

Chicken

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Black Bean Chicken

Ingredients

- 2-3 chicken thigh fillets
- 1 large onion
- 1 yellow capsicum
- 2 tsp minced garlic
- 2 tsp minced ginger
- 1 tbsp white wine
- 2 tsp corn starch
- 1/4 tsp salt

For the sauce:

- 3 tbsp black bean paste
- 1 tbsp white wine
- 1 tbsp Worcestershire sauce
- 1 tsp soy sauce
- 1 tsp sugar
- 1/2 tsp corn starch
- 1/4 tsp black pepper

Method

1. Dice chicken fillets and toss with 1 tbsp wine, 2 tsp corn starch, and a pinch of salt, and set aside for 1-2 hours.
2. Stir-fry the chicken in sesame oil until the edges are cooked.
3. Finely dice onion and capsicum, and add to chicken pan with ginger and garlic.
4. Mix together all the sauce ingredients and add to the pan once the onion is soft.
5. Serve over rice once the sauce thickens.

Notes

Makes 3-4 serves.

Chicken Fajitas

Ingredients

- 2-3 chicken fillets, sliced
- 2-3 capsicums, sliced
- 2 tbsp olive oil
- 1 tbsp garlic
- 1 tsp oregano
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 1/2 tsp salt

Method

1. Mix all ingredients together in tupperware and shake.
2. Fry until cooked and serve in tortillas with salsa, spinach, et cetera.

Spring Chicken Pasta

Ingredients

- 2-3 chicken thigh fillets, diced
- 250g / 1/2lb small pasta
- 3 carrots, sliced
- 1 cup frozen peas
- 2 cups chopped spinach and basil
- 2 tbsp minced garlic
- 2 tsp lemon juice
- olive oil
- Greek seasoning

Method

1. Fry chicken cubes in oil and Greek seasoning until just cooked through, then remove from pot and set aside.
2. Fill the same pot with water and boil the pasta, carrots, and peas.
3. Drain the pasta, and return it to the pot along with chicken, garlic, chopped greens, and lemon juice.
4. Stir together and serve warm or cold.

Notes

Makes 4 servings.

Chicken Risone Salad

Ingredients

- 3 chicken fillets
- 2 cups risone (orzo)
- 1/2 red onion
- 1 red capsicum
- 6oz / 200g sugar snap or snow peas
- 2 spring onions
- 5 tbsp lemon juice
- 1 tbsp minced garlic
- 1 tbsp dill
- 1/2 tsp honey
- olive oil
- salt
- pepper

Method

1. Season chicken with 1/2 tsp olive oil, 1 tsp salt, 1/4 tsp pepper, and 1 tbsp lemon juice.
2. Finely dice the red onion and capsicum, and fry it with the chicken and garlic.
3. Shred the chicken into bite-sized pieces, cut the sugar snap peas and spring onions on the diagonal, and finely chop the dill.
4. Cook and drain the risone.
5. Make a dressing from 1 tbsp olive oil, 4 tbsp lemon juice, 1/2 tsp honey, salt and pepper to taste.
6. Mix everything together.