

Apricot Chicken

redbec

Serves 1

1 x 220g Female chicken breast diced
1 x 220g Male chicken breast diced
1/2 onion sliced
5 dried apricots finely sliced
1 teaspoon vege stock powder
2 teaspoon sweetner
Water

Saute onion in saucepan. Add apricots, sweetener, stock and 1 cup water. Bring to boil and simmer for 15 mins or so. Add water as it evaporates. When apricots have fully reconstituted, add chicken and simmer till chicken fully cooked. Add water as necessary while cooking.

Serve with potato mash and steamed vegies! Serve any extra sauce over veges too! Very nice!

You could also put cooked sauce and raw chicken in casserole dish and finish it in the oven I suppose!

This was an experiment of mine that turned out quite nice! I made double the sauce mix, then halved it before adding the chicken. I was going to freeze the other half for later in the week, but ended up having it the next night again it was so good!

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## *Baked Moroccan Chicken*

ms nicci

### **Ingredients:**

- Skinless Chicken Breast (90-120 grams for Females and 200 grams for Males)
- Little tub or sachet of Tomato Paste (I use a 'pizza' tomato paste, make sure it's less than 5 grams of carbs per 100 though)
- Moroccan Seasoning
- Your favourite vegies (For this I found that Mushrooms and Capsicum go really well)

### **Instructions:**

- Slice up the skinless chicken breast into strips
- Sprinkle the Moroccan seasoning onto the chicken strips
- Spread the tomato paste on the top of the chick strips and sprinkle Moroccan seasoning again
- Place in the oven on 200 degrees for a few minutes and turn the chicken over when it's brown.

While that's cooking, cut up the mushrooms into large chunks and slice the capsicum into strips and fry it in a frypan with a teensy spray of oil. I found that these vegies complement the chicken really well, but any vegies will taste good. And I usually

have a lot of mushrooms; they are quite filling and a tasty way to have your three cups of vegies.

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## *Balsamic Chicken with vegetable kebabs*

Chef: Barbara Haywood

*Serves four; Prep 15 mins; Cook 10 mins*

Submitted by: [jacquilee81](#)

### **Ingredients**

2 x 120g Female chicken breast fillets  
2 x 220g Male chicken breasts  
1 lemon, cut into 8 wedges  
8 large button mushrooms, halved  
1 yellow capsicum, chopped  
16 cherry tomatoes  
2 red onion cut into wedges  
mixed lettuce leaves and oregano leaves, to serve

### **Marinade**

3/4 cup Paul Newman's Own Lighten Up Light Balsamic Vinaigrette  
1 clove garlic, crushed  
1 tablespoon chopped fresh oregano

Place chicken on a chopping board. Make shallow cuts over one side of chicken, in a criss-cross pattern, at 2cm intervals. Place in a large shallow dish.

To make vegetable kebabs, thread lemon, mushrooms, capsicum, tomatoes and onion wedges, alternately, onto eight wooden skewers. Place in dish with chicken.

To make the marinade, combine all ingredients in a jug, whisk well.

Pour half the marinade over chicken and kebabs. Stand for 15 minutes. Drain chicken and kebabs and discard marinade.

Heat an oiled grill pan. Cook chicken on both sides, and turn kebabs occasionally, until chicken is cooked through.

Serve chicken sliced with kebabs and mixed lettuce leaves and oregano leaves.

Now of course you would have to cut down the chicken portion to ensure you were only getting your allowed quantities but doesnt it sound great? Found it on the Sunrise on 7 website.

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## *CHICKEN PIZZIOLA!*

zoe

### **Ingredients for one serve:**

1 x 120g Female (or 220g Male) Chicken Breast (Protein Serve) flattened out to use as base  
Tomato Paste (just a smidge)  
Crushed Garlic (one teaspoon)  
Dried Basil (half teaspoon)  
Allowed vegetables of your choice (I like mushrooms, shallots, capsicum - thinly sliced - as well as tomato & zucchini - roughly diced)  
Small amount of allowed cottage or ricotta cheese sprinkled over the top

### **Method:**

Flatten chicken breast out to use as base.  
Mix together in a medium size bowl the vegetables, garlic & basil.  
Place chicken on tray lightly coated with cooking spray. Spread with tomato paste.  
Top with vegetable mix and sprinkle with cheese.  
Bake in moderate oven (about 180°C) for 30 - 40 minutes or until chicken cooked and topping golden brown.

*Very nice served with potatoes and broccoli.*

*You could use a smaller piece of chicken and add a little ham to the vegetables if you so desired.*

*Check the carb content on the tomato paste as this can be high, also make sure the garlic is fresh as the bottled garlic tends to be high in carbs.*

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CHICKEN PIZZA!!! YEP THAT'S RIGHT!

