

# Arlene Normand Recipe Guide



Welcome to my recipe guide. This guide provides you with a wonderful array of **CHICKEN RECIPES**. They are delicious and I hope you enjoy them.

All my best

*Arlene*

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## Recipe Guide



### Apricot chicken

**Ingredients (serves 4)**

**1 serve = 1 protein, 1 carbohydrate**

1/2 cup plain flour

1kg (8 pieces) skinless chicken cutlets or drumsticks, trimmed

2 tablespoons olive oil

1 large brown onion, peeled, cut into thin wedges

2 garlic cloves, crushed

1 tablespoon Moroccan seasoning blend

405ml can apricot nectar

1/2 cup Large Dried Apricots

1 cup couscous

1/3 cup flat-leaf parsley leaves, chopped

### **Method**

Place flour and salt and pepper in a shallow dish. Lightly coat chicken pieces in seasoned flour, shaking off excess.

Heat 1 tablespoon oil in a deep, large, heavy-based frying pan over medium heat. Cook chicken, in batches, for 2 to 3 minutes each side or until golden. Transfer to a plate. Repeat with remaining chicken and oil. Cover and set aside.

Add onion and garlic to frying pan. Cook, stirring occasionally, for 3 to 4 minutes or until tender. Sprinkle Moroccan seasoning over onion and stir until well combined.

Stir in apricot nectar. Bring to the boil. Reduce heat to low. Return chicken to frying pan. Cover with a lid or double piece of foil. Cook for 20 minutes. Remove cover and add apricots, pushing them into the sauce. Cook, uncovered, for a further 20 to 25 minutes or until chicken is cooked through and sauce has thickened.

Meanwhile, place couscous in a heatproof bowl. Pour over 1 cup boiling water. Cover. Stand for 5 minutes or until water has been absorbed. Stir with a fork to separate grains. Spoon couscous onto plates. Spoon over chicken and sauce and sprinkle with parsley. Serve.

### Asian-style chicken salad

**Ingredients (serves 4)**

**1 serve = 1 protein**

1L (4 cups) water

1 brown onion, halved

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- 2 single chicken breast fillets
- 1 carrot, peeled, cut into matchsticks
- 150g snow peas, trimmed, thinly sliced
- 1 red capsicum, deseeded, thinly sliced
- 1/2 wombok (Chinese cabbage), hard core removed, finely shredded
- 3 green shallots, ends trimmed, thinly sliced diagonally
- 1/2 cup fresh coriander leaves
- 2 tbs fresh lime juice
- 1 tbs fish sauce
- 2 tsp brown sugar
- 1 fresh red chilli, deseeded, chopped

### **Method**

Place water, onion and chicken in a saucepan over medium heat. Bring to the boil. Reduce heat to low and cook, covered, for 10 minutes or until cooked. Drain chicken and discard onion.

Place carrot and snow peas in a bowl. Cover with boiling water. Set aside for 1 minute or until bright green and tender crisp. Refresh under cold running water.

Shred chicken. Place chicken, carrot, snow peas, capsicum, wombok, shallot and coriander in a bowl. Combine lime juice, fish sauce, sugar and chilli in a jar. Pour over salad and combine. Divide among serving bowls to serve.

### **ASPARAGUS CHICKEN SALAD**

- |                                       |                          |
|---------------------------------------|--------------------------|
| 4 x 50g pita pockets                  | olive oil spray          |
| 1 teaspoon lemon pepper seasoning     | 200g green beans,        |
| halved                                |                          |
| 2 bunches asparagus, coarsely chopped | 1/3 cup frozen           |
| green peas                            |                          |
| 1 small red onion, thinly sliced      | 1 cup firmly packed      |
| parsley leaves                        |                          |
| 1/2 cup semi-dried tomatoes, sliced   | 1/4 cup fat free Italian |
| dressing                              |                          |
| 2 tablespoons olive oil               | 500g chicken             |
| tenderloins                           |                          |

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1. Split bread in half horizontally. Spray cut-side lightly with oil; sprinkle evenly with seasoning. Place in a single layer onto oven trays.
3. Cook in a hot oven, 200oC, for about 10 minutes, or until crisp.
4. Meanwhile, boil, steam or microwave beans, asparagus and peas separately until tender; drain. Rinse under cold water; drain well.
5. Combine beans, asparagus, peas, onion, parsley, tomatoes and dressing in a large bowl; toss until combined.
6. Cook chicken on a heated, oiled grill plate until browned all over and tender. Stand chicken for 5 minutes; slice thickly.
7. To serve, divide bread evenly among plates. Top with salad mixture then chicken.

SERVES 4

1 serve = 1 protein, 2 carbohydrates

### **Balsamic vinegar chicken**

#### **Ingredients (serves 4)**

**1 serve = 1 protein**

2 small (about 1kg each) chickens

1 bunch coriander

4 garlic cloves, crushed

1 to 2 long green chillies, chopped

1/4 cup olive oil

1/3 cup balsamic vinegar

Green salad and lime wedges, to serve

#### **Method**

Cut chickens in half lengthways. Remove and discard back bones (you can ask a butcher to do this for you). Using a sharp knife, make a few cuts across each chicken. Place into a large glass or ceramic dish.

Wash coriander leaves, stems and roots. Dry well. Roughly chop leaves, roots and stems. Place into a food processor with garlic and chillies.

Process until finely chopped. Add oil and vinegar. Process until combined. Season with salt and pepper. Pour mixture over chicken. Rub to coat. Cover. Refrigerate for at least 4 hours, or overnight if time permits.

Remove chicken from fridge 20 minutes before cooking to bring back to room temperature. Preheat barbecue grill on high heat. Reduce heat to low. Place chicken, skin-side down, onto grill. Cover with barbecue hood or a large baking dish. Cook for 15 minutes. Turn. Cook, covered, for a further 12 to 15 minutes or until just cooked through. Remove from heat. Cover loosely with foil. Stand for 10 minutes. Serve with salad and lime wedges.

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### **Barbecue chicken skewers**

**Ingredients (serves 6)**                      **1 serve – 1 protein; ½ carbohydrate**

1 x 225g can pineapple pieces in natural juice, strained, juice reserved  
2 tbs tomato sauce                              1 tbs soy sauce  
1 garlic clove, crushed                        1 red capsicum, cut 2cm pieces  
4 shallots, ends trimmed, cut into 3cm pieces  
12 (about 800g) chicken tenderloins, cut into thirds crossways  
Olive oil spray

#### **Method**

Combine the pineapple juice, tomato sauce, soy sauce and garlic in a bowl. Add chicken and turn to coat. Cover and place in the fridge for 1 hour to marinate.

Thread the capsicum, shallot, pineapple and chicken alternately onto skewers. Spray lightly with olive oil spray.

Preheat a barbecue flat plate or a large frying pan on medium-high. Cook, turning occasionally, for 10 minutes or until golden. Serve.

#### **Notes & tips**

You will need to soak 12 bamboo skewers in cold water for 15 minutes for this recipe.

Allow 1 hour marinating time.

### **Barbecued chicken in Lime Chilli Marinade**

4 single skinless chicken breasts (600g)  
Cooking oil spray  
2 Tablespoons chopped fresh coriander  
1 lime

#### **Lime Chilli Marinade**

1/3 cup limejuice  
1 clove garlic  
2 teaspoons grated fresh ginger  
1 Tablespoon low-salt soy sauce  
1 small fresh red-chilli, finely chopped  
2 spring onions, chopped

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Combine all ingredients in bowl; mix well.

Pound chicken fillets with a mallet to an even thickness. Combine chicken and marinade in bowl, cover, refrigerate several hours or overnight.

Drain chicken; discard marinade. Heat barbecue or griddle pan, coat with cooking spray, add chicken, cook on both sides until browned and tender. Sprinkle with coriander, serve with lime wedges.

Serves 4                      1 serve = 1 protein

### **Barbecue marinated chicken fillets**

#### **Ingredients (serves 4)**

**1 serve = 1 protein, 2 carbs**

4 small chicken fillets

1/2 cup smoky barbecue sauce

500g Desiree potatoes, cut into 2cm pieces

3 corn cobs, peeled, washed

2 zucchini, trimmed, sliced lengthways into strips

1 tablespoon olive oil

2 garlic cloves

1/2 cup flat-leaf parsley leaves, chopped

125g punnet cherry tomatoes

#### **Method**

Cut each chicken fillet in half through the centre to form 2 thinner fillets. Place into a ceramic dish. Pour over barbecue sauce. Turn to coat. Cover. Refrigerate for 30 minutes, if time permits. Heat barbecue plate and grill on medium-high heat.

Meanwhile, wash potatoes. Place into a microwave-safe dish. Cover.

Microwave on HIGH (100%) power for 5 minutes. Drain well.

Place corn onto a microwave-safe plate. Cover. Cook for 6 minutes or until tender. Drain. Slice corn into 3cm-thick pieces. Place corn, potatoes and zucchini into a large bowl. Add oil, garlic, parsley, and salt and pepper. Toss to coat.

Cook potatoes, corn and zucchini on barbecue plate for 4 to 5 minutes, turning frequently, or until golden. Add tomatoes. Cook for 3 minutes or until warmed through.

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Cook chicken on grill plate for 2 minutes each side or until just cooked through. Serve chicken with barbecued vegetables

### **Chargrilled moroccan chicken with roast carrot and chickpea salad**

#### **Ingredients**

**Serves 4 (1 serve = 1 protein, 1 carbohydrate)**

2 bunches baby (Dutch) carrots, trimmed, scrubbed  
1 1/2 tablespoons olive oil  
4 x 120g skinless chicken breast fillets (see note)  
1 tablespoon sumac  
2 tablespoons white wine vinegar  
1 garlic clove, crushed  
1 teaspoon honey  
2 x 400g cans chickpeas, rinsed, drained  
1/2 cup (80g) sunflower seeds, toasted  
1 cup flat-leaf parsley leaves

#### **Method**

Preheat the oven to 180C. Spread the carrots on a baking tray in a single layer. Season, then drizzle over 1 tablespoon oil and 2 tablespoons water. Roast for 10-12 minutes until the carrots soften slightly.

Meanwhile, lightly oil a chargrill pan with the remaining olive oil. Heat over medium-high heat. Season the chicken with sea salt and freshly ground black pepper and rub with the sumac. Cook for 3-4 minutes each side until browned.

Remove the tray from the oven, turn the carrots then place the chicken on top. Roast for a further 10-12 minutes until the chicken is cooked through.

#### **Step 4**

Whisk the vinegar, garlic and honey together in a large bowl. Season, then add chickpeas, sunflower seeds, parsley and carrots and toss to combine. Divide salad among plates, then top with the chicken

### **Chargrilled Chicken with Warm Tomato Salad**

4 breast fillets (120g each)                      2 Tblsp lime juice  
1/4 cup sweet chilli sauce                      2 cloves garlic, crushed  
4 fresh kaffir lime leaves, shredded                      1 Tblsp oil  
2 medium brown onions, sliced thickly                      2 Tblsp red wine vinegar  
1/4 cup sugar (55g)                      2 Tblsp sweet chilli sauce, extra

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¼ cup water  
6 medium egg tomatoes cut in wedges  
1 Tblsp bottled jalapeno chillies, chopped coarsely

¼ cup orange juice  
3 shallots sliced thickly

Combine chicken, juice, sauce, garlic and leaves in large bowl; toss to coat chicken in mixture.

