbs: 6
Fat: 10
Fibre: 2

INSTRUCTIONS

Begin by preheating your grill to a high heat.

Meanwhile, bring a saucepan of water to the boil. Add the eggs and cook for 6-8 minutes until they are hard-boiled or to your liking. Using a slotted spoon, remove the eggs from the water and place in a bowl of ice or cold water for a few minutes to halt the cooking process. Once the eggs are cold to the touch, peel them and cut into quarters.

Place the asparagus on a baking tray and drizzle over olive oil and a pinch of salt and pepper. Grill for 3 minutes until it is lightly charred, then remove from the grill and chop into 3 cm pieces.

In a small bowl make the salad dressing by combining the yoghurt, lemon juice and seasoning – if the dressing is too thick just add a splash of water. Once it has reached your desired consistency, fold the rocket into the yoghurt mixture.

To serve, arrange the rocket on a platter and top with the asparagus and hard-boiled eggs.





Parmesan Roasted Cauliflower



SERVES:
4



TIME:
40 minutes

INGREDIENTS

1 cauliflower, cut into florets
1 white onion, sliced
A handful of fresh thyme
4 garlic cloves, crushed
3 tbsps of olive oil
60 g of Parmesan cheese, grated
A pinch of salt and black pepper

MACROS

Calories: 215
Protein: 9
Carbs: 11
Fat: 15
Fibre: 3

INSTRUCTIONS

Begin by preheating your oven to 220°C /425°/gas7.

Meanwhile, toss the cauliflower, onion, thyme and garlic in a large bowl with a splash of olive oil. Once the vegetables and herbs are well coated, season with salt and pepper before placing them on a baking tray.

Roast the cauliflower for 40 minutes and toss occasionally to prevent burning. Once the cauliflower has started to turn golden brown, remove from the oven and scatter over the Parmesan cheese before returning to the heat for a further 10 minutes.

Remove from the oven once the cauliflower is fully golden and the cheese has melted. Enjoy as a healthy alternative to crisps or as a delicious side to a main dish.





Caprese Salad



SERVES:
6



TIME:
10 minutes

INGREDIENTS

500 g of different coloured tomatoes,
halved
2 tbsps of extra-virgin olive oil
90 g of fresh mozzarella, sliced
½ tsp of salt
¼ tsp of black pepper
Small amount of torn fresh basil

INSTRUCTIONS

In a large bowl, combine all of the ingredients except the basil. Gently toss the ingredients so that they are well combined before placing on a serving dish. Top the salad with fresh basil leaves and serve as a refreshing side dish or appetiser.

MACROS

Calories: 100
Protein: 3
Carbs: 4
Fat: 8
Fibre: 1





Baked Vegan Sweet Potato Fries



SERVES:
4



TIME:
40 minutes

INGREDIENTS

3 sweet potatoes
1 tbsp of extra-virgin olive oil
1 tsp of ground cumin
¼ tsp of paprika
½ tsp of sea salt
¼ tsp of cayenne pepper
1 tbsp of coconut oil

MACROS

Calories: 84
Protein: 1
Carbs: 11
Fat: 4
Fibre: 3

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

While your oven heats, wash and peel the sweet potatoes before cutting them into lengthwise wedges.

In a large bowl, drizzle the sweet potatoes with olive oil and mix well to combine. Once the sweet potatoes are well coated, mix through the cumin, paprika, cayenne pepper and salt.

Brush a large baking tray with coconut oil and arrange the sweet potatoes evenly. Bake for around 30 minutes, or until they have turned golden brown and the spices smell aromatic. Remember to toss the sweet potatoes at least once while they bake to ensure even cooking.

Serve with your favourite condiments as a nutritious snack or as an accompaniment to any main dish.





Parmesan Mashed Potatoes



SERVES:
6



TIME:
35 minutes

INGREDIENTS

450 g of red skinned potatoes, cleaned and halved

340 g of parsnips, peeled and chopped

2 tbsps of butter

A pinch of black pepper

60ml of milk

85 g of Parmesan cheese, grated

INSTRUCTIONS

After thoroughly cleaning the potatoes and peeling the parsnips, add them to a large saucepan of boiling water. Cook for around 20 minutes, or until the vegetables are tender, and drain.

Using a masher, mash the potatoes and parsnips into rough mixture before adding the butter and pepper. Once well combined, gradually add the milk and beat the mixture until it is velvety and fluffy. To finish off this luxurious accompaniment, stir in a handful of Parmesan cheese before serving.