Chubzy

Serves 1

"LOW FAT CHICKEN PIZZA" WITHOUT THE CARBS!" HERES THE RECIPE, WHY NOT GIVE IT A GO TONIGHT,, MY HUSBAND WAS LICKING HIS FINGERS AFTERWARDS, (YEP THE MAN WHO THOUGHT I WOULD ONLY EAT BORING FOOD ON THE TF DIET.. I SHOWED HIM!)

INGREDIENTS: (IM GIVING APPROX MEASUREMENTS, NOT LIKE WE GO BY THEM 100%)

BREAST CHICKEN: (120g Female or 220g Male per serve) SMASH IT UNTIL ITS ABOUT 1/2 CM THIN

A JAR OF VERY NICE LOW CARBS PASTA SAUCE (OR U CAN MAKE IT YOUR' E SELF)

ALL VEGES FROM THE ALLOWED LIST... MAYBE A LITTLE BIT OR CRUMBLED

ALLOWED COTTAGE OR RICOTTA CHEESE LIGHT CHEESE
AND AN OVEN 🍕

WHAT I DID:

FIRSTLY AS MENTIONED ABOVE, I SMASHED (TENDERISED) THE CHICKEN UNTIL 1/2 CM THIN, THEN PUT IT STRAIGHT ONTO A LIGHTLY SPRAYED PYREX OVEN DISH. SALT, PEPPER AND A LIL VEGETA SPICE.

THEN I PUT 2-3 TBSP OF CHUNKY BOLOGNESE PASTA SAUCE FROM THE JAR DIRECTLY ON THE CHICKEN BREAST. SMEAR IT ALL OVER

THEN I TOPPED IT WITH SLICED MUSHROOMS, ONIONS, CAPSICUM, OLIVES, TOMATOES, ASPARAGUS (UPTO YOU) PUT AS MUCH AS U LIKE AND IF GAVE THE BIT OF CRUMBLD CHEESE :o)

FINALLY PUT THE TRAY IN THE OVEN FOR ABOUT 25-30 DEPENDING ON YOUR OVEN..

I SERVED WITH FRESH GARDEN SALAD AND STEAMED VEGES.... WAS A REAL HIT I SWEAR!!!

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### *Chicken Pizza Delish...*

I am constantly trying the recipes on the website for variety & to help me stay on track. The chicken pizza was one of the nicest things I have every had. For those of you who wish to try:

120g Chicken breast (rolled out thin)

Small amount of Leggos tomato paste spread on top & then add heaps of "free" veges. I had onion, mushrooms, tomato, capsicum, zucchini & chopped fresh coriander. We bake it in the oven for approx 20 mins then with about 5 mins to go, we add 1/2 mini tub of chive & onion 80% fat free philly cheese & then cook for another 5 mins.

Beautiful served with fresh salad & a cold glass of soda water with a slice of lemon....  
Jewells70

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Chicken Parmigiana (sort of!!)

TayHay

Chicken Parmigiana



- Chicken schnitzels approx 60g each - plain uncoated (or slice breast fillets to make your own)
 - Lite ham
 - tomato paste (optional - I preferred without but my dinner guest liked it!)
 - onion
 - shallots/chives
 - garlic
 - parsley
 - philly cream cheese (optional)
1. Lay the raw chicken schnitzels out on an oven tray
 2. OPTIONAL: spread chicken with tomato paste
 3. Dice ham and onion and sprinkle over each one
 4. finely chop shallots/garlic/parsley/chives (whatever you like - I used them all!) and sprinkle over Ham & onions
 5. OPTIONAL: I put 3 tiny blobs of philly cream cheese on each one (total was less than a teaspoon per serve)

Then pop it into a pre-heated oven for 20 mins at 180 degrees.

One serve was approx 60g chicken so I could use a little light ham to make up the protein portion. I served these with raw baby spinach (tasted just like lettuce) and a little Paul Newmans Caesar dressing. We had guests over for dinner and no one even asked where the potatoes were! It was delicious.

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## *Chicken Parma*

yoda17au

Grilled piece of chicken breast slightly under serving size, covered with small slice of ham = protein serve.

covered with 1 tablespoon pasta sauce (within carb allowance)

baked for a bit.

I'm making crumbed chicken parmas for the family (with the cheese) and thought this might work as an alternative for me.

Tam

Was yummy, very moist. I used an aldi pasta sauce with 6.7g/100g so I just had a really small amount. Will look for a better one for another day.