Heat oil in large saucepan; brown onion, stirring, until just softened. Add vinegar and sugar; cook, stirring, 2 minutes. Stir in extra sauce, the water and juice; add tomato and chilli, stir until heated through.

Cook drained chicken, in batches, on heated oiled grill plate (or grill or bbq) until browned both sides and cooked through. Cover to keep warm. Serve chicken on warm tomato salad; top with green onion.

Serves 4                      1 serve = 1 protein.

### **Chicken, artichoke and rocket salad (low-fat)**

**Ingredients (serves 4)**

**1 serve = 1 protein**

Juice of 1 lemon  
2 garlic cloves, crushed  
1/3 cup (80ml) extra virgin olive oil  
4 boneless chicken breast fillets  
300g marinated artichokes, drained, quartered  
2 tbs balsamic vinegar  
2 tsp Dijon mustard  
2 cups wild rocket  
1/4 cup shaved parmesan  
Lemon wedges, to serve

### **Method**

Combine the lemon juice, garlic and 2 tablespoons of the oil in a non-metallic dish. Add the chicken fillets and coat with the marinade, then cover with plastic wrap and leave in the fridge for 30 minutes.

Preheat the oven to 180°C and lightly grease a baking tray.

Heat a chargrill or heavy-based frypan over high heat and cook the chicken for 3-4 minutes, turning once, until charred and nearly cooked through. Remove, place on the baking tray and cook in the oven for a further 5 minutes.



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While the chicken is in the oven, place the artichokes on the chargrill or in the pan for 1-2 minutes, turning once, until lightly charred. Place in the oven to keep warm.

Mix together the remaining oil, balsamic vinegar and mustard, and season well. Remove the chicken and artichokes from the oven, allow the chicken to rest for a few minutes, then thickly slice.

Place the rocket in a large bowl with the chicken and artichokes, then toss together with the balsamic dressing. Divide between plates, scatter with shaved parmesan and serve with lemon wedges.

### **Chargrilled moroccan chicken with roast carrot and chickpea salad**

#### **Ingredients**

**Serves 4, 1 serve = 1 protein, 1**

#### **carbohydrate**

2 bunches baby carrots, trimmed, scrubbed

1 1/2 tablespoons olive oil

4 x 120g skinless chicken breast fillets

1 tablespoon sumac

2 tablespoons white wine vinegar

1 garlic clove, crushed

1 teaspoon honey

2 x 400g cans chickpeas, rinsed, drained

1/2 cup (80g) sunflower seeds, toasted

1 cup flat-leaf parsley leaves

#### **Method**

##### **Step 1**

Preheat the oven to 180C. Spread the carrots on a baking tray in a single layer. Season, then drizzle over 1 tablespoon oil and 2 tablespoons water. Roast for 10-12 minutes until the carrots soften slightly.

##### **Step 2**

Meanwhile, lightly oil a chargrill pan with the remaining olive oil. Heat over medium-high heat. Season the chicken with sea salt and freshly ground black pepper and rub with the sumac. Cook for 3-4 minutes each side until browned.

##### **Step 3**

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Remove the tray from the oven, turn the carrots then place the chicken on top. Roast for a further 10-12 minutes until the chicken is cooked through.

### Step 4

Whisk the vinegar, garlic and honey together in a large bowl. Season, then add chickpeas, sunflower seeds, parsley and carrots and toss to combine. Divide salad among plates, then top with the chicken.

### **CHICKEN NOODLE SALAD**

500g breast chicken fillets	1 teaspoon Chinese five spice
1 x 200g hokkien noodles	500g broccoli florets
1 medium red capsicum thinly sliced	
115g packet fresh baby corn, halved lengthways	
2 sticks celery, sliced	4 spring onions, sliced

### DRESSING

1/2 cup honey soy dressing

1. Rub chicken fillets with five spice. Heat an oiled grill pan; add chicken, in a single layer, cook on both sides, until browned and cooked through. Remove from pan; cut into thin slices.
2. Place noodles in a bowl; cover with boiling water. Drain well.
3. Boil or steam broccoli until tender; drain well. Rinse under cold water; drain well.
4. Combine chicken, noodles, broccoli, capsicum, corn, celery and spring onions in a large bowl. Add dressing; toss well.

Serves 4                      1 serve = 1 protein, 2 carbohydrates

### **CHICKEN RISSOLES**

500g minced chicken crushed	2 cloves garlic,
3 teaspoons finely grated lemon rind dill, chopped	3/4 cup chopped fresh
6 spring onions, finely sliced	1 cup spiral pasta
1 red capsicum, quartered	cooking oil spray

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2 tablespoons drained baby capers  
rocket leaves  
1/4 cup lemon juice  
taste

1 x 100g packet baby  
salt and pepper to

1. Combine chicken, garlic, 1 teaspoon of the rind, half the dill and spring onions in a bowl. Using wet hands, shape chicken mixture into 8 rissoles. Cover; refrigerate for 30 minutes.
2. Add pasta to a large pan of boiling, salted water; boil, uncovered, until just tender; drain.
3. Cook capsicum on a heated, oiled grill pan until browned all over and tender. Stand for 5 minutes; slice thinly. Add rissoles to pan; cook on both sides until browned and cooked through.
4. Combine warm pasta, capsicum, oil, capers, rocket, juice and remaining rind, dill and spring onions in a bowl. Season with salt and pepper.
5. Serve rissoles on pasta mixture.

Serves 4

1 serve = 1 protein, 1 carbohydrate

### Chicken with dates and couscous

**Ingredients (serves 6)**  
**carbohydrates**

**1 serve = 1 protein, 2**

2 red onions  
3 cloves garlic  
6 chicken thigh fillets  
1 Tbsp olive oil  
8 fresh dates  
1 tsp ground cumin  
1 tsp ground cinnamon, plus 1 pinch extra  
1 pinch saffron threads (optional)  
400g can chopped tomatoes  
250ml (1 cup) chicken stock  
1 cinnamon quill  
400g (2 cups) instant couscous  
20g (1/4 cup) flaked almonds  
1 tbs lemon juice

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1/4 bunch coriander

### **Method**

Peel onions and garlic, then thinly slice. Cut chicken thighs into thirds. Heat 1 tbs oil in a heavy-based casserole over medium heat. Add chicken and cook for 2 minutes each side or until browned. Transfer to a plate. Return casserole to medium heat. Add onions, garlic and 1 tsp salt, and cook, stirring, for 5 minutes or until softened. Meanwhile, cut dates in half, remove seeds, then thinly slice. Add cumin, ground cinnamon and saffron, if using, to onion mixture and cook, stirring, for 1 minute or until fragrant. Return chicken to casserole with tomatoes, stock, cinnamon quill and half the dates. Bring to a simmer, then cook, partially covered with a lid, for 15 minutes or until the chicken is cooked through. Meanwhile, fill a kettle and bring to the boil. Place couscous in a bowl. Pour over 400ml boiling water, stir to combine, then cover tightly with plastic wrap. Set aside for 10 minutes or until water is absorbed. Heat remaining 1 tbs oil in a pan over medium heat. Add remaining dates and almonds, and cook, tossing, for 3 minutes or until almonds are toasted. Stir in the lemon juice and extra ground cinnamon. Fluff couscous with a fork, then divide among plates with chicken. Tear leaves from coriander, then scatter over chicken with almond mixture to serve.

### **Chicken noodle soup**

#### **Ingredients (serves 4)**

3 tsp extra virgin olive oil	1 brown onion,
halved, coarsely chopped	
1 large carrot, peeled, coarsely chopped	1 celery stick,
trimmed, coarsely chopped	
1 dried bay leaf	1/2 tsp ground
turmeric	
6 whole black peppercorns	1kg chicken frames,
skin and fat trimmed	
2.5L (10 cups) cold water	5 sprigs fresh thyme
5 sprigs fresh continental parsley	110g (2/3 cup) frozen
peas, thawed	
1 carrot, extra, peeled, finely chopped	



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Combine the lemon juice, oil, garlic and 1 teaspoon of sumac in a shallow glass or ceramic bowl. Add the chicken and stir to coat. Cover and place in the fridge for 10 minutes to marinate.

Cook the potatoes in a steamer basket over a saucepan of simmering water for 10 minutes or until tender. Add the beans in the last 2 minutes of cooking. Refresh under cold running water. Drain.

Combine the yoghurt and remaining sumac in a small bowl.

Cut the potatoes into 2cm-thick slices. Place in a bowl. Add the beans, onion and mint. Season with pepper. Combine.

Preheat a barbecue grill or chargrill on high. Cook the chicken for 2 minutes each side or until lightly charred and cooked through.

Divide the potato mixture and chicken among serving plates. Top with the yoghurt mixture and pistachio to serve.

### **Chicken cacciatore**

#### **Ingredients (serves 6)**

1 tablespoon olive oil  
pieces (see note)

1/2 cup dry white wine  
onion pasta sauce

1 cup chicken stock

250g green beans, trimmed

#### **1 serve = 1 protein**

1.4kg whole chicken, cut into large

737g jar oven-roasted garlic and

1/2 cup pitted kalamata olives

#### **Method**

Heat oil in a large saucepan over medium heat. Add chicken. Cook, in batches, for 2 to 3 minutes each side or until browned. Transfer to a plate.

Add wine to pan. Cook for 1 minute. Add sauce and stock. Return chicken to pan. Bring to the boil. Reduce heat to medium-low. Cook, covered, for 20 minutes or until chicken is almost cooked through.

Remove cover. Cook, uncovered, for 35 minutes or until chicken is cooked through and sauce has slightly thickened, adding olives for last 5 minutes.

Meanwhile, cook beans in a saucepan of boiling water for 4 minutes or until just tender. Drain.

Serve chicken mixture with beans.

Notes

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Rinse chicken. Pat dry with paper towel. Using kitchen scissors, cut backbone from chicken. Cut chicken into 6 pieces.

### **Chicken & cauliflower curry**

**Ingredients (serves 4)                    1 serve = 1 protein 2 carbohydrates**

- 1 tsp olive oil
- 1 brown onion, cut into thin wedges
- 3 (450g) desiree potatoes, washed, unpeeled, cut into 2cm pieces
- 300g piece cauliflower, cut into small florets
- 50g sachet Indian chicken madras curry
- 400g can diced tomatoes
- 1/2 cup (125ml) light coconut milk
- 500g chicken breast fillets, trimmed, cut into 2cm cubes
- 1/2 cup (80g) frozen peas
- 1 1/3 cups (270g) Sunrice basmati rice
- 1/4 tsp saffron threads
- 1/2 cup fresh coriander leaves
- 12 pappadums, cooked following packet directions
- 1/2 cup mango chutney, to serve
- 200g low fat natural yoghurt, to serve

#### **Method**

Heat the oil in a large non-stick frying pan over a medium heat. Add the onion, potato and cauliflower. Cook, stirring often, for 5 minutes. Add the curry paste and cook, stirring, for 1 minute. Add the tomatoes, coconut milk and 2/3 cup (160ml) of water. Bring to a simmer. Cover and simmer for 15 minutes.