MACROS

Calories: 187

Protein: 8

Carbs: 23

Fat: 7

Fibre: 3





MAINS





Turkey Chilli



SERVES:
6



TIME:
55 minutes

INGREDIENTS

2 tsp of olive oil
1 white onion, diced
3 garlic cloves, crushed
1 red pepper, chopped
450 g of lean turkey mince
1 tbsp of chilli powder
2 tsp of ground cumin
1 tsp of dried oregano
¼ tsp of cayenne pepper
½ tsp of salt
2 400 g tins of chopped tomatoes
300ml of chicken stock
2 400 g tins of kidney beans, drained and rinsed
1 400 g tin of sweet corn, drained and rinsed

INSTRUCTIONS

In a large frying pan, sauté the onion, garlic and red pepper over a medium heat for around 5 minutes, or until the vegetables are tender and beginning to caramelise. Add the turkey to the pan and cook through before adding the spices.

Let the spices roast in the pan until they are aromatic before adding the chopped tomatoes, stock, kidney beans and sweet corn. Bring the chilli to the boil and let it reduce for around 30 minutes by which point the sauce will be thick and rich. Season to your taste with a pinch of salt and black pepper before removing from the heat.

To serve, top with your favourite Mexican condiments such as guacamole, sour cream or hot sauce.

MACROS

Calories: 352

Protein: 32





BBQ Chicken Tortilla Pizza



SERVES:
2



TIME:
16 minutes

INGREDIENTS

2 flour tortillas
1 white onion, diced
85 g of cooked chicken, shredded
50ml of barbeque sauce
1 tsp of balsamic vinegar
50 g of cherry tomatoes, sliced
100 g of mozzarella cheese, grated
50 g of Parmesan cheese, grated

MACROS

Calories: 286
Protein: 23
Carbs: 44
Fat: 2
Fibre: 6

INSTRUCTIONS

Begin by preheating your grill to a medium heat.

Place the tortillas under the grill for around 1 minute, or until they are lightly toasted all over – remember to watch the tortillas carefully as they will burn very easily. Once cooked, remove from the grill and set aside.

To soften the onion, gently sauté in a pan for 5 minutes or, alternatively, cook them in a microwave for 2 minutes.

While the onion cooks, add the shredded chicken to a bowl and combine with the barbeque sauce and balsamic vinegar.

To assemble the pizza, spread the tortillas with barbeque sauce and scatter over the chicken, onions and tomatoes. Top with the grated mozzarella and Parmesan before placing the pizza under the grill once again.

Once the cheese has melted and is beginning to brown, remove the pizza from the oven and serve.





Goat's Cheese & caramelised Onion frittata



SERVES:
2



TIME:
25 minutes

INGREDIENTS

4 tsp of rapeseed oil
2 red onions, finely sliced
4 tsp of honey
8 eggs
140 g of goats cheese
100 g of rocket
250 g of cooked beetroot, sliced
½ lemon, juiced

MACROS

Calories: 313
Protein: 20
Carbs: 29
Fat: 13
Fibre: 6

INSTRUCTIONS

Begin by preheating your grill to a high temperature.

Meanwhile, in an ovenproof frying pan sauté the onions for 10 minutes until they have softened. Add the honey to the pan and leave to bubble for 2 minutes allowing the onions to caramelise.

As the onions caramelise, beat the eggs before adding them to the pan. Cook for 5 minutes until the eggs have almost set before crumbling goat's cheese over the top. Place the frittata under the hot grill and cook until a delicious layer of melted cheese has formed on top and the eggs have firmly set.

As the frittata cooks, combine together the rocket and beetroot in a large bowl and dress with lemon juice for some extra zing.

To serve, cut the frittata into quarters and serve with the beetroot salad for some added freshness.





Salmon Quinoa Bowl



SERVES:
1



TIME:
20 minutes

INGREDIENTS

45 g of uncooked quinoa
125ml of water
A pinch of salt and black pepper
1 tbsp of low-fat natural yoghurt
½ a beef tomato, sliced
1 avocado, stoned and sliced
30 g of cooked salmon
A handful of rocket
100g of feta cheese
2 tsp of dried oregano

MACROS

Calories: 345
Protein: 20
Carbs: 33
Fat: 15
Fibre: 6

INSTRUCTIONS

Bring a saucepan of water to the boil over a medium heat and add the quinoa. Cover and let the quinoa simmer for 10 to 15 minutes until the water is completely absorbed and the quinoa is fluffy.