Rebecca

Hi Yoda,

I have been using that Barilla napoletana pasta sauce which is 5.8g/100 and i fry some onions and stir through the sauce, then put it over the chicken breast and sometimes put a thin layer of philadelphia lite cream cheese, it isnt as good as a real parma but it is the next best thing i reckon, i normally have it about once a week 🍴

I might have to add a slice of ham to mine too 😊

Little Kittle

I had this for dinner tonight, but used a slice of lean bacon instead of the ham. Was delish!

Thanks for giving me the idea! 🍴

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CHICKEN MEATBALLS

taste like steamed dim...

kisses

I made these tonight & they where YUMMO 😊

This recipe does not require ingredient amounts

Mix together in a bowl chicken mince,1 egg white(i did not use the yolk to reduce the fat content),2 chicken stock cubes,onion,mushrooms,capsicum,broccoli & basil (& any other allowed vege of your choice,all diced into small pieces) mix it all together roll into small balls & place on a baking tray lined with baking paper, cook in a moderate oven until golden brown.

I then took out my allowed serving of protein for the day(froze the rest)& served them on a bed of shredded lettuce & put a small amount of Continental creamy chicken with mushroom sauce on top(heated in the microwave) & it was delish!!!

You could put any allowed sauce on top or even some soy sauce as I found they tasted very much like a dim sim 🍜

kisses Dumplings in a soup is a great idea!!!

A splash of soy sauce & you have a nice healthy soup just like you got it at a Chinese restaurant 🍜

YUMMY!!!!!!

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### *Chicken in Lime & Chilli Marinade*

Klutzy I posted this under Weightloss discussions in response to a post there & then thought I should put it here as well. I use this recipe for chicken breasts/tenderloins (does approx 500g) and if you use them you cook the chicken in a little oil and serve it with coriander sprinkled over & steamed veges:

#### *Lime & Chilli Marinade (for Chicken)*

1/3 cup Lime juice  
1 teaspoon finely chopped garlic  
2 teaspoons finely chopped ginger  
1 Tablespoon soy sauce  
1 teaspoon finely chopped red chilli (I don't use this much cause our chilli's are HOT)  
2 green onions finely chopped.

Whisk all together to combine. Marinade chicken cover & refrigerate for 1 hour (if time permits)

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Chicken Curry

purplemist

I had an awesome dinner tonight, using TF's Asian Curry Sachet!

I felt the sachet had too much powder and the soup was always too thick for my liking. Therefore I had a chunky veg soup in the arvo, and I saved half of the powder for dinner.

Recipe:

Allowed chicken/or beef
cabbage (lots and lots of it!)
cauliflower
chilli flakes
garlic granules
coriander powder
half an onion
mushrooms
(and whatever veggies you like)

1. Toss the diced onion and sliced chicken to brown.
2. Add finely chopped cabbage and cauliflower, along with garlic granules and coriander
3. Cover partially and let it simmer for a while, until the cabbage n cauliflower lose water.
4. Mix half sachet of TF Asian Curry Powder with 200ml boiling water
5. Pour the 'curry sauce' in
6. Put mushrooms in and simmer a while longer
7. Serve! It's really filling and satisfies the tastebuds!

Chicken Cordon Bleu, anyone?

kinopio

I was looking at the Philly's and all of a sudden had a brilliant idea!!!

Not sure if anyone has done something similar. I can't use the search function 😞

Chicken Cordon Bleu, TF SAFE! 🤖

Ingredients;

Chicken Breast Fillet (you can trim the small end if it weighs too much!)

1 slice of low fat ham (I use WW)

1/2 lemon

1 x 40g tub Philly (or lite, either is fine)

1 x teaspoon garlic powder

1 x spring onion, finely chopped (if you don't like spring onion, you can add 1 tsp onion powder instead)

1 1/2 tsp of chicken stock (or 1/4 tsp powder + 1 1/4 water)

Sprinkle of Oregano, Basil & Mixed herbs.

1 tsp water

Method;

Pre-heat oven to about 180 degrees.

Mix Philly, garlic powder, spring onion (or on.pwdr), stock, herbs & water together to form a nicely mixed paste. Keep on hold.

First step is to prick the top of the chicken fillet with a fork about 6-8 times going from thicker end to smaller end. You will know why later 🤖

Slice the end off the larger end of chicken breast about 1cm thick (keep), so it's square-ish. With a sharp knife, make a deep pocket through the middle as wide as possible, without breaking the edge of the fillet open.

Stuff slice of ham into pocket as flat & even as possible. Spoon in Philly mixture. Be careful not to overload. Spread a little on the outside where you cut the end off, place end back on fillet and place on a sheet of foil big enough to be wrapped after the next step. (You may want to make a slight 'boat' effect with the foil at this stage.