Add the chicken and cook for a further 10 minutes or until the chicken and vegetables are tender. Add the peas and cook for 1-2 minutes.

Meanwhile, place the rice and 3 cups (750ml) of water in a saucepan. Bring to the boil over a high heat. Reduce heat to low and stir in the saffron. Cook, covered, for 10 minutes. Remove from the heat and set aside, covered, for 10 minutes. Use a fork to separate grains.

Top the curry with the coriander leaves. Serve with the saffron rice, pappadums, chutney and yoghurt.

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### Chicken tikka

**Serve Indian-style chicken and spinach on flour tortillas for dinner tonight and everyone will be asking for more!**

#### **Ingredients**

- 750g diced chicken breast
- 260g (1 cup) low-fat natural yoghurt
- 3cm-piece fresh ginger, peeled, grated
- 3 garlic cloves, crushed
- 2 teaspoons Sharwood's tandoori curry paste
- 1 teaspoon garam masala
- 1/2 teaspoon hot chilli powder
- 60ml (1/4 cup) fresh lemon juice
- Salt & freshly ground pepper
- 2 bunches English spinach, ends trimmed, washed, dried
- 12 round (15cm-diameter) flour tortillas
- Fresh coriander leaves, to serve
- Lemon wedges, to serve

#### **Method**

##### **Step 1**

Place the chicken in a glass or ceramic bowl. Add the yoghurt, ginger, garlic, curry paste, garam masala, chilli powder and lemon juice and toss to combine. Season with salt and pepper. Cover with plastic wrap and place in the fridge for 1 hour to develop the flavours.

##### **Step 2**

Place the chicken mixture in a saucepan over low heat and cook, stirring occasionally, for 15 minutes or until just cooked.

##### **Step 3**

Preheat a chargrill pan on high. Use a large slotted spoon to transfer one-quarter of the chicken mixture to the pan and cook for 1-2 minutes each side or until golden. Repeat, in 3 more batches, with remaining mixture, reheating the pan between batches.



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### Step 4

Place spinach in a heatproof bowl and pour over boiling water. Drain and refresh under cold running water. Drain well. Squeeze out any excess water.

### Step 5

Heat tortillas following packet directions. Divide among serving bowls. Top with spinach, chicken mixture and coriander. Serve with lemon wedges.

### **Chicken tikka masala skewers with coriander dressing**

**Ingredients (serves 4)**

**1 serve = 1 protein, 2 tsp fat**

2 tbs tikka masala paste

1 1/2 cups (420g) thick Greek-style yoghurt

1kg skinless chicken thigh fillets, trimmed, cut into 3cm pieces

1 bunch coriander

2 tsp caster sugar

4cm piece ginger, finely chopped

2 garlic cloves, chopped

1/4 cup (60ml) extra virgin olive oil

Juice of 2 limes

1 telegraph cucumber, thinly sliced

2 tbs sunflower oil

### **Method**

Soak 8 wooden skewers in cold water for 20 minutes.

Meanwhile, combine tikka masala paste with 1 cup (280g) yoghurt and season well. Coat the chicken in the marinade, then cover and refrigerate for 15 minutes.

Place coriander stalks and leaves, sugar, ginger, garlic, olive oil and half the lime juice in a food processor and whiz until a coarse puree. Stir in remaining 1/2 cup (140g) yoghurt. Season. Set aside.

Meanwhile, toss the cucumber with remaining lime juice. Season. Set aside.

Heat sunflower oil in a pan over medium-high heat. Thread chicken onto skewers, then cook, turning, for 8-10 minutes until cooked through.

Serve the skewers with coriander dressing and cucumber salad.

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### **chicken and noodle salad**

**Serves 4** **1 serve = 1 protein, 1 carbohydrate**

1 teaspoon peanut oil

2 small red chillies, seeds removed and finely chopped

2 cloves garlic, chopped

1/3 cup (80ml) lime juice

150g vermicelli rice noodles

2 cooked chicken breast fillets, thinly sliced

2 Lebanese cucumbers, thinly sliced

1/2 cup mint leaves, halved lengthwise

Heat the oil in a small saucepan, add the chilli and garlic and cook for 1 minute. Remove from the heat and stir in the lime juice. Set dressing aside.

Place the noodles in a saucepan of boiling water and cook for 2 minutes or until tender. Drain, rinse under cold water and drain again. Combine with the chicken, cucumber, mint and dressing.

### **Chicken Florentine**

**6 tsp plain flour** **1/2 tsp salt**

**1/4 tsp freshly ground black pepper** **1 tsp olive oil**

**4 skinless, chicken breast fillets (125g each)**

**500g fresh spinach, stemmed, or 1 packet frozen leaf spinach**

**3 tablespoons shredded basil** **1 clove crushed garlic**

**1/2 cup grated Parmesan cheese**

**On a sheet of greaseproof paper combine flour, salt, and pepper. Mix well. Dredge chicken in flour mixture, turning to coat. Tap off extra mixture.**

**In a large non-stick frying pan, heat oil over a medium heat. Add chicken and gently fry, turning once, until cooked through and no longer pink about 12 minutes. Remove pan from heat, cover and keep warm.**

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**Meanwhile, wash and drain fresh spinach but do not dry. Place spinach, basil and garlic in a large pan, cover and cook over a medium heat until spinach is wilted, about 2 minutes. Toss spinach mixture with a fork.**

**Place spinach mixture on a serving plate, arrange hot chicken on top of spinach and sprinkle with Parmesan cheese. Serve immediately.**

**Serves 4**

**1 serve = 1 protein**

### **Chicken Kumera Stir Fry**

500g chicken thigh fillets, chopped  
Cooking oil spray  
1 medium (150g) onion, chopped roughly  
1 small kumara (250g) chopped  
¼ bunch silverbeet (250g) chopped roughly  
½ teaspoon sesame oil  
1 teaspoon cornflour  
1 teaspoon chicken stock powder  
1 cup (250ml) water

Stir fry chicken, in batches, in heated oiled wok or large pan until browned all over. Add garlic, onion, kumara, stir fry until kumara is just tender. Return chicken in same pan with silverbeet, sesame oil and blended cornflour, stock powder and water; stir over heat until mixture boils and thickens.

### **CHICKEN MELON SALAD**

4 x 125g chicken breast fillets	1 teaspoon sesame oil
½ teaspoon garam masala	100g mixed baby lettuce leaves
1/2 rockmelon, peeled, sliced	1 nashi pear, sliced
50g snow peas, trimmed, sliced lengthways	

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### DRESSING

½ cup low fat plain yoghurt  
1 teaspoon honey  
salt and pepper to taste

¼ cup orange juice  
½ teaspoon curry powder

1. Place chicken on an oven tray; brush with oil, sprinkle with garam masala.
2. Grill chicken, on both sides, until tender and cooked through. Cut chicken into thick slices.
3. DRESSING. Combine all ingredients in a screw-top jar; shake well.
4. Combine chicken, lettuce leaves, rockmelon, nashi pear and snow peas in a bowl. Add Dressing; toss until combined.

SERVES 4

1 serve = 1 protein

### **CHICKEN MUSHROOM STIR-FRY**

Cooking oil spray  
chopped

1 clove garlic, crushed

200g small button mushrooms, quartered

2 tablespoons teriyaki sauce  
barbecue sauce

2 tablespoons water

500g chicken breast fillets,  
chopped

150g beans, chopped

2 cups chopped Chinese  
cabbage

1 tablespoon Chinese

1. Spray a heated non-stick wok or pan with oil; add chicken, in batches, stir-fry until browned. Remove from wok.
2. Add garlic and beans; stir-fry for 1 minute. Add mushrooms and cabbage; stir-fry for 1 minute. Return chicken to wok with combined sauces and water; stir-fry until chicken is heated through.

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Serves 4

1 serve = 1 protein

### Chicken stir-fry

#### **Ingredients (serves 1)**

**1 serve = 1 protein, 2**

#### **carbohydrates**

65g (1/3 cup) Jasmine rice  
vegetable or light olive oil  
150g chicken tenderloins, sliced  
1 tbs mango ginger chutney  
1/2 small red capsicum, cut into thin strips  
40g snow peas, topped

1 tsp peanut,  
1 tbs salt-reduced soy  
1 tbs water  
1 small zucchini, cut  
into thin strips

#### **Method**

Cook the rice following packet directions. Drain and keep warm. Heat 2 tsp of the oil in a wok or frying pan over high heat until hot. Add the chicken and stir-fry tossing frequently, for about 2-3 minutes or until just tender. Transfer chicken to a plate. Combine the soy sauce, chutney and water and set aside.

Heat the remaining 2 tsp of oil in wok over medium-high heat and stir-fry the capsicum, zucchini and snow peas for 3-5 minutes or until tender. Add the soy sauce mixture to the wok with the chicken and toss over high heat until the sauce has thickened. Serve with the cooked rice.

### Chicken and Vegetable Stir fry

Serves 4 1 serve = 1 protein

4 breast fillets, sliced  
200g broccoli, chopped  
150g green beans, sliced  
1 medium zucchini sliced  
1 tablespoon cornflour  
440g can unsweetened pineapple pieces

1/3 cup soy sauce  
1 Tblsp oil  
1 small red capsicum, sliced  
100g snow peas  
2 tablespoon water

Combine chicken and sauce in bowl, mix well. Boil, steam or microwave broccoli until just tender, drain.

Heat oil in large pan or wok, add undrained chicken, stir fry until lightly browned. Add beans, pepper and zucchini, stir-fry 2 minutes. Stir in

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broccoli, snow peas, undrained pineapple, bended cornflour and water. Stir until mixture boils and thickens slightly.

### **Chilli chicken stir-fry**

1 1/2 tablespoons peanut oil	500g chicken stir-fry strips
2 garlic cloves, crushed peeled, finely grated	3cm piece ginger,
4 green onions, cut diagonally into 3cm lengths	1 long red
chilli, deseeded, finely chopped	
1 bunch choy sum, trimmed, chopped	2 tablespoons oyster sauce
1/3 cup unsalted roasted cashew nuts	1/2 cup basil leaves ,
torn	
steamed basmati rice, to serve	

#### Step 1

Heat a wok over high heat until hot. Add 2 teaspoons oil. Swirl to coat. Add half the chicken. Stir-fry for 2 to 3 minutes or until browned. Transfer to a bowl. Repeat with 2 teaspoons oil and remaining chicken strips.

#### Step 2

Add remaining 2 teaspoons oil to wok. Swirl to coat. Add garlic, ginger, onions and chilli. Stir-fry for 30 seconds. Add choy sum. Stir-fry for 1 minute or until bright green.

#### Step 3

Return chicken to wok with oyster sauce. Stir-fry for 1 minute or until combined. Stir through cashews and basil. Serve with steamed rice.

Serves 4

1 serve = 1 protein

### **Comforting chicken and vegetable soup**

Chicken soup is a great-tasting comfort food that makes you feel better if you're a bit under the weather. Serves 4                      1 serve = 1 protein, 1 carbohydrate

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## **Ingredients**

3 cloves garlic	1 onion
2 teaspoons olive oil	1/2 teaspoon white pepper
1 litre chicken stock	2 skinless chicken breasts
1 potato	1 kumara
1 carrot	1 cup broccoli, chopped
1 cup chopped spinach	1/2 cup small pasta such as macaroni or orzo
1 tablespoon basil pesto	

## **Method**

Chop the onion and garlic and cut the carrot, potato and kumara into 2cm dice.

