

6 Ways with BBQ/Roasted Chicken

Delicious

Affordable

Simple!

Here are 6 delicious, affordable and simple meals used from just 2 BBQ/Roasted Chickens!

Included is a recipe for roasting your own chickens, which is even cheaper.

When you have your 2 cooked chickens, cut as much meat of as possible and divide into six portions and then freeze to use in the following recipes.

If you have some other ideas, we would love you to share them with us!

Thank you and enjoy!

Roasted Chicken

Ingredients for marinade

½ Dijon mustard

¼ cup soy sauce

1/2 cup lemon juice (fresh is best)

Method

Place all ingredients in a bowl and whisk with a wire whisk until ingredients have mixed in well. The marinade should have a smooth and creamy consistency

Ingredients for Chicken

1 uncooked chicken

3 lemons

Fresh mixed herbs eg parsley, oregano, thyme or sage

Method

Preheat oven to 220°C

Clean chicken well inside and outside with a moist paper towel, then pat dry.

Stuff cavities with lemon rinds and fresh herbs and tie chicken legs together

Cover the chicken with the marinade adding some cracked pepper and remaining herbs to the top. Place breast side down in a greased baking dish and bake for 35 mins. Regularly baste the chicken.

After 35 minutes take the chicken out and turn it over, place back in the oven for a further 35 minutes and continue with the regular basting.

When the chicken is cooked, cover it with foil and set aside for 5-10 minutes to rest.

Some further notes...

Overcooking your chicken will cause it to dry out. As a guide, a 1.5kg whole stuffed chicken takes about 30 minutes per 500g of weight to cook in an oven preheated to 180°C.

To test if the chicken is ready, insert a skewer into the thickest part of the thigh. If the juices run clear with no sign of pink, this indicates that the chicken is cooked.

Risotto

Cost \$9 | Time 20mins | Serves 6

Ingredients

½ brown onion, diced

1 clove garlic

2 cups uncooked Arborio rice

4 cups chicken stock

1 serve of chicken

1 tin of champignons or 2 cups of fresh mushrooms

1 cup of frozen peas

Method

Heat chicken stock in a pot, leave on simmer

Sautee onion in hot pan with oil

Add 2 cups of Arborio rice and coat with oil

Add 1 ladle at a time of stock to the rice, once absorbed add another, stirring constantly (you may need to add more boiling water to fully cook the rice)

Add mushrooms, peas and chicken

Fold through and serve.

Chicken Pot Pie

Cost \$9.50 | Time 15min | Serves 4

Ingredients

1 tin cream of chicken soup

1 packet of frozen or fresh mixed veges (600g)

1 cup of cooked rice

1 serve of chicken

Method

Add soup and one tin of water to pan and bring to a simmer

Add veges and chicken

Spray an ovenproof dish with canola spray and line with one sheet of pastry

Add chicken mix to dish

Cover with another sheet of pastry and slit a small hole in the top

Bake in the oven at 210 degrees for around 15 minutes or until golden brown

Fried Rice

Cost \$9 | Time 15min | Serves 8

Ingredients

Rice

2 eggs

½ brown onion

Capsicum

Peas

Carrot

Ham – 6 slices shoulder ham

Chicken

Method

Heat oil in pan

Beat 2 eggs and add to pan to cook a very thin omelette. When cooked, remove from pan and dice

Add onion and cook til transparent

Add rest of veges

Add chicken, ham, prawns

Add the egg back in

Add the rice

Combine all and flavour with soy or chilli sauce. You can add any herbs that you may have eg chinese five spice

Chicken & SDT Cous Cous

Cost \$10 | Time 10min | Serves 6

Ingredients

1 serve of chicken

2 cups cous cous

1 jar SDT pesto

1 packet baby spinach leaves

Lemon juice

Method

Cook cous cous to directions on pack

Place spinach leaves in a pan on low heat with lid on to wilt the leaves

Add cooked cous cous, SDT pesto, chicken and combine

Add 1 Tbsp of lemon juice at the end!

Hokkein Noodles

Cost \$8 | Time 10min | Serves 4

Ingredients

1 packet hokkein noodles

1 serve of chicken

2 cups mixed veges

½ cup chicken stock

½ bottle of oriental sauce mix eg. Honey, soy, garlic marinade

Method

Place noodles into hot pan/wok

Add chicken stock and mix with noodles until soft

Add chicken and veges, mix evenly

Add sauce!

Chicken Tortilla

Cost \$9 | Time 15min | Serves 8

Ingredients

1 can red kidney beans (you can puree this to hide from kids!)

1 can diced tomatoes

1 serve chicken

1 packet of burrito/taco flavouring

1 packet of tortillas

Grated cheese

Salsa

Method

Add beans, tomato and chicken to a hot pan and mix until chicken pieces start to separate

Add flavour sachet

Line a baking tray with baking paper and place tortilla – spoon about 2 tbs of mixture into the tortilla and fold according to directions on the pack

Spoon salsa on top and then top that with some grated cheese

Bake in moderate oven until cheese has melted, approx 10 minutes.

Chicken Stock

Chicken remains – just bones, no stuffing

Water

Salt & Pepper

Any veges left in the fridge eg carrot, zucchini, onion, celery

Method

Place all bones into a large pot

Place any veges in the pot

Cover with water & add salt and pepper

Bring to the boil and then simmer for about 2 hours

Strain the stock into a container

Freeze in ziplock bags or ice cube trays to use later

Discard the remaining veges and chicken bones

Note

Leave vegetables in and add some pasta for chicken noodle soup!