



## 5 Easy, Healthy Family Recipes

These recipes are simple, family-friendly, and designed to support a balanced lifestyle without overcomplicating dinner time. Enjoy!

### 1. Chicken & Veggie Stir-Fry Bowls

Ingredients:

- 500g chicken breast, sliced
- 1 tbsp olive oil
- Mixed stir-fry veg (fresh or frozen)
- 2 tbsp low-sodium soy sauce or teriyaki sauce
- 2 cups cooked rice or noodles

How to:

1. Cook chicken in olive oil until browned.
  2. Add veg and sauce, stir-fry for 5–7 mins.
  3. Serve over rice or noodles.
- ✓ Add sesame seeds or chopped cashews for extra flavour.

### 2. One-Pan Baked Chicken & Sweet Potato

Ingredients:

- 4 chicken thighs (skin-on or off)
- 2 sweet potatoes, cubed
- 2 cups broccoli florets
- 2 tbsp olive oil
- Salt, pepper, paprika, garlic powder

How to:

1. Preheat oven to 200°C.
  2. Toss everything in a baking tray with oil and spices.
  3. Roast for 35–40 mins, turning halfway.
- ✓ Crispy, no-fuss, and minimal dishes.



### 3. Taco Night (DIY Style)

Ingredients:

- 500g lean beef mince
- 1 packet taco spice or DIY with paprika, cumin, garlic
- 1 tin corn, 1 tin beans (drained)
- Chopped lettuce, tomato, cheese, avo
- Wholewheat wraps or taco shells

How to:

1. Brown mince, add taco spice, corn, and beans.
2. Let everyone build their own tacos.

✅ Easy way to sneak in extra veggies!

### 4. Egg Muffins (Great for Breakfast or Snacks)

Ingredients:

- 6–8 eggs
- ½ cup grated cheese
- 1 cup chopped veg (spinach, peppers, mushrooms)
- Optional: diced ham or cooked bacon

How to:

1. Preheat oven to 180°C and grease muffin tray.
2. Whisk eggs, mix in fillings, and pour into cups.
3. Bake for 15–20 mins until firm.

✅ Make ahead and store for 3 days in the fridge.

### 5. Protein-Packed Pasta Bake

Ingredients:

- 500g cooked wholewheat pasta
- 500g lean mince or shredded chicken
- 1 jar tomato-based pasta sauce
- 1 cup grated cheese
- 1 zucchini or handful of baby spinach (optional)

How to:

1. Cook meat, add sauce and veggies.
2. Mix with pasta, top with cheese.
3. Bake at 180°C for 20 mins.

✅ Tastes like comfort food—fuelled with protein.