Drain the quinoa and transfer to a bowl to cool. Once the quinoa has cooled, stir in the avocado, tomato, salmon and rocket making sure that it is well mixed.

To make the dressing, combine the yoghurt, feta cheese and oregano in a small bowl.

To serve, add a dollop of yoghurt dressing on of the quinoa and enjoy.





Prawn Linguine



SERVES:
4



TIME:
25 minutes

INGREDIENTS

220 g of linguine pasta
2 tbsps of unsalted butter
450 g of shrimp, peeled and deveined
3 garlic cloves, crushed
¼ tsp of crushed red pepper
50ml of white wine
1 lemon, juiced and zested
A pinch of salt and black pepper
A handful of parsley, chopped
A handful of Parmesan cheese, grated

MACROS

Calories: 402
Protein: 33
Carbs: 45
Fat: 10
Fibre: 2

INSTRUCTIONS

In a large pot of boiling salted water, cook the linguine until al dente.

Meanwhile, melt the butter in a large pan over a medium heat before adding the shrimp, garlic and crushed red pepper. Sauté for 3 minutes, or until the shrimp has turned pink and the garlic and pepper smell aromatic.

Squeeze the lemon juice and pour the wine into the pan and season to perfection. Let the sauce reduce for 5 minutes before removing from the heat and stirring in the pasta, zest and parsley, which will add some freshness to the dish.

Mix well before serving immediately with a handful of Parmesan cheese scattered on top.





Cod Provencal



SERVES:
4



TIME:
25 minutes

INGREDIENTS

260 g of cherry tomatoes, quartered
1 garlic clove, crushed
½ tsp of ground fennel seeds
½ tsp of ground black pepper
2 tbsps of extra-virgin olive oil
A pinch of salt
1 fennel bulb, trimmed with leaves reserved
½ lemon, juiced
1 leek, thinly sliced
450 g of cod, cut into 3 cm pieces
A handful of fresh thyme
1 tbsps of butter
4 tsp of aniseed liqueur

MACROS

Calories: 325
Protein: 34
Carbs: 36
Fat: 5

INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

In a large bowl, toss together the tomatoes, garlic, fennel seed, black pepper, olive oil and salt until well combined before setting aside.

To prepare the fennel bulb, remove the tough outer layer and finely slice it using a mandolin or sharp knife. Add the fennel bulb to a bowl with the leek and lemon juice before mixing well.

Place the fish on a large sheet of kitchen foil and cover with the tomatoes and fennel bulb mixtures. Top with butter, thyme and a splash of aniseed liqueur. Create a parcel by placing another sheet of foil on top and scrunch the edges of both sheets together.

Bake the fish parcels for 10 to 15 minutes, or until the fish flakes easily and smells delicious. Scatter over the reserved fennel leaves and serve immediately.





Slow Cooked Spicy Beef Curry



SERVES:
6



TIME:
5 hours

INGREDIENTS

Marinade:

- 150ml of low-fat natural yoghurt
- 1 kg of lean casserole steak, cut into 3 cm pieces
- 1 tsp of ground cumin
- 1 tsp of ground coriander
- 1 tsp of ground turmeric

Curry:

- 1 tbsp of olive oil
- 1 white onion, diced
- 2 tbsps of ground coriander
- 1½ tbsps of ground cumin
- 6 cardamom pods
- 1 tsp of ground turmeric
- 2 tsp of garam masala
- ½ tsp of black pepper
- 4 dried Kashmiri chillies
- 1 green chilli, diced
- 3 garlic cloves, crushed
- 1 3 cm piece of ginger, peeled and grated
- 2 tbsps of tomato paste
- 1 400 g tin of chopped tomatoes
- ½ l of beef stock
- 1 lemon, juiced

INSTRUCTIONS

Begin by combining the ingredients for the marinade in a large bowl making sure to mix well. Once the marinade has come together, add the steak and massage the marinade into the meat so that it absorbs the delicious flavours. Cover with kitchen wrap and place the steak in the fridge for 2 hours.

Heat the oil in a large frying pan and cook the marinated steak for 5 minutes until it has sealed. Add the onions to the pan and gently sauté them until they have softened and are turning translucent.

