

GF Friendly

Chicken and Veggie combo

concoct your own chicken and vegetable combo

Chicken Chow Mein is a popular Chinese dish; but we didn't have all the ingredients for an original recipe, so ours was made up as we went along. You can do the same, using whatever you have to hand. Spices are optional; however, they do add a touch of zing to the taste, and as long as you don't go overboard in the beginning, more can be included later to enhance the taste. Concoctions are good fun and can produce surprising results that often become family favourites.

200g uncooked chicken meat cut in 1.5cm cubes
 2 large cabbage leaves, chopped or shredded
 2 sticks celery, sliced thinly across the stalks
 ½ onion, coarsely chopped
 ¼ cup broccoli stalks, trimmed and sliced
 ½ cup frozen peas
 ½ cup frozen sliced green beans
 ¼ cup uncooked spaghetti, broken in 5cm lengths
 1 Tbsp chicken stock powder
 1 chicken Oxo cube, crumbled
 1 rounded Tbsp chicken gravy powder
 1 tsp Szechuan spice 1 tsp garlic powder 1 tsp salt (optional) 1 litre water



Place everything **except the spaghetti** in a large pan, combine well and bring to the boil; then turn down to simmer partially covered for about 40 minutes, stirring occasionally. A heat diffuser helps prevent sticking. **Note:** cooking time depends on the vegetables and how soft you want them, and will also differ if meat other than chicken is used. Now add the spaghetti and simmer a further 20 minutes.

Serves 4

Don't Freeze if using potatoes

Tip: see Handy Hints – Fresh Fruit, Vegetables and Herbs for how to keep cabbage and lettuce for longer.

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