Aren't you glad you pricked the fillet before stuffing it? 🤖

With your half lemon, squeeze the juice over the top of the fillet and lightly massage into fork pricks. Allow the rest of the juice to stay in the foil before wrapping up. Grate some lemon rind from your 1/2 lemon and place on top of fillet. If you're a real garlic fan, it's also nice to add some crushed garlic to your lemon juice in the foil 😊

Wrap up chicken. Not too tight or the lemon juice will come out before you even get it in the oven 🍳 This also allows lemony steam to yumify your chicken while in the oven.

Place foiled fillet on baking pan and place in oven. About 40-50 minutes should do it for cooking through. But make sure you check this. When your chicken is cooked through, place back in oven with the top of the fillet uncovered for about 10 minutes or until a nice golden-ish colour.

Serve with allowed veggies and enjoy! I recommend the no-taters as a start! 🍴

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## *Chicken Chow Mein*

### **beach bunny**

Serves 1

#### Ingredients:

120gms - Chicken breast - cooked & diced (one protien serve)  
150ml - Chicken Stock  
1/2 cup - Cabbage  
1/2 cup - Celery, sliced diagonally  
1/4 cup - Mushrooms - sliced  
1/8 cup - Onion  
1/2 cup - Zucchini  
1/4 cup - broccoli  
1/4 cup - Cauliflower  
1/4tbsp - Olive Oil  
1 tsp - Soy Lite Sauce

#### Method:

Saute all vegetables in oil until soft  
Add soy sause, stock & diced chicken to pan  
Cook quickly - stirring constantly

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Chicken and Vegie curry

Suzikatz

We made chicken and vegie curry last night - it was so good.

We brought the curry powder from coles, made sure it was just curry powder and no naughty things added. I baked capsicum and eggplant in the oven first off, to make them yummy. 😊

Then made some Notatoes and we added that last. 🍌

Vegies we used also were:

Cauli, Broccoli, onion, zucchini and beans, this was great and some chicken stock liquid. 🤪

We sort of boiled it all up added the curry powder, at the end we added the baked eggplant and capsicum and it was so nice, we had some leftover, so tonight we are having it again and I will add some more vegies, and it was soooooooooooooooooooooooooooooo filling. We added some Notatoes to make it thicker and some more at the end. 🤪😊

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## *Chicken and Vegetable soup!*

İwāńnaBepféFtÿ

Hi,

I have a recipe for you all to Try. I made it tonight and it is really nice.. It makes 4, I put the rest of it in the freezer in packs of 3.

Ingredients:

- \* 2 C Water
- \* 6 C chicken stock (I chose to go with Vegetable stock, but up to you.)
- \* 1 medium carrot (diced)
- \* 2 Trimmed and diced celery sticks
- \* 1/2 small cauliflower (cut into florets)
- \* 350grams chicken breasts fillets (sliced thinly)
- \* 2 large zucchini (diced)
- \* 150Grams snow peas (trimmed and sliced thinly)
- \* 3 green onions (diced)

Method:

1. Combine the water and stock into a large saucpan; bring to the boil. Add carrot,celery and cauliflower, return to boil. Reduce heat; simmer covered, about 10 minutes or until just tender.
2. Add chicken and zucchini; cook covered about 5 minutes or until chicken is cooked through. Stir in snow peas and onions.

Serves 4

Per serving: 10.2g carbs; 4g total fat (1.3g saturated fat) 795kj (190 cal); 28.2g protien.

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Chicken and Pesto

tofattolong

I wanted a flavoursome protien protion the other night so thought this one up for a change and it was wonderful. 🍷

Chicken breast made into thin schnitzel(woolworths sell them pre packed in the fresh meat isle.)

Jar of Sacla classic pesto

Jar of Red Ochre Bush tomatoe and chilli sauce.
mix pesto and chilli sauce and coat chicken.

Grill for 5mins per side of chicken. ENJOY! 😊

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## *Chicken and Mango Salad*

**NikkiB-1983**

Hey everyone!

Just thought i would share a recipe that i made the other night! It's so yum and so easy! Just minus the cashews! you will have to also go without a piece of fruit for that day too!

Serving size: Serves 4

Cooking time: Less than 15 minutes

### **INGREDIENTS**

150g baby spinach leaves

1 barbecued chicken, shredded and bones removed

2 small mangoes, peeled and sliced

1 red onion, thinly sliced

½ cup toasted cashews

### **Dressing**

1/3 cup white wine vinegar

¼ cup olive oil

2 tablespoons wholegrain mustard

### **METHOD**

1. In a large bowl, combine spinach, chicken, mangoes, onion and cashews.
2. Dressing. In a small jug, whisk together all ingredients. Season to taste.
3. Drizzle dressing over salad just before serving. Toss gently.