Add the coriander, cumin, cardamom, turmeric, garam masala, black pepper, Kashmiri chillies, fresh chillies, garlic and ginger to the pan and let them cook for 4 minutes, by which point the spices will smell aromatic.

Stir in the tomato paste, stock, chopped tomatoes and lemon juice. Bring the sauce to a simmer before transferring the curry to a slow cooker and cook on high for 3 hours.

Once the meat is tender and the sauce looks rich and moreish, season to perfection. To serve, scatter over some freshly chopped coriander for some added freshness and enjoy.

MACROS

Calories: 220
Protein: 28
Carbs: 18
Fat: 4
Fibre: 2





Black Bean and Corn Quesidillas



SERVES:
4



TIME:
15 minutes

INGREDIENTS

400 g tin of black beans, drained and rinsed
130 g of sweet corn
60 g of salsa
2 tsp of taco seasoning
A handful of fresh coriander, chopped
130 g of cheddar cheese, grated
8 tortilla wraps

INSTRUCTIONS

In a medium bowl, combine the beans, sweet corn, salsa, taco seasoning and coriander.

Heat a large frying pan over a medium heat and place one tortilla in it. Layer the tortilla with the bean mixture and the cheese before placing a second tortilla on top. Press down on the tortillas firmly before leaving to cook. Once the bottom tortilla has turned golden brown flip the quesadilla and repeat, by which point the cheese filling should have melted.

To serve, cut the tortillas into quarters and enjoy with your favourite Mexican condiments such as sour cream, guacamole and hot sauce.

MACROS

Calories: 396

Protein: 31

Carbs: 50

Fat: 8

Fibre: 12





Egg and Parmentier Potatoes



SERVES:
4



TIME:
1 hour 10 minutes

INGREDIENTS

500 g of potatoes, peeled and diced
2 shallots, quartered
1 tbsp of olive oil
2 tsp dried oregano
200 g of button mushrooms, sliced
4 eggs

MACROS

Calories: 222
Protein: 11
Carbs: 22
Fat: 10
Fibre: 2

INSTRUCTIONS

Begin by preheating your oven to 200°C (400°F).

In a large roasting tin, coat the potatoes and shallots in olive oil and sprinkle over the dried oregano. Bake for 45 minutes, or until the potatoes have softened and turned golden brown, before adding the mushrooms. Roast for a further 15 minutes, until the vegetables have started to caramelise.

Using a spoon, make four hollows in the vegetables and crack and egg into each hollow. Return to the oven for 4 minutes for a perfectly cooked egg with a runny yolk. If you prefer a harder yolk, just keep the dish in the oven for a few minutes longer.





Mushroom Bolognese



SERVES:
6



TIME:
1 hour 16 minutes

INGREDIENTS

30 g of dried porcini mushrooms
2 tbsps of olive oil
500 g of chestnut mushrooms, finely diced
2 white onions, diced
4 garlic cloves, crushed
2 carrots, grated
2 celery stalks, diced
A handful of thyme leaves, chopped
1 tsp of celery salt
1 star anise
2 tbsps of tomato purée
2 x 400 g tins of chopped tomatoes
A handful of basil, chopped
400 g of tagliatelle

MACROS

Calories: 350
Protein: 14
Carbs: 60

INSTRUCTIONS

Begin by soaking the porcini mushrooms in a bowl of boiling water and setting them aside to rehydrate.

In a large frying pan, heat the olive oil and gently sauté the chestnut mushrooms. The mushrooms will release a lot of liquid so keep cooking until the liquid has evaporated and the mushrooms are soft and golden brown.

Remove the mushrooms from the pan and add the carrots, onion, garlic and celery. Sauté the vegetables for around 10 minutes, or until they have softened, before adding the herbs, celery salt, star anise and tomato purée.

Drain the porcini mushrooms and add them to the pan, alongside some of the reserved soaking liquid and the chestnut mushrooms. Combine the ingredients in the pan before adding the chopped tomatoes. Cook the sauce for 30 minutes, by which point it will look luxurious and glossy.

Meanwhile, cook the pasta until al dente before draining and mixing through the mushroom sauce. To serve, tear over some fresh basil leaves and enjoy.





