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# GoodFood

## 101 Best-ever chicken recipes



**GoodFood**  
**101 BEST-EVER CHICKEN**  
**RECIPES**

TRIED-AND-TESTED RECIPES

Editor  
**Jeni Wright**



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# Introduction



Where would we be without chicken? Quick and easy to cook, tender and low fat, it's the ideal ingredient for

everyday meals and special occasions. It's the perfect solution for tricky dinner guests, too: even those who don't like red meat will almost always eat chicken.

In this collection of 101 recipes we've chosen the best chicken dishes ever published in *Good Food Magazine* and brought them together so you can quickly and easily find your favourites, no matter who you're cooking for or what the occasion. And with every recipe tried and tested in the *Good Food* kitchen, you can't possibly go wrong.

In this book you'll be spoilt for choice for what to cook: whether it's a family supper for you and the kids, a Friday-night curry for friends, or an impressive dinner-party dish to pull out all the stops. There are even light and healthy dishes if you're watching your weight ... and dishes that can be on the table in less than 20 minutes if you're watching the clock.

If all this isn't enough, there's also a chapter of classic recipes from around the world - to evoke happy memories of holiday meals and inspire you to re-create them at home.

A handwritten signature in cursive script that reads "Jeni Wright".

Jeni Wright  
*BBC Good Food Magazine*

# Notes and Conversion tables

## NOTES ON THE RECIPES

- Eggs are large in the UK and Australia unless stated otherwise.
- Wash all fresh produce before preparation.
- Recipes contain nutritional analyses for 'sugar', which means the total sugar content including all natural sugars in the ingredients unless otherwise stated.

## OVEN TEMPERATURES

Gas	°C	Fan°C	°F	Oven temp.
¼	110	90	225	Very cool
½	120	100	250	Very cool
1	140	120	275	Cool or slow
2	150	130	300	Cool or slow
3	160	140	325	Warm
4	180	160	350	Moderate
5	190	170	375	Moderately hot
6	200	180	400	Fairly hot
7	220	200	425	Hot
8	230	210	450	Very hot
9	240	220	475	Very hot

## APPROXIMATE WEIGHT CONVERSIONS

- All the recipes in this book list both imperial and metric measurements. Conversions are approximate and have

been rounded up or down. Follow one set of measurements only; do not mix the two.

- Cup measurements, which are used by cooks in Australia and America, have not been listed here as they vary from ingredient to ingredient. Kitchen scales should be used to measure dry/solid ingredients.

## SPOON MEASURES

Spoon measurements are level unless otherwise specified.

- 1 teaspoon (tsp) = 5ml
- 1 tablespoon (tbsp) = 15ml
- 1 Australian tablespoon = 20ml (cooks in Australia should measure 3 teaspoons where 1 tablespoon is specified in a recipe)

## APPROXIMATE LIQUID CONVERSIONS

metric	imperial	AUS	US
50ml	2fl oz	¼ cup	¼ cup
125ml	4fl oz	½ cup	½ cup
175ml	6fl oz	¾ cup	¾ cup
225ml	8fl oz	1 cup	1 cup
300ml	10fl oz/½ pint	½ pint	1¼ cups
450ml	16fl oz	2 cups	2 cups/1 pint
600ml	20fl oz/1 pint	1 pint	2½ cups
1 litre	35fl oz/1¾ pints	1¾ pints	1 quart

# Suppers for One, Two and More

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This dish is already low in fat, but to make it even lighter omit the chorizo and add two teaspoons of smoked paprika to the softened onion, then remove the chicken skin before serving.

## Chicken and Rice One-pot

**4 chicken breasts, skin on**

**50g/2oz chorizo sausage, skinned and cut into chunks (or slices from a pack)**

**1 large onion, roughly chopped**

**200g/8oz basmati rice**

**500ml/18fl oz hot chicken stock**

**400g can red kidney beans in water, drained and rinsed**

**few fresh thyme sprigs or ½ tsp dried thyme**

**handful of pitted green olives**

Takes 30 minutes • Serves 4 (easily halved)

1 Heat a flameproof casserole and dry fry the chicken, skin-side down, for 8 minutes until golden, turning halfway through. Pour off any excess fat. Tip in the chorizo and fry for a minute until it releases its oil. Remove the chicken and chorizo and fry the onion in the remaining oil for 3 minutes, until softened.

2 Tip in the rice, stir to mix with the onion then return the chicken and chorizo to the pan. Pour in the stock, add the remaining ingredients and season to taste. Cover and cook

over a medium heat for 10 minutes, or until the chicken is cooked through and the rice is fluffy.

- Per serving 462 kcals, protein 43g, carbohydrate 57g, fat 8g, saturated fat 3g, fibre 5g, added sugar none, salt 2.28g



This is delicious cooked under the grill or on the barbecue and served with new potatoes and a green salad.