Gently fry the onion and garlic for a few minutes until soft. Add the carrot, potato and kumara and fry for 10 minutes or so. Add the stock and pepper and bring to the boil. Add the chicken breasts to the pot and simmer for 10-15 minutes, until the chicken is cooked.

Remove the chicken from the pot and leave to cool for a few minutes. Add the broccoli, pasta and spinach to the pot and bring back to the boil. Shred the chicken breasts and add the meat back into the pot. Cook until the pasta is done and the broccoli is tender but still has its green colour.

Remove from the heat, add the pesto and stir through. Season with salt and pepper.

## **CHICKEN NOODLE SOUP**

2 x 125g chicken breast fillets	2 tsp cracked black pepper
1 clove garlic, crushed	2 teaspoons finely grated fresh ginger
1 Tbsp sweet chilli sauce	cooking oil spray

2 litres chicken stock	2 teaspoons soy sauce
1 teaspoon brown sugar	100g cellophane noodles
1/2 cup bean sprouts	1/4 cup chopped fresh coriander

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2 spring onions, thinly sliced

1. Combine chicken, pepper, garlic, ginger and sauce in a bowl.

Cover; refrigerate for 30 minutes.

2. Spray a heated pan with cooking oil. Add chicken, cook until browned on both sides and almost cooked through. Cool; then slice thinly.

3. Combine stock, sauce and sugar in a large pan; bring to boil. Add noodles and simmer, uncovered, for about 2 minutes or until tender. Return chicken to soup; stir over heat until hot.

4. Serve soup topped with bean sprouts, chopped coriander and spring onions.

Serves 4

1 serve =  $\frac{1}{2}$  protein, 1 carbohydrate

### **CHICKEN MUSHROOM STIR-FRY**

Cooking oil spray  
chopped

500g chicken breast fillets,

1 clove garlic, crushed

150g beans, chopped

200g small button mushrooms, quartered

2 cups chopped Chinese cabbage

2 tablespoons teriyaki sauce  
barbecue sauce

1 tablespoon Chinese

2 tablespoons water

1. Spray a heated non-stick wok or pan with oil; add chicken, in batches, stir-fry until browned. Remove from wok.

2. Add garlic and beans; stir-fry for 1 minute. Add mushrooms and cabbage; stir-fry for 1 minute. Return chicken to wok with combined sauces and water; stir-fry until chicken is heated through.

Serves 4

1 serve = 1 protein

### **CHICKEN PESTO**

600g chicken tenderloins

2 tablespoons bottled pesto

1 clove crushed garlic

1 cup couscous

1 cup boiling water  
chopped

2 spring onions, finely



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**1/2 teaspoon lemon herb seasoning**                      **2 tablespoons chopped fresh basil**

**150g baby spinach leaves**

### **DRESSING**

**1/3 cup buttermilk**    **2 tablespoons chopped fresh basil**

**1 tablespoon bottled pesto**    **1 clove garlic**

**1. Combine chicken, pesto and garlic in a bowl. Cover; stand for 30 minutes or refrigerate overnight.**

**2. DRESSING. Combine all ingredients in a blender; blend until pureed.**

**3. Combine couscous and water in a heatproof bowl. Cover; stand for about 5 minutes or until water is absorbed. Fluff couscous with a fork; stir in spring onions, seasoning and basil.**

**4. Heat a lightly oiled grill pan; add chicken, cook for about 2 minutes on each side, or until tender.**

**5. Arrange spinach over four plates; divide couscous then chicken over top. Serve drizzled with Dressing.**

**Serves 4**

**1 serve = 1 protein, 2 carbohydrates**

### **Chicken Salad**

**300g cooked chicken breast**

**1 piece celery chopped**

**2 sweet gherkins, chopped finely**

**1 boiled egg**

**1 Tbsp low fat mayonnaise**

**4 small bread roll (60g each)**

**1. Finely chop chicken.**

**2. Mix the chicken, celery, gherkins in a bowl. Peel the boiled egg and mash and put into the bowl.**

**3. Add the mayonnaise and mix everything well.**

**4. Serve on the roll.**

**Serves 4**

**1 serve = 1 protein**

### **CHICKEN SALAD WITH SALSA**

**400g chicken tenderloins, well trimmed**

**1 small red capsicum, chopped**

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## Recipe Guide



1 small yellow capsicum, chopped  
2 sticks celery, sliced  
4 spring onions, chopped  
2 small tomatoes, sliced  
1-cup baby spinach leaves  
4 flat mushrooms, sliced  
2 tablespoons bottled no oil French dressing

### **SALSA**

1/2 x 420g can mexibbeans  
1 tablespoon lemon juice  
1 tablespoon chopped fresh coriander

1. Cook chicken tenderloins on a heated, lightly oiled grill pan, on both sides, until cooked through. Remove.
2. Combine capsicums, celery, spring onions, tomatoes, spinach, and mushrooms and dressing in a large bowl; toss well.
3. SALSA. Combine all ingredients in a small bowl; mix well.
4. Serve salad topped with chicken tenderloins and Salsa.

SERVES 4                      1 serve = 1 protein, 1 carbohydrate

### **Chicken, spinach and chickpea salad**

**Ingredients (serves 4)                      1 serve = 1 protein, 1 carbohydrate, 2 tsp fat**

2 cooked chicken breasts shredded                      250g cherry tomatoes,  
halved  
300g can chickpeas, drained, rinsed  
1/3 cup flat-leaf parsley leaves, roughly chopped  
100g feta cheese, crumbled                      2 Tblsp olive oil  
1 lemon, juiced                      200g baby spinach  
crusty bread, to serve

### **Method**

Combine chicken, tomatoes, chickpeas, parsley and feta in a large bowl. Season with black pepper. Toss gently to combine.

Combine oil, 2 tablespoons lemon juice and salt and pepper in a small bowl. Whisk until well combined.

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Add spinach to chicken. Drizzle with dressing. Toss to combine. Serve with bread.

### **Chilli chicken & almond stir-fry**

**Ingredients (serves 4)**

**1 serve = 1 protein**

1 tbs peanut oil  
85g (1/2 cup) blanched almonds  
500g chicken breast fillets, thinly sliced  
2 garlic cloves, finely chopped  
2 tsp finely chopped fresh ginger  
2 tsp chilli bean paste  
1 tbs oyster sauce  
1 tbs light soy sauce  
1 tbs dry sherry  
4 shallots, ends trimmed, thinly sliced diagonally  
Steamed rice, to serve

#### **Method**

Heat one-third of the oil in a wok over high heat until just smoking. Add the almonds and stir-fry for 1 minute or until golden. Transfer to a plate. Heat half the remaining oil in the wok until just smoking. Add half the chicken and stir-fry for 2 minutes or until golden. Transfer to the plate. Repeat with the remaining chicken, reheating the wok between batches. Heat remaining oil in the wok until just smoking. Add the garlic and ginger, and stir-fry for 1 minute or until soft. Add the chicken, almonds and chilli bean paste, and toss to combine. Add the oyster sauce, soy sauce and dry sherry to the wok. Stir-fry for 2 minutes or until the sauce thickens. Stir in half the shallot. Transfer the stir-fry to a serving platter and top with the remaining shallots. Serve with steamed rice.

### **Chilli orange baked chicken**

**Ingredients (serves 8)**

**1 serve = 1 protein**

2 garlic cloves, crushed  
rind  
2 tsps finely grated orange

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## Recipe Guide



1/2 cup orange juice  
chilli powder  
2 teaspoons dried oregano  
cumin  
4 (1kg) chicken thighs on the bone, skin removed  
lovely legs

1 tblspon Mexican  
1 teaspoon ground  
4 (700g) chicken

### **Method**

Combine garlic, orange rind, orange juice, chilli, oregano and cumin in a large bowl. Add chicken pieces. Toss to combine. Cover and refrigerate for 4 hours or overnight.

Preheat oven to 200°C/180°C fan-forced. Line a roasting pan with baking paper. Place chicken pieces on a wire rack in roasting pan. Spoon over remaining marinade. Roast, turning occasionally, for 50 minutes or until juices run clear when thickest part is pierced with a skewer. Chill orange baked chicken Stand, covered, for 10 minutes. Serve.

### **Chilli and Honey Chicken Salad**

480g breast fillets, sliced thinly  
¼ cup honey  
4 red Thai chillies, seeded, sliced thinly  
1 Tablespoon grated fresh ginger  
500g asparagus, trimmed  
2 tablespoons peanut oil  
4 green onions, sliced thinly  
1 medium green capsicum, sliced thinly  
1 medium yellow capsicum, sliced thinly  
1 medium carrot, sliced thinly  
150g Chinese cabbage, shredded finely  
1/3 cup lime juice

Combine honey, chicken, chilli and ginger in medium bowl.

Cut asparagus spears in half, boil, steam or microwave until just tender.

Rinse immediately under cold water, drain.

Meanwhile, heat half of the oil in large wok or frying pan; stir-fry chicken, in batches, until browned all over and cooked through.

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## Recipe Guide



Place chicken and asparagus in large bowl with onion, capsicums, carrot, cabbage, juice and remaining oil; toss gently to combine.

Serves 4                      1 serve = 1 protein

### **Chilli chicken with yoghurt lentil salad**

**Ingredients (serves 4)                      1 serve = 1 protein, 2 carbohydrates**

4 single chicken breast fillets  
2 tsp piri piri seasoning  
Olive oil spray  
1/4 cup (70g) reduced fat natural yoghurt, plus extra to serve  
1 tbs fresh lemon juice  
2 x 400g cans brown lentils or chickpeas, Edgell brand, drained, rinsed  
1/4 cup (45g) Sunbeam currants  
1/4 cup fresh continental parsley leaves  
1/4 cup shredded fresh mint  
Salt & freshly ground pepper  
Lemon wedges, to serve

### **Method**

Sprinkle both sides of the chicken with the piri piri seasoning. Spray a large non-stick frying pan with olive oil. Heat over a medium heat. Add the chicken and cook for 6 minutes each side or until cooked through. Whisk the yoghurt and lemon juice in a small bowl until smooth. Place the lentils, currants, parsley and mint in a large bowl. Stir in the yoghurt dressing. Season with salt and pepper. Cut the chicken into thick slices and serve on the lentil salad with lemon wedges and some extra yoghurt.

### **Citrus chicken**

**Ingredients (serves 6)                      1 serve = 1 protein**

6 skinless chicken breast fillets  
3 cloves garlic, crushed  
4 tbs orange marmalade  
Zest and juice of 1 orange  
1 tbs oil

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## Recipe Guide



300ml chicken stock

Watercress, orange slices, olives, thinly sliced red onion and low-fat feta, to serve

### **Method**

Preheat the oven to 180°C.

Season chicken breasts with salt and pepper. Place garlic, marmalade, orange zest and oil in a bowl and beat with a fork to combine.

Place chicken in a roasting pan, spread orange mixture over the chicken and cover pan with foil. Place in oven and bake for 10 minutes, then remove foil and bake for a further 10-15 minutes or until the chicken is cooked through. Remove from the oven and set the chicken aside.