Top tip: How to cut a mango:

1. Hold the mango upright, with the stem facing towards you. Using a sharp knife, slice off the mango cheeks one at a time, close to the stone. If slicing, scoop flesh from skin with a spoon and slice.
2. To get the "hedgehog" pattern, score 3 or 4 times vertically (do not to cut through

the skin) and then 3 or 4 times horizontally.

3. Firmly hold both edges of the cheek and turn inside out. Slice away from the skin or eat straight from the skin.

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Chicken & Vegetable bake

thx to mindy :)

tarryn

Ingredients

*1 large bbq chicken *1 bottle Continental Sizzle & Stir Creamy Mushroom & Garlic (on allowed list) * 2 onions * half cauliflower *1 red capsicum *2 zucchini
* 10 button mushrooms.

Method

remove all skin/fat from chicken and chop into approx 1-2cm pieces, chop 2 onions and combine with the sizzle sauce as per the bottles instructions (basically heat/stir fry). Grate cauliflower including the core, thinly slice zucchini & mushrooms, dice capsicum. In a large oven tray or baking dish spray lightly with olive oil spray (or similar) and place the grated cauliflower on the bottom, then the mushrooms and zucchini, cover with the chicken/sauce combo and top with the diced capsicum. I put fresh parsley and pepper on the top as well. Bake in moderate oven for approx 30 mins or until all cooked through.

Hi all.... I've been lurking in the forums for a while now but decided that I just HAD to share this delightful chicken recipe with you! It's something that I cooked before starting TF but now I just omit the honey in the sauce and the side dish of potato mash!

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## *Chicken & Veg parcels:*

My quantities of veg are approximates but this is what I prepare for my partner & I.

Chicken breast (per person - remembering allowable protein serve requirements)

1 x zucchini and 1 x carrot - sliced as julienne

2 x large sticks of celery - sliced as julienne

1 x medium size onion

2 x cloves of garlic - chopped finely

1 x large piece of ginger - chopped finely

Black pepper to season

Several generous tablespoons of soy sauce and a good drop of sherry! (You don't have use the sherry but it adds a beautiful flavour to the chicken & veg)

Place a chicken breast on a large piece of foil (one per parcel) and top with the vegies. Fold the foil up around the chicken so it's like a parcel, but don't seal

yet. Mix the soy, sherry, garlic, ginger and pepper together and distribute into the parcels. Don't overflow the parcel, about 4 tablespoons is enough.

Place in a baking dish (incase of any leakage) and bake in the oven for about 25-30mins (we are on electric so it takes a bit longer), just check to make sure your chicken is cooked all the way through.

Serve with other vegies of your choice - a good idea is to omit the carrot from the parcel and make a carrot mash (add a clove of garlic for a bit more flavour!).

I guarantee it is absolutely delicious!! 😊

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Chicken & Mushrooms Provencale

Serves 2
anella

2 Chicken Breasts
3 Cups Mushrooms, chopped into cubes (button mushrooms cut into quarters)
1 Tomato with seeds
1 bunch asparagus
½ Cup water
1 clove garlic chopped
½ Fresh Chilli, Chopped & de-seeded
Fresh Basil & Coriander (as much as you like)

Method

Spray a non stick pan with some olive oil spray. Put the garlic & chilli in the pan and let it fry off.

Once it is fragrant, add the chicken and brown. Once brown put the mushrooms, tomato & water in the pan and let it boil. Add the asparagus and keep it boiling until the tomato is reduced. Add the herbs and simmer for about 5 minutes.

Serve over steamed Bok Choy and with a side of steamed Zucchini.

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## *Chicken wraps*

**Kris1981**

This has probably been placed on here before (or a slightly different version but just thought I'd share)

**Chicken Wraps**  
(serves 2)

Ingredients

- Sliced up chicken breast
- 1 Lettuce (I used Iceberg but I think Cos may be better)

- 2 Tomatoes (diced)
- 1/2 to 1 Red Capsicum (sliced up)
- Half Avocado (mashed or sliced)
- Tomato Salsa (You can make your own if you like)
- Sour Cream (think we are occasionally allowed to have a tiny bit of this as a treat)
- Herbs and spices for seasoning chicken

### Method

After all veggies are sliced, put them into small bowls (I did this so that people could make their own, like burritos) and the separated lettuce leaves on a plate (try to keep them in big pieces as you need to wrap everything in them like a burrito)

Add chosen herbs and spices to chicken and then put in frying pan with a little oil and cook until browned (you could also add a little garlic for flavour if you like).

Once this is cooked put chicken pieces in a small bowl or plate.

Once all is on the table people are able to just make up their own like normal burritos. With the sour cream and salsa on them they taste delicious!

I am also going to try them out with some mince (cooked with tin tomatoes and some onion and garlic) so hopefully that'll be just as nice!

