

Favourite Family Meals

Simple and satisfying recipes for any day of the week



BLT DIP WITH POPPY SEED TORTILLA CHIPS

INGREDIENTS

- 5 medium flour tortilla(s)
- ▲ 1 egg white(s), lightly beaten
- 2 tsp poppy seeds
- 4 slice Weight Watchers Bacon
- 3/4 cup Weight Watchers Sour Cream
- 1/4 cup low-fat mayonnaise
- ▲ 3 tbs onion(s), finely chopped
- 1 tsp cider vinegar, or distilled white vinegar
- 1/4 tsp table salt
- ▲ 1/4 tsp black pepper, freshly ground
- ▲ 3/4 cup tomato(es), fresh, diced
- ▲ 1 tbs tomato(es), fresh, diced, for garnish
- ▲ 1/2 cup rocket, thinly shredded
- ▲ 1 tbs rocket, thinly shredded, for garnish

INSTRUCTIONS

- 1** To make chips, place oven rack in middle position. Preheat oven to 200°C. Line a large baking sheet with aluminum foil.
- 2** Brush one side of each tortilla with egg white and then sprinkle with poppy seeds. Using a pizza slicer or a knife, cut each tortilla into 8 wedges. Spread tortilla wedges onto prepared baking sheet. Bake on middle oven rack until slightly golden and crisp, about 8 to 10 minutes; remove chips to a wire rack to cool.
- 3** Meanwhile, to make dip, cook bacon in a large non-stick frying pan over medium-low heat, turning occasionally, until lightly browned and crisp, about 5 to 6 minutes. Drain bacon on paper towels and then tear or chop into small pieces; set aside.
- 4** In a medium bowl, stir together sour cream, mayonnaise, onion, vinegar, salt and pepper until blended.
- 5** Reserve 1 tablespoon of bacon for garnish. Add remaining bacon, 3/4 cup of tomato and 1/2 cup of rocket to sour cream mixture; stir until combined. Transfer to a serving bowl; cover and refrigerate at least 15 minutes for flavours to blend.
- 6** To serve, garnish with remaining bacon, tomato and rocket. Serve with tortilla chips.

NOTES

If you'd like to make the dip more than a few hours in advance, just leave out the tomatoes until ready to serve because they might make the dip too watery. The chips can be made several days ahead and stored in an air-tight container. Sprinkle the chips with salt before baking, if desired.



You will devour this dip in seconds. It truly tastes like a BLT sandwich in a bowl.

ProPoints™ Value: 4

Servings: 8

Preparation Time: 16 min

Cooking Time: 15 min

Level of Difficulty: Easy

ROASTED POTATO WEDGES

INGREDIENTS

- ▲ 2 large sweet potato(es), washed and patted dry
- 1 tsp olive oil
- 1/4 tsp table salt
- 1/4 tsp dried rosemary, crushed
- 1 rosemary sprig, for garnish (optional)

INSTRUCTIONS

- 1 Preheat oven to 220°C. Cut each potato into 8 lengthwise wedges and place on a non-stick baking sheet. Drizzle with oil; sprinkle with salt and dried rosemary.
- 2 Roast for 15 minutes; toss and roast until potatoes are tender, about 15 to 20 minutes more.
- 3 Spoon potato wedges onto a serving plate and garnish with fresh rosemary.

NOTES

You can use sea salt instead of regular table salt if you prefer.

Potatoes are the must-have accompaniment to steak. We roasted sweet potatoes for a nutrient and colour boost but you can substitute regular baking potatoes if you prefer.

ProPoints™ Value: 3

Servings: 4

Preparation Time: 10 min

Cooking Time: 35 min

Level of Difficulty: Easy



THAI CHICKEN AND BEAN STIR-FRY

INGREDIENTS

- 1 tbs vegetable oil
- ▲ 500g skinless chicken breast, cut into 2cm cubes
- ▲ 2 individual shallots, ends trimmed, finely sliced
- 1 garlic clove, crushed
- ▲ 2 cup green beans, ends trimmed, cut into 5cm lengths
- 1 tsp fish sauce
- 1 tbs soy sauce
- 1 tbs sugar
- 1/4 tsp tabasco sauce
- 1/2 cup fresh basil leaves

INSTRUCTIONS

- 1 Heat oil in a large non-stick frying pan or wok over high heat. Add chicken and cook for 3 minutes, or until golden brown. Remove from pan and set aside.
- 2 Allow pan to heat again, then add shallots and garlic. Cook, stirring for 2 minutes. Add beans, fish sauce, soy sauce, sugar and tabasco. Cook, stirring for 2-3 minutes or until beans are tender crisp. Add chicken back to pan and cook for a further minute. Spoon into bowls and serve.