Cheesy Chicken Orzo



SERVES:
4



TIME:
35 minutes

INGREDIENTS

2 tbsps of olive oil
350 g of chicken breasts, chopped into
2 cm pieces
140 g of Orzo pasta
50 g of cheddar cheese, grated
2 tbsps of butter
60ml of milk

MACROS

Calories: 364
Protein: 26
Carbs: 29
Fat: 16
Fibre: 1

INSTRUCTIONS

Begin by heating the olive oil in a large frying pan. Add the chicken and cook over a medium heat for around 15 minutes until it has cooked through before setting aside.

Meanwhile, bring a large saucepan of water to the boil and add the Orzo pasta. Boil the pasta until al dente and drain before returning it to the pot. Add the grated cheese, butter and milk to the pasta and combine until it has formed a smooth and creamy sauce.

Stir in the cooked chicken and season to perfection with a pinch of salt and black pepper before serving immediately.





Greek Style Turkey Burgers



SERVES:
4



TIME:
35 minutes

INGREDIENTS

Burgers:

450 g of turkey mince

50 g of feta cheese, crumbled

1 tbsp of semi-skimmed milk

A handful of fresh parsley, chopped

A handful of fresh mint, chopped

A pinch of salt and black pepper

Sauce:

150 g of natural low fat yoghurt

½ lemon, juiced

½ garlic clove, crushed

A handful of fresh parsley, chopped

A handful of fresh mint, chopped

A pinch of salt and black pepper

INSTRUCTIONS

Begin making the burger patties by combining the turkey, feta, mint, parsley, milk, salt and pepper in a large bowl. Once well mixed, divide the burger mixture into four patties using your hands to shape them into the classic shape.

Arrange the burgers on a baking tray before placing under a high grill. Cook the burgers for 5 minutes until the top side is slightly charred before flipping and continuing to cook for a further 5 minutes.

While the burgers are grilling, make the yoghurt sauce by combining all the ingredients in a small bowl before seasoning the sauce to perfection.

Serve the burgers with a dollop of yoghurt sauce on top for some added freshness.

MACROS

Calories: 244

Protein: 39

Carbs: 4

Fat: 8





Quick Fish Curry



SERVES:
4



TIME:
15 minutes

INGREDIENTS

1 tbsp of vegetable oil
1 white onion, diced
1 garlic clove, crushed
2 tbsps of Madras curry paste
1 400 g tin of tomatoes
200ml of vegetable stock
600 g of white fish fillets, skinned and cut into large pieces
A handful of fresh coriander, chopped

INSTRUCTIONS

To make this simple but delicious curry, begin by gently sautéing the onion and garlic for around 5 minutes, or until the onion is soft and the garlic smells aromatic. Stir in the curry paste and let it roast in the pan for 3 minutes to release the flavours of the spices before adding the tomatoes and the stock.

Bring the sauce to a simmer and add the fish. Cook gently for around 10 minutes, by which point the fish will be soft and flaky. Serve immediately topped with a handful of fresh coriander.

MACROS

Calories: 201

Protein: 30

Carbs: 9

Fat: 5

Fibre: 2





Baked Sweet and Sour Chicken



SERVES:
4



TIME:
60 minutes

INGREDIENTS

450 g of skinless chicken breasts, cut into 2 cm pieces
2 tbsps of cornstarch
2 tbsps of extra-virgin olive oil
1 250 g tin of pineapple
60ml of tomato ketchup
2 tbsps of rice vinegar
1 tbsp of soy sauce
1 garlic clove, crushed
¼ tsp of red pepper flakes
1 white onion, diced
2 bell peppers, diced
3 spring onions, thinly sliced

MACROS

Calories: 302
Protein: 24
Carbs: 29
Fat: 10
Fibre: 3

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Meanwhile, place the chicken and corn starch in a sealable bag and shake well to evenly coat the chicken.

Heat the olive oil in a wok over a medium heat. Add the chicken and stir-fry for around 2 minutes until it has turned golden brown before removing from the heat.

Once the chicken has cooked, drain the pineapple making sure to reserve some of the juice for the sauce. To make the sauce, whisk together the pineapple juice, ketchup, rice vinegar, soy sauce, garlic and red pepper flakes in a small bowl.

Place the chicken pieces in a large roasting tin. Scatter over the pineapple, onion and bell peppers before pouring over the sauce. Remember to make sure that everything is well coated, as this will let the vegetables and chicken absorb the sweet and sour flavours.

Cover the roasting tin with foil and bake for 45 minutes, or until the chicken has cooked through and the sauce has become thick and sticky.

Scatter over a handful of spring onions before tucking in.