Add juice and stock to roasting pan and stir over low heat until well reduced and sticky, then pour over chicken. Serve with a salad of watercress, fresh orange slices, olives, red onion and low-fat feta.

### **Curried Apricot Chicken**

1/3 cup chicken stock	1/3 cup water
125g dried apricots	1 Tbsp olive / canola oil
1 onion, chopped	1/2 tsp coriander
1/2 tsp cumin	1/2 tsp turmeric
1/4 tsp cinnamon	freshly ground black pepper
4 chicken breasts (120g each)	

In a saucepan bring the chicken stock and water to the boil. Turn off the heat and add the apricots to soak in the hot liquid for approx. 1 hour.

Remove apricots and liquid.

Heat oil in a non-stick frying pan.

Fry the onion until tender. Stir through the spices.

Add the chicken and fry until golden brown. Return the apricots and liquid.

Cover with lid and simmer over low heat for approx. 20 minutes or until chicken is tender (add extra stock if required).

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## Recipe Guide



Serve with crisp green salad.

Serves 4

1 serving = 1 protein, 1 carbohydrate, 1 fat

### **Dukkah chicken and quinoa salad**

**Ingredients (serves 4)**  
**carbohydrates**

**1 serve = 1 protein, 2**

1 cup quinoa, rinsed (see note)

Olive oil cooking spray

2 medium carrots, peeled, diced

2 (250g each) chicken breast fillets, trimmed, halved horizontally

2 tablespoons pistachio dukkah (see box)

1/3 cup orange juice

1/3 cup finely chopped fresh flat-leaf parsley leaves

1/4 cup shredded fresh mint leaves

2 green onions, finely sliced

2 teaspoons extra-virgin olive oil

### **Method**

Place quinoa and 2 cups cold water in a saucepan over high heat. Bring to the boil. Reduce heat to low. Simmer, covered, for 10 minutes or until water has absorbed and quinoa is tender. Rinse. Drain.

Meanwhile, lightly spray a frying pan with oil. Heat over medium-high heat. Cook carrot, stirring, for 5 minutes or until just tender. Transfer to a bowl.

Place chicken on a plate. Sprinkle both sides with dukkah. Cook chicken in pan over medium heat for 5 to 6 minutes each side or until golden and cooked through.

Combine quinoa, orange juice, parsley, mint, onion, oil and carrot in a bowl. Season with pepper. Toss to combine. Serve chicken with quinoa salad.

### **Honeyed Chicken Stir Fry**

600g chicken breast sliced thinly      2 Tblsp soy sauce

1/4 cup honey      1 clove garlic crushed

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1 tsp finely chopped fresh ginger      100g shitake mushrooms, sliced thinly  
1 red capsicum chopped finely      160g snake beans, cut into 8cm lengths  
425g can baby corn, drained

Combine chicken, sauce, honey, garlic and ginger in large bowl; refrigerate for several hours or overnight.  
Stir-fry mixture in batches in heated wok. Add mushroom, capsicum, beans and corn to wok; stir-fry for about 5 minutes or until beans are just tender.  
Stir in chicken; cook, stirring, for about 2 minutes or until chicken is hot.

Serves 4      1 serve = 1 protein, 1 carbohydrate

### Garlic & mint chicken with crunchy cos salad

A fantastic chicken recipe that's bound to become a weeknight favourite.

**Ingredients (serves 4)      1 serve = 1 protein**  
4 small (about 170g each) chicken breast fillets, each cut into 2 thin fillets  
2 tbs roughly chopped mint leaves      2 garlic cloves, crushed  
1 tsp dried chilli flakes      1 1/2 tbs olive oil  
1 baby cos, leaves separated, finely shredded  
1/2 punnet (about 80g) snow pea sprouts, roughly chopped  
2 spring onions, finely chopped  
1 tbs white wine vinegar

#### **Method**

Place the chicken, mint, chilli and 1/2 tbs of oil in a bowl. Season with salt and pepper and toss to coat chicken.  
Place a large non-stick frypan over high heat. When hot, add the chicken in batches. Cook for 2 minutes on one side and 1 minute on the other or until cooked through.  
Meanwhile: toss the shredded lettuce, snow pea sprouts, and spring onion in a large bowl with the vinegar, remaining tbs of oil, salt and pepper.  
Divide the salad and chicken among plates and serve immediately.

### GLAZED CHICKEN BREASTS



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## Recipe Guide



4 x 125g chicken breast fillets  
cooking oil spray  
salad leaves to serve

### GLAZE

¼ cup sugar-free marmalade  
2 teaspoons Dijon mustard  
1 tablespoon orange juice  
1 tablespoon light soy sauce  
1 clove garlic, crushed

1. Glaze. Combine all ingredients in a bowl; mix well.
  2. Combine chicken and Glaze in a bowl. Cover; refrigerate 30 minutes.
  3. Heat a grill pan; spray with cooking oil. Add drained chicken; cook on both sides, brushing with remaining Glaze, until cooked through.
  4. Serve chicken with salad leaves.
- 1 serve = 1 protein

### Garlic & mint chicken with crunchy cos salad

#### **Ingredients (serves 4)**

**1 serve = 1 protein**

4 small (about 150g each) chicken breast fillets, each cut into 2 thin fillets  
2 tbs roughly chopped mint leaves  
crushed  
1 tsp dried chilli flakes  
1 baby cos, leaves separated, finely shredded  
1/2 punnet (about 80g) snow pea sprouts, roughly chopped  
2 spring onions, finely chopped  
vinegar

2 garlic cloves,  
1 1/2 tbs olive oil  
1 tbs white wine

#### **Method**

Place the chicken, mint, chilli and 1/2 tbs of oil in a bowl. Season with salt and pepper and toss to coat chicken.

Place a large non-stick frypan over high heat. When hot, add the chicken in batches. Cook for 2 minutes on one side and 1 minute on the other or until cooked through.

Meanwhile: toss the shredded lettuce, snow pea sprouts, and spring onion in a large bowl with the vinegar, remaining tbs of oil, salt and pepper. Divide the salad and chicken among plates and serve immediately.

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## Recipe Guide



### **Glazed Chinese chicken**

**Ingredients (serves 8) 1 serve = 1 protein**

- 1 1/3 cups light soy sauce
- 2 tablespoons dark soy sauce
- 1/2 cup firmly packed brown sugar
- 5 star anise
- 2 cinnamon sticks
- 1/2 cup Chinese rice wine (or sherry)
- 4cm piece fresh ginger, peeled, cut into matchsticks
- 6 garlic cloves, roughly chopped
- 4 chicken breasts

#### **Method**

Combine soy sauces, sugar, star anise, cinnamon, rice wine, ginger and garlic in a large ceramic bowl. Add chicken. Toss to coat. Cover and refrigerate overnight.

Preheat oven to 200°C. Line a baking dish with baking paper. Place chicken in a single layer in dish. Cook, basting often, for 50 to 60 minutes or until golden and cooked through. Serve with steamed / stir fried veges.

### **Honey barbecued chicken**

**Ingredients (serves 4)**

**1 serve = 1 protein**

- 1 tablespoon finely grated lemon rind
- 2 tablespoons honey
- 2 garlic cloves, crushed
- 2 teaspoons dijon mustard
- 1/4 cup barbecue sauce
- 8 (120g each) skinless chicken thigh cutlets

#### **Method**

Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper. Place a wire rack in tray.

Place lemon rind, honey, garlic, mustard and barbecue sauce in a large bowl. Stir to combine. Add chicken. Toss to coat. Place chicken on wire rack. Drizzle with remaining marinade. Bake, basting with pan juices every 10 minutes, for 35 to 40 minutes or until golden and cooked through. Serve with Crunchy coleslaw (see related recipe).

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## Recipe Guide



### Honey lemon chicken

**Ingredients (serves 6)**

**1 thigh/1 drumstick = 1 protein**

1 tbs olive oil  
6 chicken thigh pieces, backbone trimmed  
6 chicken drumsticks  
80ml (1/3 cup) honey  
80ml (1/3 cup) fresh lemon juice  
60ml (1/4 cup) kecap manis  
1 lemon, very thinly sliced  
1 bunch baby (Dutch) carrots, peeled, ends trimmed  
1 bunch baby pak choy, halved lengthways  
Steamed rice, to serve

### **Method**

Preheat oven to 200°C. Heat the oil in a large frying pan over medium-high heat. Add the chicken thigh pieces and cook for 4-5 minutes each side or until brown. Transfer to a small roasting pan. Repeat with the chicken drumsticks, reheating the frying pan between batches.

Whisk the honey, lemon juice and kecap manis in a large jug until well combined.

Arrange the lemon slices on and around the chicken. Pour over the honey mixture. Bake, basting with the sauce from the pan halfway through cooking, for 35 minutes or until the chicken is cooked through and the lemon is caramelised.

Meanwhile, bring a large saucepan of water to the boil. Add the carrots and cook for 2-3 minutes or until just tender. Add the pak choy and cook for a further 1-2 minutes or until the pak choy just wilts.

Transfer the chicken to a serving dish and cover with foil to keep warm. Pour the juices from the roasting pan into a small saucepan and bring to the boil over high heat. Boil for 3-4 minutes or until the sauce thickens slightly.

Arrange the carrot and pak choy around the chicken. Serve with the sauce and rice.

### **Notes**

**Shopping tip:** Look for kecap manis, a thick, sweet Indonesian soy sauce, near the soy sauce in the condiments aisle at Woolworths.

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## Recipe Guide



**Cook's tip:** The lemon slices aren't just for decoration - they're edible. They soften and caramelize during baking, becoming sweeter.

**With a twist:** Replace pak choy with 100g green round beans, trimmed. Use a knife or a bean splitter, available from Woolworths, to cut the beans lengthways into thin slices. After cooking the carrots in step 3, cook the beans for 2-3 minutes or until bright green and tender crisp.

### Indian-spiced quinoa with chicken

**Ingredients (serves 4)**                      **1 serve = 1 protein, 2 carbohydrates**

2 tbs peanut oil  
1 tbs black mustard seeds  
12 fresh curry leaves\*, plus extra to garnish  
2 tsp garam masala\*  
3 long green chillies, seeds removed, thinly sliced  
1 large onion, coarsely grated  
1 1/2 cups (200g) quinoa\*  
1/2 cup (110g) green split peas  
3 cups (750ml) salt-reduced chicken stock  
1 1/2 cups shredded cooked chicken  
80g baby spinach leaves, roughly shredded

### **Method**

Heat oil in a large pan over medium heat. Add mustard seeds and cook until they begin to pop. Add curry leaves, garam masala, chilli and onion, and cook until onion is golden and spices are aromatic. Add quinoa and peas, and stir to coat in spice mixture. Add stock and 1 cup (250ml) boiling water. Simmer over low heat for 25 minutes, then add chicken and spinach and heat through for 5 minutes. Season to taste and serve garnished with extra curry leaves.

Notes

\* Fresh curry leaves are from selected greengrocers. Garam masala is a spice blend from supermarkets. Quinoa is from health-food shops.