Here's a quick and easy, stir-fry that tastes authentically Thai. Serve with jasmine rice for the complete experience.

ProPoints™ Value: 5

Servings: 4

Preparation Time: 10 min

Cooking Time: 10 min

Level of Difficulty: Easy



BAKED POTATO SKINS WITH SPINACH AND BACON

Creamy spinach and salty bacon makes these potatoes a hit. Make a double batch for your next party.

ProPoints™ Value: 3
Servings: 6
Preparation Time: 10 min
Cooking Time: 20 min
Level of Difficulty: Easy



INGREDIENTS

▲ 3 medium potato(es), (122g each, baked, sliced in half and cooled)

1 x 3 second spray cooking spray

▲ 560g chopped frozen spinach, thawed and squeezed dry

110g reduced-fat cream cheese, at room temperature

1/4 tsp table salt

1/4 tsp black pepper

6 slices cooked crisp

Weight Watchers Bacon, crumbled

INSTRUCTIONS

- 1 Preheat oven to 200°C. Scoop out flesh of potatoes, leaving about 1/4 of potato flesh in potato. (Reserve remaining potato flesh for another use such as mashed potatoes.)
- 2 Place potato halves on a baking sheet and coat with cooking spray. Bake until lightly browned, about 15 minutes. While potato skins bake, combine spinach, cream cheese, salt and pepper in a medium bowl until well-blended.
- 3 Remove skins from oven and spoon an equal amount of spinach

mixture into each potato half; return to the oven and bake until warmed through, about 5 minutes more.

- 4 Remove skins from oven and top each half with crumbled bacon. Serve.

NOTES:

To easily dry spinach, place thawed spinach in a clean kitchen towel and squeeze out liquid over the sink, as though you were wringing out a wet towel.

EGG AND BACON BREAKFAST BURRITOS

INGREDIENTS

1 x 3 second spray cooking spray

▲ 3 egg white(s)

▲ 2 egg(s)

4 slices Weight Watchers Bacon, finely chopped

1/4 tsp dried oregano, crushed

1/8 tsp table salt

1/8 tsp black pepper

3 tbs salsa, drained of excess liquid before measuring

2 large flour tortilla(s)

2 tbs Weight Watchers Sour Cream

1/4 medium avocado, ripe, cut into 2 wedges

INSTRUCTIONS

- 1 Preheat oven to 200°C. Coat a small baking sheet with cooking spray. Coat a large non-stick frying pan with cooking spray and heat over medium-low heat.
- 2 In a large bowl, beat egg whites and eggs. Add bacon, oregano, salt, pepper and salsa. Stir well.
- 3 Pour egg mixture into prepared frying pan. Increase heat to medium. Let eggs partially set and then scramble using a spatula. When eggs are set but still slightly glossy, remove from heat.
- 4 Spoon half of egg mixture into centre of each tortilla. Roll tortilla to conceal filling, making sure to fold in ends. Place burritos, seam-side down, on prepared baking sheet. Bake until burritos are very hot, about 5 minutes. Remove from oven and serve each burrito with 1 tablespoon of sour cream and 1 slice of avocado.



Bacon and scrambled eggs are rolled up in tortillas, baked and then topped with sour cream and avocado. Sure beats a bowl of porridge.

ProPoints™ Value: 9

Servings: 2

Preparation Time: 10 min

Cooking Time: 10 min

Level of Difficulty: Easy

PENNE WITH PRAWNS, CAPERS AND OLIVES

INGREDIENTS

- 350g penne pasta
- ▲ 400g peeled green prawns, tails left on
- ▲ 200g red grape tomatoes, halved
- 2 garlic cloves, thinly sliced
- 25 pitted Kalamata olives (in brine), sliced
- 1 tbs baby salted capers, rinsed, drained
- 1/4 cup fresh basil leaves, coarsely chopped

INSTRUCTIONS

- 1 Cook the pasta in a large saucepan of boiling salted water, following packet instructions. Drain.
- 2 Meanwhile, heat an oil-sprayed large non-stick frying pan over high heat. Add the prawns and cook for 2-3 minutes or until prawns change colour and are just cooked through. Remove from the pan.
- 3 Spray pan with oil. Return the pan to medium-high heat. Add the tomatoes and

garlic. Cook for 2 minutes or until the tomatoes are slightly softened, stirring occasionally. Add the olives and capers and cook for 1 minute. Return prawns to pan and toss until heated through.