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Creamy Chicken With Mushrooms

Shannon

- a splash of your choice of oil
- 1 palm size peice of chicken boob, skinless ofcourse
- 1 jar of continental chicken tonight creamy chicken and mushroom
- as many mushrooms as you want
- as much broccoli as u want
- as much cauliflour as you want

steam cauliflower and broccoli
 slice chicken thinly (makes it look like theres more LOL)
 slice mushrooms roughly or leave the little ones whole. your choice really.
 fry mushrooms and chicken together until chicken is golden brown, add some of the jar of sauce and let simmer for around 10 minutes. add a bit of water if it starts gettin to thick.
 arrange cauliflour and broccoli on one side of the plate, spoon chicken mixture over top.

the other side of the plate make yourself a lovely tomato and capsicum salad with a tablespoon of that new low carb italian dressing

Bon a petit!!

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## *Curried Chicken*

### Vanishing

I picked this recipe up from my TF Chemist- its cooking right now and smells yum!!

Curried Chicken- Serves 2

### **Ingredients**

240gms chicken, skin and fat removed  
1 Cup Chicken stock  
2 tablespoon tomato paste  
2 tablespoon curry powder  
2 onion, finely chopped  
1 can tomatoes in natural juice, mashed  
1 lemon, juiced  
Freshly ground pepper

### **Method**

1. Cut chicken and rub with lemon juice and curry powder.
2. Cover and chill for 1/2 hour,
3. Place canned tomatoes, chicken stock, seasoning, curry powder and onion into a deep-sided pan, bring to boil.
4. Add chicken and simmer covered until tender.

TIP: Serve with steamed cauliflower as an alternative to rice.

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filled chicken

pynkk9

hi i'm not sure if this is 100% ok but i made this meal tonight and thort it would be ok due to the fact that the pancake recipe allows u to have your allowed protein + 60g of philli cheese.

i took one breast of chicken. (about 90g just a little under allowed amout just in case the philli took it over). and i cut it in half but not completely. in order to create a pocket. then i boiled some brocolli. got 50g of philli cheese (but u could use less cuz mine was very cheesey). then i strained the brocolli when it was just cooked. mixed it with the philli and stuffed the mixture into the chicken.

i wrapped it in foil and put it in oven for abt 20 minutes. and served it with a salad

OMG.. it was so good.. the best meal i have had since i have been on the diet.

just wondering if ppl think this is ok for an occasional meal?

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## *Not a miracle recipe...*

RuBeZ

Hey Guys,

i know this recipe might be very common, but i had some tonight and it was absolutely delicious and thought id post it!

~\*Grilled Chicken and Capsicum with Baby Spinach Salad\*~

Simple as this:

Get a 120g piece of chicken, sprinkle with a pinch of salt and pepper, and a little organo.

Place under the grill, and in a little bowl, add a few drops olive oil, some more oregano, and the juice of half a lemon (or a whole lemon, depending on your taste). As you grill the chicken, use the half lemon u squeezed to dip in the marinade, and spread over chicken ( both sides) until chicken is cooked.

While chicken is cooking, cut capsicum into pieces anf grill to liking ( i love the black bits!)

Baby Spinach Salad: In a bowl, place baby spinach and cucumbers, and add balsamic vinegar, OR **KRAFT CARB WELL ITALIAN DRESSING (0.7G CARBS IN EVERY 100, And no fat!)**

And viola! Beutiful meditteranean style chicken and capsicum with tasty salad!

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Ideas For Chicken?

Fatboy Slim

If you dont mind spicy food you can try coating your chicken in the following before cooking;

1/2 tablespoon of sweet paprika
1/2 teaspoon of cayenne pepper
1 teaspoon of garlic powder
1 teaspoon of dried oregano
1/2 tablespoon of olive oil.

Combine the oil and spices in a bowl, add chicken and then toss chicken to coat with the mixture. Cook the chicken in a lightly oiled (sprayed) frypan then enjoy with a nice salad.

I hope this helps.

Mike 🍌

Nanny3 (now Mallyflea)

I like to slice a pocket in the side of a chicken breast and stuff it with spinach and cottage cheese mixed together with a bit of lime/lemon juice and black pepper... Secure with toothpicks....

Bake on bakers sheet for ½-3/4 hour @200c...let rest for 5 min..
Serve with Salad of your choice or your favourite vegetables...

You could also put some prunes and/or apricots in also....
let your imagination run away with you (and the allowed fruit and vegies)



Kaffir Lime Chicken - Yummy, quick and easy.

im going to do it

Hello all,

Another recipe for you to try...let me know how you go.