## Lemon and Five-spice Chicken

**2 lemons**

**3 tbsp light muscovado sugar**

**thumb-sized piece fresh root ginger, shredded (no need to peel)**

**2 garlic cloves, peeled and crushed**

**5 tbsp soy sauce**

**½ tsp Chinese five-spice powder**

**splash of dry sherry or dry white wine**

**8 chicken thighs on the bone, skin on**

Takes 25 minutes, plus marinating • Serves 4 (easily doubled)

1 Juice one lemon and cut the other into slices, then put both into a large plastic food bag with all the other ingredients and shake well to coat the chicken. Leave for at least 10 minutes, or up to 24 hours in the fridge.

2 Heat the grill to high or fire up the barbecue. Remove the chicken from the marinade, shake off the excess, then grill or barbecue for 20 minutes until golden brown and cooked through. During cooking, turn the chicken over occasionally and baste with the marinade.

• Per serving 493 kcals, protein 50g, carbohydrate 7g, fat 30g, saturated fat 9g, fibre none, sugar 7g, salt 2.25g



This dish is really healthy: high in fibre, a good source of iron, folic acid and vitamin C, and the veg count as two of your five-a-day.

## Frying-pan Chicken

**1 tbsp olive oil**

**2 skinless chicken thighs**

**200g/8oz potatoes, cut into chunks**

**2 carrots, thickly sliced**

**1 parsnip, thickly sliced**

**2 tsp wholegrain mustard**

**1 small glass dry white wine or chicken stock**

Takes 40-45 minutes • Serves 1

1 Heat the oil in a large frying pan (which has a lid), add the chicken and fry until golden. Turn over and fry for a further 2 minutes. Remove from the pan, add the vegetables and fry over a fairly high heat until they start to colour.

2 Return the chicken to the pan and season with salt and pepper. Add the mustard and wine or stock and bring to the boil. Reduce the heat, cover the pan and simmer gently for 25-30 minutes, or until the chicken is cooked through and the vegetables are tender. Add a splash of water if the sauce starts to become dry.

• Per serving 734 kcals, protein 59g, carbohydrate 72g, fat 21g, saturated fat 4g, fibre 14g, sugar 28g, salt 1.41g



As well as being low in fat, this dish is also a good source of vitamin C and the tomatoes count as one of your five-a-day fruit and veg.

## Tagliatelle with Grilled Chicken

**500g/1lb 2oz boneless skinless chicken breasts**  
**finely grated zest and juice of 1 lemon**  
**1 tbsp chopped fresh tarragon leaves or 1 tsp dried**  
**2 tsp olive oil**  
**8 small tomatoes, halved**  
**300g/10oz tagliatelle**

Takes 20-25 minutes • Serves 4

1 Heat grill to high. Coat the chicken with the lemon zest and juice, tarragon and salt and pepper. Put in a shallow, flameproof dish or roasting tin in one layer. Brush with a little oil then grill for 6 minutes. Turn the chicken over and add the tomatoes, cut-side up, then brush with oil. Grill for a further 6-8 minutes until the chicken is cooked through and lightly browned and the tomatoes are tender.

2 Meanwhile, cook the pasta in a large pan of salted boiling water according to the packet instructions. Drain well, reserving 150ml/¼ pint of the cooking water, then return to the pan.

3 Remove the chicken from the dish and cut into bite-size chunks. Toss into the pasta with the juices from the dish, the tomatoes and the measured cooking water.

• Per serving 423 kcals, protein 40g, carbohydrate 61g, fat 4g, saturated fat 1g, fibre 3g, sugar 4g, salt 0.48g



To spice this up a little, use cooked, tandoori-spiced chicken breasts and use chopped coriander or mint in the yoghurt dressing instead of tarragon.

## Roast Chicken and Potato Salad

**500g bag new potatoes, halved if large**

**1 ready-roasted chicken (about 900g/2lb), or ready-roasted chicken breasts for speed**

**150g carton low-fat natural yoghurt**

**1 tbsp clear honey**

**handful of fresh tarragon leaves, roughly chopped**

**225g bag salad leaves**

**4 roasted red peppers from a jar, sliced**

Takes 25 minutes • Serves 4

1 Boil or steam the potatoes for 15–20 minutes until tender, then cool quickly in cold water (it's fine if they're still slightly warm) and drain. Pull the meat off the roast chicken, or take the chicken breasts and tear into bite-sized pieces.

2 Make the dressing by mixing the yoghurt with the honey and tarragon and season to taste. Toss the salad leaves, peppers, chicken and potatoes in a large bowl, drizzle the dressing over, then serve immediately.

• Per serving 440 kcals, protein 37g, carbohydrate 32g, fat 19g, saturated fat 4g, fibre 3g, sugar 3g, salt 1.48g