- 4 In a large bowl combine the hot pasta with the prawn mixture and half the basil. Season with freshly ground black pepper. Serve the pasta sprinkled with the remaining basil.

Everyone loves this recipe: adults and kids alike. You get a big bowlful that's jam-packed with filling ingredients.

ProPoints™ Value: 12

Servings: 4

Preparation Time: 10 min

Cooking Time: 15 min

Level of Difficulty: Easy



TIRAMISU

INGREDIENTS

- 250g packet sponge finger biscuits
- 1½ cups (375ml) strong black coffee, cooled
- 4 x 125g tubs Fruche 99% Fat Free Vanilla Fromage Frais
- 1 cup (250 ml) low-fat vanilla custard
- ▲ 2 egg whites
- dark cocoa powder for dusting

INSTRUCTIONS

- 1 Dip half the biscuits, one at a time, into coffee and arrange in the base of a 20cm square dish. Break biscuits as necessary to make an even layer.
- 2 Gently combine fromage frais and custard in a bowl. Beat eggwhites until soft peaks form, and fold through the custard mixture. Spread half over the biscuit layer.
- 3 Dip remaining biscuits in the coffee and arrange another layer over custard. Spread remaining custard mixture over biscuits and smooth the surface. Use a small sieve to dust the cocoa over tiramisu. Refrigerate for at least 4 hours, until it firms up slightly.



Tiramisu is one of those all-time favourite desserts. Enjoy this no-cook Weight Watchers version.

ProPoints™ Value: 6

Servings: 8

Preparation Time: 20 min

Cooking Time: 0 min

Level of Difficulty: Easy

TERIYAKI CHIKEN BURGERS



INGREDIENTS

- 500g lean minced chicken
- 1 tbs ginger, finely chopped
- 1 tbs minced garlic
- 1 tsp sesame oil
- 1/4 cup teriyaki sauce
- ▲ 1/4 cup shallots, chopped
- 2 tbs coriander, fresh, finely chopped
- ▲ 1 egg white
- 2 x 3-second sprays cooking spray
- 8 individual shallots, root ends trimmed
- ▲ 4 hamburger rolls

These sesame-teriyaki burgers are delicious — even more so when topped with grilled shallots. They'll make a tasty addition to any barbeque.

ProPoints™ Value: 9

Servings: 4

Preparation Time: 12 min

Cooking Time: 16 min

Level of Difficulty: Easy

INSTRUCTIONS

- 1 Preheat a grill (or grill pan) to medium-high; cover to maintain heat
- 2 In a large bowl, combine chicken, ginger, garlic, sesame oil, teriyaki sauce and egg white; mix thoroughly with your hands or a spoon.
Make 4 patties.
- 3 Place patties on a non-stick baking tray; coat with cooking spray. Flip and coat other side with cooking spray.

- 5 Place patties on heated grill (or grill pan) and cook, flipping once, until fully cooked, about 5 to 7 minutes per side. A few minutes before patties are done, place whole shallots on centre of grill and cook, turning once, until bright green and charred, about 2 minutes.
- 6 Remove patties and shallots to a plate; lightly toast rolls on grill. Serve each patty on a roll topped with 2 shallots.

NOTES

Serve with mustard or extra teriyaki sauce (may affect **ProPoints** values).

TRI-COLOUR ROASTED CAPSICUM AND RED ONIONS

INGREDIENTS

- 2 x 3 sprays cooking spray, divided
- ▲ 1 red capsicum, cut into 4cm piece
- ▲ 1 yellow capsicum, cut into 4cm pieces
- ▲ 1 orange capsicum, cut into 4cm pieces
- ▲ 1 large red onion, cut into 1cm wedges
- 1 tbs olive oil, extra-virgin
- 2 tsp rosemary, fresh, or 1 tsp thyme, fresh
- sea salt
- freshly ground black pepper

INSTRUCTIONS

- 1 Preheat oven to 220°C. Coat a large baking sheet with cooking spray.
- 2 Place capsicum and onion in a large bowl; coat with cooking spray. Add oil, rosemary or thyme, salt and pepper; toss to coat.
- 3 Spread vegetables in a single layer on prepared baking sheet.
- 4 Roast for 10 minutes and then stir vegetables. Roast for 10 minutes more. If the capsicum are very brown in spots and fragrant, remove from oven. If not, stir vegetables, roast for 5 to 10 minutes more and then check again.



Make extras of these colourful and super healthy vegetables. They're great with roasted chicken, grilled meat or even scrambled eggs.

ProPoints™ Value: 2

Servings: 4

Preparation Time: 10 min

Cooking Time: 30 min

Level of Difficulty: Easy