Kaffir Lime Chicken

Ingredients

Chicken Breast mince I used 400 grms for my husband and I.(raw meat)
8-10 Kaffir lime Leaves, thinly sliced
tsp crushed chilli
tsp crushed garlic
2/3cup of water
tble sp Soy sauce
Tble spoon of Wosteshire Sauce
Chicken stock cube
2 tble sp of diet lime cordial
4 large sticks of celery, finely chopped.
one whole ice berg lettuce

Method

Brown chicken mince in pan with chilli, garlic, ginger, and kaffir lime leaves thinly sliced and small amount of oil if needed. For 5 minutes. Add water and stock cube, break up mince so very small pieces. Add sauces and cordial. Simmer for 5 minutes or until meat is cooked through. Add the 'crunch' chopped celery and stir through leave for a minute and then serve.

To Serve get whole ice berg lettuce and knock the core out by banging on the counter top. Twist the core and it should come out. Serve mince in individual lettuce leaves wrap up and enjoy.

I serve the mince in individual bowls and the lettuce in the middle. Fun dish to eat! Eat the whole lettuce, the celery and lettuce worked out to nearly 4-5 cups of veges.

Hope you enjoy, happy cooking!

I found this recipe on the net. I tried it and it was yummy. Hope you enjoy it as much as I did. I served mine with toss salad lemond , vinegar, salt dressing.



LEBANESE CHICKEN

serves 4

3/4 c Lemon juice

8 lg Garlic clove(s), minced

2 tb Thyme, minced or

2 ts Dried thyme

1 tb Paprika

1 1/2 ts Ground cumin

3/4 ts Cayenne pepper

2 Chickens (3 lb ea) Split lengthwise, backbones or chicken breast

Removed and discarded Lemon wedges to garnish.

Whisk lemon juice, minced garlic, thyme, paprika, cumin, and cayenne pepper in small bowl. Place chicken in 13x9x2-inch glass baking dish. Pour marinade over; turn chicken to coat. Cover and refrigerate at least 6 hours or overnight, turning occasionally.

Preheat oven Transfer chicken and marinade to large roasting pan. Season chicken with salt and pepper. Bake until chicken is golden brown and cooked through, basting occasionally with pan juices, about 50 min. Transfer chicken to plates. Garnish with lemon wedges. Pass pan juices separately.

Lemon & Parsley Chicken

kinopio

Ingredients

Allowed size chicken breasts

1/2 a lemon

a large handful of fresh parsley

3 cloves of garlic

1 tablespoon olive oil

1/2 teaspoon of sea salt

freshly ground pepper

3 cocktail sticks

Method

Remove the peel from the lemon and dice the flesh into small pieces. Finely slice the garlic, chop the parsley and mix in a bowl with the lemon, salt and pepper.

Carefully slice each of the chicken breasts length ways to create a small pocket. Try not to slice all the way through so the pocket can be sealed up once the lemon has been put inside.

Stuff each of the breasts with a generous helping of the lemon mixture then seal the pocket with a cocktail stick.

Place the breasts in an oven proof dish, cover with foil and cook for 30 minutes at 190°C. Then remove the foil and cook for a further 5 minute to allow the breasts to brown off. Serve with a crisp salad.

Mango Chicken

chrissy75

We just had this for dinner and I just had to share it!!! Another great recipe from my very talented husband....there'll be more recipes to come in the next few weeks so keep checking!!!

2 mangoes diced
50g mushrooms sliced
2 small red onions sliced
2 red chillies sliced - seeds optional, use a milder chilli if you wish
2 tbsp fresh mint
1 tbsp water
1 tbsp ginger
1 tbsp garlic (you'll notice by all of our recipes we love our ginger/chilli/garlic!!!!)
500g chicken breast, diced

SAUCE

1. In a large pot add mushrooms, onion and chillies to a dash of extra virgin olive oil and cook on a medium heat
2. Add diced mangoes and 1 tbsp water

CHICKEN

3. In frypan, with again a dash of extra virgin olive oil, add ginger and garlic and cook for approx 1 minute.
4. Add chicken & brown
5. Add browned chicken to mango sauce, stir and add in your fresh mint. Simmer for 5 minutes.
6. SERVE AND ENJOY

NOTE: This recipe is perfect if you haven't had your daily fruit intake. The mango and chicken work magically together along with the other ingredients. This recipe feeds our family of 4 (2 adults, 2 children). If you are cooking for more or less people you will need to adjust the recipe to suit your daily requirements!

It's a great way to have part of your vegie count too by cooking some in the sauce. We served this with a fresh garden salad. It's the perfect summer meal and will even be a hit when your looking for TF friendly dinner party menu item!

As an alternative you could cook the chicken breasts as a whole and serve the mango sauce on top. Either way it's brilliant!

