



EON Foundation
Growing healthier communities

Chicken Recipes

CHICKEN MEALS

LEMON GRASS CHICKEN STIR FRY

THIS MEAL SERVES **EIGHT PEOPLE**



INGREDIENTS

- 1 kg chicken breast fillets, thinly sliced
- 2 tablespoons cooking oil
- 2 tablespoons lime juice
- 2 long fresh red chilli, thinly sliced
- 4 stems lemon grass, pale section only, finely chopped
- 4 tablespoons fish sauce
- $\frac{3}{8}$ cup of chicken stock
- 2 tablespoons sugar
- 6 shallots, ends trimmed, thinly sliced
- 2 cups of chopped vegetables (fresh or frozen) such as carrot, capsicum, peas, broccoli etc
- Brown rice, to serve
- Mint and coriander leaves to garnish

SERVE WITH (OPTIONAL):

Brown rice

COOKING METHOD STEP BY STEP

1. Put chicken, fish sauce, sugar, lime juice, chilli and lemongrass in a shallow dish or large bowl and mix together.
2. Heat oil in a wok or large frying pan on high. Stir-fry the chicken mix until browned.
3. Add onion. Stir-fry for another 3 minutes.
4. Pour in stock. Cover and simmer for 1 minute.
5. Add chopped vegetables.
6. Stir-fry for 1-2 minutes.
7. Serve with brown rice topped with mint and coriander.

CHICKEN MEALS

CHICKEN CABBAGE NOODLE SALAD

THIS MEAL SERVES **SIX PEOPLE**



INGREDIENTS

SALAD

- ½ cabbage finely shredded
- 1 steamed chicken broken into small pieces
- 6 spring onions finely chopped
- 100g of pine nuts or slivered almonds lightly fried in pan
- 1 packet of Chang's fried noodles

DRESSING

- ¼ cup white sugar
- ¼ cup white vinegar
- ½ cup olive oil
- 1 tablespoon soy sauce

COOKING METHOD STEP BY STEP

1. Steam chicken and set aside to cool. Then break off pieces of chicken.
2. Lightly fry the nuts in a pan on low heat. Set aside to cool.
3. Make the dressing by putting all "dressing" ingredients in a pan and heat for 2 minutes or until the sugar dissolves. Take it off the heat and let it cool.
4. Put chicken and all other ingredients in a large bowl and mix well.
5. Pour the cooled dressing over the chicken salad and serve.

CHICKEN MEALS

MANGO & CHICKEN SALAD

THIS MEAL SERVES **FIVE PEOPLE**



INGREDIENTS

SALAD

- 1 whole chicken (boiled, BBQ or steamed)
- 3 cups mixed salad greens
- 1 mango peeled and cubed
- 1 small purple onion thinly sliced
- 1 hand full of low fat cheese crumbed
- 8 black olives

DRESSING

- ½ cup orange juice
- 2 tablespoons vinegar
- 2 teaspoons grain mustard
- 2 teaspoons olive oil

SERVE WITH (OPTIONAL):

Brown, multigrain or wholegrain bread

COOKING METHOD STEP BY STEP

1. Remove skin, fat and bones from boiled/steamed chicken.
2. Break meat into small pieces and place into a large bowl or dish.
3. Put all dressing ingredients together, shake in a jar and pour over chicken.
4. Put rest of ingredients in large serving bowl and just before serving add chicken with dressing and mix together.
5. Enjoy with crusty bread.

CHICKEN MEALS

MARINATED CHICKEN STIR FRY

THIS MEAL SERVES **FOUR PEOPLE**



INGREDIENTS

- 2 tablespoons oil
- 500g chicken breast or thigh (cut into thin strips)
- 2 garlic cloves, crushed and chopped
- 3cm piece ginger, peeled, finely grated
- 4 spring onions, thinly sliced
- 1 red chilli, deseeded, finely chopped
- 3 tablespoons oyster sauce
- 2 cups mixed vegetables (thinly sliced capsicum, carrot, carrot, peas, beans, broccoli bunches etc)

SERVE WITH (OPTIONAL):

Rice

COOKING METHOD STEP BY STEP

1. Put all ingredients together into container, mix well to coat chicken.
2. Cover it all and put into the fridge for 30 minutes or overnight to marinate.
3. Heat a wok or large saucepan over high heat until hot.
4. Add 2 tablespoons of oil.
5. Add chicken, vegetables and marinade mixture.
6. Stir-fry for 4-5 minutes or until brown and chicken is cooked.
7. Serve with rice (optional).

CHICKEN MEALS

THAI CHICKEN CURRY

THIS MEAL SERVES **TEN PEOPLE**



INGREDIENTS

- 1kg chicken breast or boneless thigh
- 2 onions
- 3 potatoes
- 2 capsicums
- 2 cups of fresh or frozen vegetables (any)
- 1 tablespoon crushed and chopped garlic
- 1 tablespoon of peeled, chopped ginger
- 2 tablespoons curry powder
- 2 x 400ml tins coconut milk
- 2 tablespoon oil

SERVE WITH (OPTIONAL):

Brown Rice

COOKING METHOD STEP BY STEP

1. Chop vegetables and chicken into small pieces.
2. Heat oil in a pot and fry chicken until brown.
3. Add all vegetables, and stir.
4. Add garlic, ginger and curry powder and stir.
5. Add coconut milk and stir, bring to the boil. Then turn heat to low and leave to simmer for one hour or until thickened.
6. Serve with brown rice.

CHICKEN MEALS

CHICKEN & PUMPKIN QUINOA WRAPS

THIS MEAL SERVES **EIGHT PEOPLE**



INGREDIENTS

- 4 cups quinoa (any colour)
- 2 cups pumpkin
- 1 cup cherry tomatoes
- 1 cup parsley
- 1 cup basil
- ½ a pre-made BBQ chicken
- 8 wraps (any type)
- 8 tablespoons mayonnaise

DRESSING

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 tablespoons balsamic vinegar

COOKING METHOD STEP BY STEP

1. Peel pumpkin and cut into 2cm pieces, then roast or pan fry for 20 minutes.
2. Place quinoa in a pot and cover with water until it is 1cm above quinoa. Bring to the boil for 2 minutes until cooked.
3. Cut tomatoes in slices.
4. Finely chop parsley and basil leaves.
5. Cut chicken into 1cm pieces.
6. Put olive oil, lemon juice, and balsamic vinegar together in a jar and shake.
7. In a large bowl add pumpkin, quinoa, tomatoes, parsley, basil and pour dressing over the top, mix all together.
8. Place wraps on table and spread to the edges with mayonnaise.
9. Put a large spoon full of mixture on the centre of the wrap.
10. Fold on side of the wrap to half way and then roll the other sides in and serve.