### Lemon Pepper Chicken with Zucchini Salad

1 Tblsp finely grated lemon rind                      2 tsp cracked black pepper  
1/3 cup lemon juice    2 tsp olive oil

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## Recipe Guide



4 single chicken breast fillets  
4 medium yellow zucchini  
4 green onions finely chopped  
parsley  
¼ cup chopped fresh tarragon

4 medium green zucchini  
1 clove garlic crushed  
1 cup coarsely chopped fresh

Combine rind, pepper, 1 Tblsp of the juice and half of the oil in large bowl, add chicken; toss chicken to coat in marinade. Cover until required.

Peel zucchini randomly, slice into thin strips diagonally. Cook zucchini slices, in batches, on heated lightly oiled grill plate (or grill or bbq) until browned lightly and tender.

Cook chicken on same grill plate until cooked through.

Meanwhile whisk remaining juice and remaining oil with garlic in large bowl. Place zucchini, onion and herbs in bowl with dressing; toss gently to combine.

Serve chicken with zucchini salad.

Serves 4                      1 serve = 1 protein

### **MOROCCAN CHICKEN CASSEROLE**

500g skinless chicken thigh fillets  
1-teaspoon olive oil  
1 large onion, sliced  
2 cloves garlic, crushed  
2 teaspoons Moroccan seasoning  
1-teaspoon ground turmeric  
2 strips lemon rind  
1 tablespoon lemon juice  
1 x 400g can diced tomatoes  
1 x 300g can chickpeas, rinsed, drained  
2 tablespoons sliced black olives  
Fresh herbs and lemon rind to garnish

1. Remove fat from chicken; cut chicken into large pieces. Heat oil in a large, non-stick pan; add chicken, in batches, cook until browned all over. Drain on absorbent paper.

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2. Add onion, garlic, seasonings to same pan; cook, stirring, until onion is soft. Return chicken to pan with rind, juice and undrained tomatoes. Bring to boil; simmer, covered, for about 30 minutes, or until chicken is tender.

3. Stir in chickpeas and olives; simmer, uncovered, for about 10 minutes, or until sauce is slightly thickened.

Serves 4

1 serve = 1 protein

### MIDDLE EASTERN CHICKEN STEW

**1 brown onion diced**                      **400ml reduced-salt chicken stock**  
**2 tsp ground cinnamon**              **2 tsp sweet paprika**  
**1 tsp ground cumin**                      **1 tsp ground coriander**  
**1 tsp tumeric**                              **1 granny smith apple, peeled,**  
**cubed**  
**2 zucchini, sliced**                      **½ lemon, juiced**  
**1 chilli, finely chopped (optional)**      **Couscous to serve**  
**4 x 180g chicken breast fillets, trimmed, cut into 3cm cubes**  
**250g butternut pumpkin, peeled, cubed**

**Heat a nonstick pan or pot to medium and fry onions for 3-4 minutes using 2 Tbsp of chicken stock.**

**Add spices and cook for 1 minute.**

**Add chicken pieces and stir to coat. Add apple, pumpkin, zucchini and remaining chicken stock. Bring to the boil. Reduce heat and cover. Simmer for 30 minutes. Remove lid and simmer for a further 10 minutes.**

**Squeeze in lemon juice and add chilli. Serve with couscous.**

Serves 6

1 serve = 1 protein, 2 carbohydrates

### **Mustard and Rosemary Chicken with Artichokes**

**3 chicken breast fillets (500grams), sliced**

**Cooking oil spray**

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## Recipe Guide

- 2 small red onions chopped roughly
- 1 clove garlic, crushed
- ½ teaspoon cracked black pepper
- 2 teaspoons cornflour
- ½ teaspoon chicken stock powder
- ½ cup water
- ¼ cup dry white wine
- 2 teaspoons seeded mustard
- 1 teaspoon Worcestershire sauce
- 400gram can artichoke hearts in brine, drained, quartered
- 2 teaspoons chopped rosemary

Cook chicken in batches, in heated oiled large pan, stirring, until browned both sides and almost cooked through. Add onions, garlic and pepper; cook, stirring until onions are soft.

Return chicken to same pan with blended cornflour, stock powder and water, wine, mustard and sauce; stir over heat until mixture boils and thickens slightly. Add artichokes and rosemary, stir until hot.

Serves 4

1 serve = 1 protein

### **Organic roast chicken with oranges and winter herbs**

#### **Ingredients**

- 1.8kg organic chicken
- 4 oranges
- 2 garlic cloves, crushed
- 4 rosemary sprigs
- 3-4 fresh bay leaves\*
- 1 cup (250ml) good-quality chicken stock

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60g unsalted butter

### Method

Rinse chicken inside and out under cold water, then pat dry with paper towel. Juice the oranges. Quarter the juiced oranges and place in a large bowl with the juice, chicken, garlic and herbs. Cover and marinate in the fridge for 6-8 hours, turning the chicken occasionally. Preheat the oven to 190°C. Remove chicken from the bowl, reserving marinade.

Place 2 orange pieces and a rosemary sprig in the cavity of the chicken, then tie the legs together using kitchen string.

Season with salt and pepper, then place in a roasting pan with the remaining orange halves and the reserved marinade. Roast in the oven for 1-1 1/2 hours, basting occasionally with pan juices, until chicken is golden and juices run clear when a skewer is inserted into thickest part of thigh joint. Transfer the chicken to a serving plate and cover loosely to keep warm.

Skim the excess fat from the pan juices, then place the roasting pan over medium heat. Add the chicken stock and bring to the boil. Add the butter, 20g at a time, whisking constantly until combined. Season to taste with salt and freshly ground black pepper, then strain into a jug. Carve the chicken and serve with the orange sauce.

### Paprika chicken with quinoa tabbouleh

**Ingredients (serves 4)**

**1 serve = 1 protein, 2**

**carbohydrates**

1 cup (200g) quinoa

1 bunch flat-leaf parsley, leaves picked, finely chopped

2 tbs finely chopped mint or coriander

8 cherry tomatoes, quartered

3 spring onions, thinly sliced

1/4 cup (60ml) extra virgin

olive oil

2 tbs lemon juice

1 1/2 tsp paprika, plus extra to

sprinkle

1 tsp ground cumin

Pinch of cayenne

1 tsp caster sugar

100g low-fat thick Greek yoghurt

1 tbs olive oil

4 x 120g chicken breast

fillets

**Method**



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Place the quinoa and 600ml water in a small saucepan over medium heat, then bring to a simmer. Cook for 10 minutes or until tender. Drain well and leave to cool.

Add herbs, tomato and onion to quinoa and toss to combine. Combine oil, lemon juice, 1/2 tsp paprika, cumin, cayenne and sugar, then season. Place yoghurt in a bowl and drizzle over 2 tsp dressing, then sprinkle with some paprika. Toss salad in remaining dressing.

Preheat grill to medium-high. Mix oil and remaining paprika, season, then brush over chicken. Grill for 7-8 minutes each side until cooked through. Serve sliced with salad and yoghurt.

### **Quick chicken & tomato casserole**

**Ingredients (serves 4)                      1 serve = 1 protein**

1 tbs plain flour

4 small (120g each) chicken breast fillets

1/4 cup (60ml) olive oil

1 onion, thinly sliced

2 garlic cloves, crushed

1/2 cup pitted black olives

2 anchovies

1 tbs chopped mixed herbs (rosemary, thyme, parsley), plus extra to garnish

1 tbs baby capers, rinsed

1 tbs red wine vinegar

2 tbs tomato paste

2 tbs sun-dried tomato pesto

1/2 cup (125ml) red wine

#### **Method**

Season flour with salt and pepper, then toss fillets in flour. Heat 2 tablespoons of oil in a heavy-based pan over high heat, add chicken, quickly brown both sides, then set aside.

Add remaining oil to pan and fry onion over medium heat for 1-2 minutes or until softened.

Add garlic, olives, anchovies, herbs and capers, cook for 1 minute, then add vinegar. Mix paste, pesto, wine and 1 1/2 cups water (or stock). Add

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to pan with chicken and simmer 5 minutes or until chicken is cooked.  
Serve with steamed vegetables and salad.

### Roast chicken with chilli and basil

Choose a good quality free-range chicken and keep it in the marinade for as long as you can.

Serves 4

1 serve = 1 protein

1 tbsp sunflower oil	2 tbsp sesame oil
1 tbsp Dijon mustard	2 tbsp soy sauce
1 tbsp rice vinegar	tsp dried chilli flakes
3 spring onions	2 chicken legs
2 chicken breasts	2-4 mild red chillies

8 basil leaves for garnish Sea salt and freshly ground black pepper

In a bowl, whisk the oils, mustard, soy sauce, vinegar and chilli flakes.  
Season with a little bit of salt and some pepper.

Roughly chop the spring onion and add it to the sauce with the chicken and the whole chillies. With your hands, rub the chicken well with the marinade and keep refrigerated for 4 hours or overnight.

Preheat the oven to 200°C.

Place the chicken in a roasted tray and place in the oven for 35-40 minutes or until cooked through. Arrange the chicken on a serving plate, place the chillies on top and pour the juices on. Garnish with basil.

### ROASTED PUMPKIN AND CHICKEN SALAD

olive oil spray	600g pumpkin, chopped
1/2 teaspoon cracked black pepper	1/2 teaspoon lemon herb seasoning
1/4 teaspoon dried oregano	4 x 100g chicken breast fillets
100g baby spinach leaves	

#### **DRESSING**

2 teaspoon grain mustard	3 tablespoons balsamic vinaigrette
1/4 teaspoon sugar	

1. Lightly spray pumpkin with oil; place in a plastic bag with pepper and oregano. Shake bag until pumpkin is coated; then place onto a greased oven tray.

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3. Cook in a moderately hot oven, 190°C, for about 25 minutes or until pumpkin is tender and lightly browned.
4. Cook chicken in a heated, lightly oiled grill pan, on both sides, until browned and tender.
5. Dressing. Combine all ingredients in a screw-top jar; shake well.
6. Combine pumpkin, spinach and dressing in a bowl; mix well.

1 serve = 1 protein, 1 carbohydrate

### **San choy bau**

#### **Ingredients (serves 4)**

1 tablespoon peanut oil  
2cm piece ginger, finely grated  
2 tablespoons Chang's oyster sauce  
3 green onions, thinly sliced  
1 teaspoon sesame oil  
1/4 cup fresh coriander leaves, chopped  
(see note)  
1/4 cup chopped roasted peanuts

#### **1 serve = 1 protein**

2 garlic cloves, crushed  
500g chicken mince  
1 tablespoon soy sauce  
1/2 lime, juiced  
1 cup beansprouts, trimmed  
12 large butter lettuce leaves

#### **Method**

Heat wok over high heat until hot. Add peanut oil and swirl to coat. Add garlic, ginger and chicken. Stir-fry for 2 to 3 minutes or until pork just changes colour.

Combine oyster sauce and soy sauce in a jug. Add onions, sauce mixture, 2 teaspoons of lime juice and sesame oil to wok. Stir-fry for 3 minutes or until heated through. Stir in beansprouts and coriander.

Spoon chicken mixture into lettuce leaves. Sprinkle with peanuts. Serve.

#### **Notes**

You could use iceberg lettuce leaves instead of butter lettuce, if preferred.

