



CHICKEN PEANUT SALAD

Using a mortar and pestle and pound the following:

- 1 clove garlic
- Red chilli
- ½ cup roasted peanuts
- 1 tablespoon brown sugar
- 1 tablespoon fish sauce
- 1 x freshly squeezed lemon
- Salt and pepper

Make a lovely green salad with butter lettuce, cucumber, spring onions and 250g beansprouts. Shred about ½ chicken and mix with the above mixture. Pour over the salad.

CARROT & APPLE MEATBALLS IN A MARINARA SAUCE

A favourite in most families and can be served over mashed potatoes or pasta. A meal with protein, carbs & antioxidants.

In a large mixing bowl add the following

- 1 onion, grated
- 2 cloves garlic, crushed
- 2 apples, grated
- 1 large carrot, grated
- 500g extra lean minced beef
- 1 tsp dried oregano
- 1 tsp dried thyme or fresh if you have
- 1 tsp fresh or dried parsley
- 3 slices of bread soaked in a little milk
- 1 extra large egg
- Salt & pepper

Mix together with your hands – allow kids to get their hands dirty and mix with you. Roll into balls. Fry the meatballs in oil and then pour over the Marinara sauce.

TOMATO SAUCE FOR EVERYTHING

(Marinara Sauce)

1 tin tomato puree
1 tin chopped tomatoes
1 onion, sliced & sautéed
½ cup water
2 tsp sugar
1 tsp soya sauce
Salt & pepper
1 tsp dried marjoram
1 tsp thyme

(Simmer all the ingredients on the stove in a small saucepan for 10 minutes)

Serve with pasta or mashed potatoes.

LEMON & THYME ROASTED CHICKEN or CHICKEN PIECES

Use the chicken as a roast for Sunday lunch or break up for sandwiches

1 x whole chicken or 8/10 chicken pieces
1 whole lemon
½ onion
4 sprigs thyme
1 tablespoon olive oil
1 teaspoon chicken spice

Pre heat your oven to 200 degrees. In your roasting pan place you're washed chicken.

Rub with a little olive oil. Cut your lemon in half and place half the lemon and onion in the cavity of the chicken. Squeeze the other half over your chicken.

Sprinkle a little chicken spice and then the thyme over the chicken and roast for about 40 minutes. Take it out and baste with the juice and cook for a further 30/40 minutes.

Use your own creativity and keep sandwiches in mind when you cook: Leftovers from the grill or the frying pan make great sandwiches the next day.