DESSERTS





Quick Blueberry Muffins



SERVES:
1



TIME:
5 minutes

INGREDIENTS

1 tbsp coconut flour
1 tbsp almond flour
1 tbsp oat flour
2 tbsps granulated sweetener of choice
½ tsp baking powder
Pinch cinnamon
1 large egg
1 tbsp mashed banana or pumpkin
1 tbsp semi-skimmed milk or dairy
alternative
2-3 tbsps frozen blueberries

INSTRUCTIONS

In a small bowl, combine all the dry ingredients and mix well.
Add the egg, mashed banana, milk and mix until fully incorporated. Fold in the blueberries making sure you can see a few poking out the top.
Microwave for 50 seconds (850w).

MACROS

Calories: 393
Protein: 15
Carbs: 27
Fat: 25
Fibre: 5





No Bake Peanut Butter Protein bars



SERVES:
12 Bars



TIME:
25 minutes

INGREDIENTS

130 g natural smooth peanut butter
30 g honey
75 g vanilla whey protein powder
60 g oat flour
30 g chocolate chips

MACROS

Calories: 123
Protein: 8
Carbs: 7
Fat: 7
Fibre: 1

INSTRUCTIONS

In a large bowl mix the peanut butter and honey.

Add in the protein powder and oat flour until it forms a large, slightly dry ball of dough.

Place a large piece of cling film over an 8 x 8 inch baking tray so that it hangs over the sides and press the mixture into the tray flattening with your hands so it goes right to the edges.

Place the tray into the freezer for around 20 minutes.

Whilst the mix is cooling, melt the chocolate chips in the microwave.

Remove the tray from the freezer and using the cling film lift it out and onto a chopping board.

Cut evenly into 12 bars and either drizzle or coat them all with the chocolate mix.

The bars can be stored in an airtight container in the fridge or freezer.





Raspberry Chocolate Mousse



SERVES:
8



TIME:
20 minutes

INGREDIENTS

1 tbsp of raspberry liqueur
1 tbsp of milk
 $\frac{3}{4}$ tsp of gelatine
85 g of baking chocolate, roughly chopped
4 eggs, separated
4 tbsps of sugar
1 tsp of vanilla extract
A pinch of salt

MACROS

Calories: 126
Protein: 4
Carbs: 14
Fat: 6
Fibre: 1

INSTRUCTIONS

Begin by whisking together the liqueur, milk and gelatine in a small bowl before leaving to set.

Meanwhile, create a bain-marie by placing a glass bowl atop a saucepan half filled with boiling water. Place the chocolate in the glass bowl and gently whisk until it has completely melted and there are no lumps.

Put the chocolate to one side and place another glass bowl atop the saucepan. In the bowl, combine the egg yolks, 3 tbsps of sugar and a pinch of salt. Whisk constantly until the sugar dissolves and then add the gelatine mixture and melted chocolate. Continue to whisk until the gelatine dissolves before removing from the heat.

In a large bowl, beat the egg whites until they form stiff peaks. Once the eggs have reached this consistency, fold them into the chocolate mixture and then divide between 8 ramekins. Refrigerate the chocolate mousses for at least 2 hours before serving and garnish with fresh raspberries or whipped cream.





Healthy Avocado Chocolate Truffles



SERVES:
25



TIME:
20 minutes

INGREDIENTS

1 avocado, stoned, peeled and mashed
2 tbsps of maple syrup
170 g of dark chocolate, melted
4 tbsps of unsweetened cocoa powder
½ tsp of vanilla extract
50 g of desiccated coconut

MACROS

Calories: 56
Protein: 1
Carbs: 4
Fat: 4
Fibre: 3

INSTRUCTIONS

Begin making this healthy sweet treat by combining the maple syrup, melted chocolate, cocoa powder and mashed avocado in a large bowl. Thoroughly mix so that it becomes a smooth paste before covering and placing in the fridge for around 30 minutes, or until the truffle mixture has hardened slightly.

Lightly grease your hands with coconut oil and shape the individual truffles with your hands. Once the truffles are round, roll them in the desiccated coconut and place them on parchment paper before returning them to the fridge for another 30 minutes.

Once the truffles have hardened, remove from the fridge and enjoy. Any leftover truffles can be kept in the fridge for up to four days in an airtight container.





THE TEAMFFLC RECIPE BOOK

TASTY EATS FOR TASTY PEOPLE