### **Saucy Mexican Chicken**

**4 boneless chicken breasts cut into 2 cm chunks (500g)**

**2 cups chunky salsa (mild, medium or hot)**

**400 ml tin pineapple chunks, drained**

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2 teaspoons mustard  
2 cloves crushed garlic  
1 Tblsp sugar or honey

5 drops Tabasco  
3 Tblsp fresh lemon juice  
300g tin corn, drained

**Combine all ingredients except corn in a bowl; mix well. Cover and marinate in the fridge for 1 hour.**

**Transfer to a large pan and heat on medium, until bubbling. Reduce heat and simmer uncovered for 25 minutes, stirring occasionally until sauce has reduced and thickened.**

**Add corn, heat through.**

**Serve with green salad.**

**Serves 4                      1 serve = 1 protein, 1 carbohydrate**

### **Simple Moroccan chicken**

**Ingredients (serves 4)                      1 serve = 1 protein**

500g chicken fillet, cut into 2cm dice  
3 tbs (1/4 cup) flour, seasoned with salt and pepper  
1/4 cup (60ml) olive oil  
2 onions, sliced  
2 tsp ground cinnamon  
1/4 tsp ground cloves  
2 tsp sumac\*  
3 tbs (1/4 cup) sultanas  
1 cup (250ml) chicken stock  
50g toasted pine nuts\*  
3 tbs (1/4 cup) chopped fresh coriander  
Juice of 1 lemon, plus wedges to serve  
Couscous, Greek yoghurt and Lebanese bread, to serve

### **Method**

Toss chicken in the flour. Heat 2 tablespoons oil in a large frypan over high heat until hot, then cook chicken in batches until golden and set aside.

Heat remaining oil in pan. Add onions, reduce heat to medium and cook for 10 minutes, stirring, until golden and softened. Return chicken to pan with spices, sultanas and stock. Reduce heat to low and cook for 5 minutes until heated through and thickened slightly. Stir in pine nuts,

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coriander and lemon juice. Serve with couscous, yoghurt, bread and lemon.

Notes

\* Sumac is a purple, lemony spice used in North African and Middle Eastern cooking. From spice stores and selected delis. \* Ready-toasted pine nuts are available from supermarkets

### **Smoked Chicken salad**

**Ingredients**                      **1 serve = 1 protein, 2tsp fat**

350g smoked chicken breast, skin removed and sliced

1 red capsicum

1 kumara

3 good handfuls salad greens

50g nuts of your choice, roasted (walnuts, pine nuts, hazelnuts)

#### **Dressing:**

1 tablespoon red wine vinegar

3 tablespoons olive oil

2 teaspoons honey

#### **Instructions**

Slice the kumara and red capsicum into even-sized pieces and spread on an oven tray. Place in a hot oven and roast until tender (about 25 minutes), then remove and leave to cool.

Toast the nuts in a dry pan on the stove.

Combine the dressing ingredients and whisk or shake together. Taste and adjust to suit.

Combine all the salad ingredients in a large bowl and gently blend together.

### **Smoked Chicken Salad**

480 grams smoked chicken breast

200grams baby spinach leaves

1 medium yellow capsicum thinly sliced

1 medium red onion thinly sliced

1 cup firmly packed fresh basil leaves

2 teaspoons finely grated lime rind

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¼ cup limejuice  
2 Tablespoons coarsely chopped fresh coriander  
2 red Thai chillies, seeded, chopped finely  
2 teaspoons peanut oil  
1-teaspoon sugar

Remove and discard any skin from chicken, slice chicken thinly.  
Combine chicken, spinach, capsicum, onion and basil in large bowl.  
Combine remaining ingredients in screw-top jar, shake well.  
Pour dressing over salad; toss gently to combine.

Serves 4                                      1 serve = 1 protein

### Snow pea, almond & chicken stir-fry

**Ingredients (serves 4)                                      1 serve = 1 fat. 1 protein**

6 (about 600g) chicken thigh fillets, thinly sliced  
1 red onion, cut into thick wedges  
3cm-piece fresh ginger, peeled, thinly sliced  
2 garlic cloves, crushed                                      1 tsp sesame oil  
1 tsp Chinese five spice                                      1 tsp peanut oil  
1 x 100g pkt blanched almonds                                      150g snow peas, trimmed  
125g punnet baby corn, halved diagonally  
2 tbs oyster sauce    2 tbs kecap manis  
Steamed jasmine rice, to serve                                      1/2 cup fresh coriander leaves

#### **Method**

Combine the chicken, onion, ginger, garlic, sesame oil and Chinese five spice in a glass or ceramic bowl. Set aside for 15 minutes to marinate.  
Heat half the peanut oil in a wok over high heat until just smoking. Add the almonds and stir-fry for 2 minutes or until toasted. Use a slotted spoon to transfer almonds to a heatproof bowl.  
Add one-quarter of the chicken mixture to the wok and stir-fry for 3 minutes or until golden brown. Transfer to the bowl with the almonds.  
Repeat, in 3 more batches, with remaining chicken mixture, reheating the wok between batches.

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Heat the remaining peanut oil in the wok until just smoking. Add the snow peas and baby corn and stir-fry for 2 minutes or until the snow peas are bright green and tender crisp. Add the chicken mixture, oyster sauce and kecap manis and stir-fry for 1 minute or until the sauce thickens. Divide the rice among serving bowls. Top with stir-fry and coriander to serve.

### **SPICY CHICKEN WITH TANGY YOGHURT**

<b>1 large red onion, chopped</b>	<b>1-tablespoon honey</b>
<b>1/3 cup soy sauce</b>	<b>1/4 cup cider vinegar</b>
<b>3 teaspoons Cajun seasoning</b>	<b>500g chicken tenderloins</b>

#### **TANGY YOGHURT**

<b>3/4 cup no-fat plain yoghurt</b>	<b>2 tablespoons lemon juice</b>
<b>1/2 teaspoon Cajun seasoning</b>	<b>Salt to taste</b>

**Blend or process onion, honey, sauce, vinegar and seasoning until smooth. Combine onion mixture and tenderloins in a large bowl.**

**Cover; refrigerate for several hours or overnight.**

**Tangy Yoghurt. Combine all ingredients in a small bowl; mix well.**

**Drain chicken from marinade. Cook on a heated, oiled grill plate (or grill or barbecue) until browned all over and cooked through.**

**Serve chicken drizzled with Tangy Yoghurt.**

**SERVES 4      1 serve = 1 protein**

### **Spicy barbecued chicken**

**Ingredients (serves 8)      1 serve = 1 protein**

- 1/4 cup tomato paste
- 2 garlic cloves, crushed
- 1 teaspoon dried chilli flakes (optional)
- 2 tablespoons brown sugar
- 2 teaspoons finely grated lemon rind
- 1/4 cup lemon juice
- 1 tablespoon worcestershire sauce
- 1 teaspoon smoked paprika
- 1 tablespoon olive oil

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8 (1kg) chicken lovely legs  
lemon wedges, to serve

### Method

Combine tomato paste, garlic, chilli flakes (if using), sugar, lemon rind, lemon juice, worcestershire sauce, paprika and oil in a large glass or ceramic dish. Add chicken. Toss to coat. Cover. Refrigerate overnight. Preheat oven to 200°C/180°C fanforced. Place chicken on a wire rack. Place rack over a baking dish. Roast, turning occasionally, for 35 to 45 minutes or until cooked through. Serve with lemon wedges.

### SPICY CHICKEN WITH ASPARAGUS SALAD

600g chicken tenderloins                      1 x 35g packet taco seasoning mix  
2 bunches asparagus, trimmed              200g green beans, trimmed  
1 ripe tomato, seeded, finely chopped      1 small red onion, finely chopped  
Cooking oil spray

### DRESSING

2 cloves garlic, crushed                      2 tablespoons lemon juice  
2 teaspoons olive oil                          1 tablespoon white wine  
vinegar  
2 teaspoons grain mustard                      2 teaspoons honey  
Salt and pepper to taste

1. Combine chicken with seasoning a plastic bag; shake until evenly coated. Refrigerate, in bag, for 1 hour.
2. Cut asparagus and beans into 6cm lengths. Boil or microwave, asparagus and beans, separately, until just tender; drain. Rinse under cold water; drain well.
3. Dressing. Combine all ingredients in a jug; mix well.
4. Combine asparagus, beans, tomatoes and onion in a large bowl. Pour over Dressing; toss until coated.
5. Add chicken, in batches, to a heated, lightly oil-sprayed non-stick pan; cook until browned on both sides and tender.
6. Serve chicken over salad mixture.

SERVES 4

1 serve = 1 protein



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### **Super-easy chicken cacciatore**

**Ingredients (serves 4)**                      1 serve = 1 protein

1 tablespoon olive oil  
1kg mixed chicken pieces, trimmed  
1 brown onion, roughly chopped  
1 red capsicum, chopped  
200g cup mushrooms, sliced  
575g jar napoletana pasta sauce  
1/2 cup pitted kalamata olives, halved  
1/2 cup small fresh basil leaves  
Cooked fusilli (spiral) pasta, to serve

#### **Method**

Heat oil in a large, non-stick saucepan over medium-high heat. Cook chicken in batches, turning, for 5 minutes or until browned. Transfer to a plate. Add onion, capsicum and mushroom to pan. Cook, stirring, for 3 minutes or until softened.

Return chicken to pan. Add sauce. Cover. Bring to the boil. Reduce heat to low. Simmer for 25 to 30 minutes or until chicken is cooked through.

Serve with a big gree salad

### **Tandoori chicken with cumin raita**

Serves 2    1 serve = 1 protein 2 carbohydrates

#### **Ingredients**

200g (1 cup) basmati rice  
1/2 tsp ground turmeric  
60g (1/4 cup) tandoori curry paste  
330g (1 1/4 cups) Greek-style natural yoghurt  
520g chicken thigh fillets, cut into 2cm pieces  
Olive oil spray  
1 tsp cumin seeds, toasted  
1 small tomato, seeded, finely chopped  
1 Lebanese cucumber, finely chopped  
Fresh coriander leaves, to serve

#### **Method**

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Cook the rice following packet directions, adding the turmeric to the cooking water with the rice.

Meanwhile, combine the tandoori paste and 2 tablespoons of the yoghurt in a large bowl. Add the chicken and toss to coat. Thread onto 8 soaked bamboo skewers.

Heat a barbecue grill or chargrill on medium. Spray the chicken with oil. Cook, turning, for 8-10 minutes or until cooked to your liking.

Combine cumin, tomato, cucumber and remaining yoghurt in a bowl. Divide the rice and chicken skewers among serving plates. Top with coriander and serve with the raita

### **Tasty Chicken and Pumpkin Stew**

Spicy stews like this one are so lovely on cold winter evenings. This one could be adapted for the crockpot or slow cooker; reduce the liquid by half and cook on low for 6-8 hours.

#### **Ingredients**

spray olive oil	1 onion, chopped
1 clove garlic, chopped or less to taste)	½ tsp chilli flakes (or more
2 teaspoons smoked paprika	1 teaspoon ground cumin
1 teaspoon ground coriander	1 teaspoon cinnamon
600g boneless, skinless chicken breasts, cut into bite-sized pieces	
1 granny smith apple, cut into cubes	2 cups, peeled and cubed pumpkin
1 ½ cups salt-reduced chicken or vegetable stock	juice of 1/2 lemon or lime

#### **Instructions**

Heat a spray of oil in a large non-stick frying pan over medium heat and cook onions and garlic until onion is soft but not browned. Add the spices, stir to combine and cook for another couple of minutes.

Add the chicken, apple, pumpkin and stock and bring to the boil. Turn the heat down and simmer, covered, for 15-20 minutes. Remove lid and simmer for 10 minutes more or until sauce has reduced and thickened.

Squeeze in lemon or lime juice. Serve with couscous or rice.

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Serves 6  
carbohydrate

1 serve = 1 protein, 1

### **TERIYAKE CHICKEN WITH GREEN BEANS**

**1 teaspoon peanut oil**  
**3 (500grams) chicken breast fillets, sliced**  
**200 grams green beans, halved**  
**½ cup water**  
**2 tablespoons black bean sauce**  
**1 tablespoon sweet chilli sauce**  
**1 tablespoon teriyaki sauce**  
**1 clove garlic, crushed**  
**2 teaspoons grated fresh ginger**  
**1 medium onion, sliced thinly**  
**400 grams bok choy, sliced**  
**1 ¼ cups bean sprouts**

**Heat oil in wok or large frying pan; stir fry chicken in batches until browned.**

**Return chicken to pan with beans, water sauces, garlic, ginger and onion; stir-fry until beans are tender.**

**Add bok choy and bean sprouts; stir-fry until heated through.**

Serves 4

### **Tangy Thai chicken salad**

Ingredients (serves 4)	1 serve = 1 protein 2 tsp fat
1/4 cup (60ml) light coconut milk	2 tbs fish sauce
2 tbs grated palm sugar/sugar	500g chicken thigh fillets
2 tsp sweet chilli sauce	1 tbs lime juice
4 kaffir lime leaves centre vein removed, finely sliced	
150g baby Asian salad leaves sliced	1/3 cup canned water chestnuts

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1 red onion, finely sliced diagonally  
1 tsp finely chopped galangal, finely sliced  
1/3 cup each mint and coriander leaves, plus extra to garnish  
50g roasted peanuts, roughly chopped

2 spring onions, finely sliced  
1 red chilli, seeds removed,

### **Method**

In a large saucepan, stir together coconut milk, fish sauce and palm sugar over low heat until sugar dissolves, then bring to the boil. Add chicken, cover and simmer over low heat for 10 minutes or until cooked. Remove from heat and let chicken cool. Remove chicken and reserve liquid. For the dressing, add chilli sauce, lime juice and kaffir lime to poaching liquid. Stir to combine. Shred chicken and mix in a bowl with salad leaves, water chestnuts, onions, galangal, chilli and herbs. Divide between plates, garnish with peanuts and extra herbs. Drizzle with dressing.

### **Thai larb salad**

Serves 4                      1 serve = 1 protein

### **Ingredients**

1 Tablespoon peanut oil  
500g chicken breast mince  
1 stem lemon grass, pale section only, finely chopped  
1 fresh long green chilli, finely chopped  
60ml (1/4 cup) fresh lime juice  
1 Tablespoon fish sauce  
1 Tablespoon sweet chilli sauce  
1 teaspoon finely grated lime rind  
1/2 small red onion, thinly sliced (optional)  
1/3 cup fresh coriander leaves  
2 Tablespoons torn fresh mint  
Baby cos lettuce leaves, to serve  
40g (1/4 cup) roasted peanuts, finely chopped, to serve

### **Method**

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### Step 1

Heat half the oil in a wok over high heat until just smoking. Add half the mince, lemon grass and chilli and stir-fry, breaking up any lumps, for 3-4 minutes or until chicken changes colour. Transfer to a heatproof bowl. Repeat with the remaining oil, mince, lemon grass and chilli, reheating the wok between batches. Set aside for 15 minutes to cool slightly.

### Step 2

Whisk together the lime juice, fish sauce, sweet chilli sauce and lime rind in a small bowl until well combined. Drizzle the chicken mixture with the dressing. Add the onion, coriander and mint and stir to combine. Spoon the chicken mixture among lettuce leaves and sprinkle with peanuts to serve.

## **Thai Ginger Chicken Stir-Fry (Gai Pad Khing)**

Serves 2

2 tablespoons fish sauce  
1 tablespoon oyster sauce (see Recipe Notes)  
1 teaspoon sugar  
2 tablespoons grapeseed, canola, or other high-heat oil  
240g boneless, skinless chicken breast or thigh, cut into bite-size pieces (about 1/4-inch thick)  
2 cloves garlic, minced  
2 green onions, ends trimmed, cut crosswise into 2cm pieces  
1 cup thinly sliced red capsicum  
1/2 cup thinly sliced onion  
2 tablespoons fresh ginger, cut into matchstick-size pieces  
Cooked white rice or brown rice, for serving

In a small bowl, mix together the fish sauce, oyster sauce, and sugar. Keep near the stove, along with the chicken and vegetables.

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Heat a wok or large skillet over high heat until very hot. Add the oil and swirl the pan to coat the bottom. Add the chicken in an even layer and sear, undisturbed, for about 1 minute. Add garlic, stir, and continue cooking for 1 minute, stirring constantly. Chicken will be lightly browned, but not cooked through. Add the green onions, capsicum, onions, ginger, and sauce. Stir-fry for 2 to 3 minutes, until the chicken is cooked through and the bell peppers and onions are crisp-tender. Serve immediately, with plain white or brown rice.

### **Recipe Notes**

- Oyster sauce is a sweet and savoury sauce made with oyster extract. (You can also find vegetarian versions made from mushrooms.) Look for it in well-stocked supermarkets, Asian markets, or online.
- I like serving this chicken with cooked jasmine rice and simple Thai stir fry greens..

### **Thai chicken salad**

#### **Ingredients**

1 tablespoon peanut oil  
1 stick lemongrass, white part only, finely chopped  
1 red chilli, deseeded, finely chopped  
1 red onion, halved, finely chopped  
750g chicken mince  
3/4 cup Chicken Stock  
1 lime, juiced  
1 tablespoon fish sauce  
2 teaspoons grated palm sugar (Palm sugar is sold in blocks in the Asian section of your supermarket. You can replace it with brown sugar.)  
1/2 cup chopped coriander leaves  
1/3 cup chopped mint leaves  
1 baby cos lettuce, leaves separated

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2 tablespoons chopped peanuts

### **Method**

#### Step 1

Heat a wok over high heat until hot. Add oil, lemongrass, chilli and onion. Stir-fry for 2 minutes. Add mince. Stir-fry for 5 minutes, breaking up the lumps with a wooden spoon.

#### Step 2

Add stock to wok. Bring to the boil. Reduce heat to medium-low. Simmer for 15 minutes, or until stock has been absorbed. Stir through 2 tablespoons of lime juice, fish sauce, sugar and herbs.

#### Step 3

Arrange lettuce leaves on serving plates. Top with chicken mixture. Sprinkle with peanuts. Serve warm or at room temperature.

### **Thai larb salad**

**Ingredients (serves 4)**

**1 serve = 1 protein, 1 fat**

1 tbs peanut oil

500g lean chicken mince

1 stem lemon grass, pale section only, finely chopped

1 fresh long green chilli, finely chopped

60ml (1/4 cup) fresh lime juice

1 tbs fish sauce

1 tbs sweet chilli sauce

1 tsp finely grated lime rind

1/2 small red onion, thinly sliced

1/3 cup fresh coriander leaves

2 tbs torn fresh mint

Baby cos lettuce leaves, to serve

40g (1/4 cup) finely chopped roasted peanuts, to serve

### **Method**

Heat half the oil in a wok over high heat until just smoking. Add half the chicken mince, lemon grass and chilli and stir-fry, breaking up any lumps, for 3-4 minutes or until pork changes colour. Transfer to a heatproof bowl. Repeat with the remaining oil, chicken, lemon grass and

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chilli, reheating the wok between batches. Set aside for 15 minutes to cool slightly.

Whisk together the lime juice, fish sauce, sweet chilli sauce and lime rind in a small bowl until well combined. Drizzle the pork mixture with the dressing. Add the onion, coriander and mint and stir to combine. Spoon the pork mixture among lettuce leaves and sprinkle with peanuts to serve.

### **Thai style chicken wraps**

**Ingredients (serves 4)**

**carbohydrates**

1 tbs oil

2 garlic cloves, crushed

600g chicken tenderloins, chopped

1 lime, juiced

1 cup torn fresh mint leaves  
separated

4 Patak's chapatti wraps

**Method**

Heat the oil in a wok over a medium-high heat. Add the onion, garlic and chilli, and cook for 3 minutes or until golden. Add the chicken and increase the heat to high. Stir-fry for 5 minutes or until chicken is just cooked through.

Add the brown sugar, lime juice and fish sauce. Reduce the heat to medium and simmer for 2 minutes. Remove from the heat and set aside to cool.

Toss the mint leaves through the chicken and serve with the lettuce and chapatti wraps.

**1 serve = 1 protein, 2**

1 onion, halved, sliced

1 small red chilli, finely chopped

2 tbs brown sugar

2 tsp fish sauce

1 baby cos lettuce, leaves

### **Tray-roasted chicken with potatoes and garlic gravy**

You may not be a master chef, but you still like to entertain. Here's a foolproof, easy-to-make recipe that's set to impress and fire up your inner cook!

**Ingredients (serves 8)**

**1 serve = 1 protein, 1 carbohydrate**



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6 fresh thyme sprigs  
4 (240g each) chicken breasts  
12 small chat potatoes, halved  
6 pickling onions, peeled, halved  
2 fresh rosemary sprigs  
3 garlic cloves  
1/3 cup De Bortoli white wine  
1 1/2 tablespoons olive oil  
35g sachet onion and mushroom gravy mix

### **Method**

Preheat oven to 220°C/200°C fan-forced. Remove leaves from 3 thyme sprigs. Place chicken, potato, onion, remaining thyme sprigs, rosemary sprigs and garlic (unpeeled) in a large baking tray. Drizzle with wine and oil. Sprinkle chicken with thyme leaves. Roast for 30 minutes. Remove garlic. Roast for 15 to 20 minutes or until chicken is cooked through. Carefully squeeze garlic flesh from skins. Discard skins.

### **Vietnamese Chicken Salad**

100g rice vermicelli noodles	4 Tblsp sweet chilli sauce
2 lime, juiced	2 tsp fish sauce
1/4 cup rice wine vinegar	600g cooked chicken breast, shredded
2 red capsicum sliced thinly	2 carrot, cut into match sticks
150g bean sprouts	1/2 cup fresh mint leaves (and a few for garnish)
1/2 cup coriander leaves	

Put noodles in a bowl. Cover with boiling water, soak for 2-4 minutes until soft. Stir to separate. Drain and rinse.

In a small pan, heat sweet chilli sauce, lime juice, fish sauce and rice wine vinegar. Boil for 2 minutes until thickened. Cool.

Combine chicken, capsicum, carrot, bean sprouts and herbs. Add noodles and dressing. Toss, garnish with extra herbs and serve.

Serves 6

1 serve = 1 protein, 1 carbohydrate