We hope you like it!!!! 🤗

~~~~~

## *Mushroom & Tarragon Chicken*

### anella

Here's a recipe that I concocted myself. Enjoy!

Mushroom & Tarragon Chicken

This is really easy to make, and it takes about 30 mins including prep time.

Serves 4 people

2 Large Chicken Breasts, cut into cubes  
Half an Onion, diced  
2 cloves of garlic, diced  
Bunch Fresh Tarragon  
¼ cup White Wine  
200gms Mushrooms  
2 tablespoons Philly Cheese  
1 tablespoon Seeded Mustard

Spray some olive oil spray onto a non stick pan. Over a medium to high heat, add the Onion & Garlic and stir until the Onion goes clear.

Add the Chicken cubes, and stir until brown, once brown add mushrooms & cook until soft.

Place a tablespoon (or 2, depending on your taste) of the seeded mustard and the philly cheese in the pan and stir until melted together. Add the wine and about 3 or 4 sprigs of Tarragon to the mix and bring to the boil. Once boiled, simmer for about 15 minutes and serve with Potatoes and Veggies.

It's great for dinner parties!

~~~~~

Proscuitto Chicken Breast

mrsyaz

Hi Guy's i tried this one for my partner the other day thought you might like it.

This meal was for one meat male

Ingredients:

1x chicken breast
4x sage leaves (use what you think you would like) i couldn't get leaves so i used a sprinkel of sage powder
*2x tblespoons of Honey
4x olives pitted and sliced. (you can use what ever olives you prefer)
1X prosciutto slice

Method:

Butterfly the chicken breast, this will thin it out so you can roll it (you can do this by cutting it at about center and laying out then slice the center of that so it lays

out to be about 1 inch thick try not to slice all the way through). run a few light cut over both sides of the chicken. (this helps it cook a bit quicker)

Slightly brown in a frying pan

Place on a baking tray cover with oven proof paper, lay your leaves about 3/4 of the along the chicken. place your olives on top of this and drizzel your honey over the top of this.

Roll the chicken up and wrap the prosciutto around the outside. place the join of the prosciutto so it is on the bottom of the tray, garnish with a few small leaves and an olive or two on top.

Now bake for 1/2 hour in a moderate oven (180C)

- **For those doing the normal TF diet omit the honey**
- **For those on Maintenance aw!!!!!!!!!!!! Lucky devils!!!!!!!!!!!!**

~~~~~

## *Recipe for Sunset Chicken*

sweetdream

4 teaspns vegetable oil  
4 skinless single chicken breat fillets  
1 medium red spanish onion, thinly sliced  
1 medium yellow capsicum, cut into julienne strips  
1/4 cup fresh lime juice  
1 clove garlic, crushed  
1 teaspn finely grated lime rind  
1/4 cup salt reduced chicken stock  
1/4 teaspn freshly ground black pepper

In a heavy based frying pan, heat oil over medium heat. Add chicken and gently fry until golden, turning once. Transfer chicken to warming plate.

To pan, add onion, capsicum, lime juice, garlic and lime rind. Cook, stirring constantly, for 4 minutes.

Return chicken to pan. Add stock and pepper. Cover and simmer until chicken is cooked throug.

SERVES 4

Carbahydrates 2g, Fibre 1g, protein 29g.

~~~~~

Satay Chicken Stir Fry

DizzyLizzy

I went into my Tony Ferguson Chemist today and got talking to one of the ladies who works there...she introduced me to a bottle of low-carb satay sauce (Empower Foods LC Sauces)

It has 0.8g carbs per 20ml serve and 4.1g per 100ml

I found this recipe on the empower foods website:

SERVES 4

1 tblspn olive oil
500g skinless chicken breast, cut into strips
100g broccoli, cut into florets
100g cauliflower, cut into florets
100g mushrooms, sliced
100g baby spinach leave
4 tblspns LC SATAY SAUCE

1. HEAT OIL IN LARGE FRY PAN OR WOK. ADD CHICKEN AND BROWN OVER HIGH HEAT UNTILL ALL SIDES ARE SEALED. SET ASIDE
2. PLACE BROCCOLI, CAULIFLOWER AND MUSHROOMS IN PAN, STIR FRY OVER HIGH HEAT UNTILL COOKED BUT STILL CRISP
3. ADD CHICKEN AND BABY SPINACH, STIRING UNTILL CHICKEN IS COOKED THROUGH
4. ADD LC SATAY SAUCE, COOK FOR ANOTHER 2 MINS AND SERVE

I cooked it for dinner tonight and OMG it was absolutly BEAUTIFUL! I honestly felt like i was cheating it was that good! I also added onion, tomato and garlic..!!

I served it to my partner for dinner with noodles and i had extra vegies! He loved it to!

~~~~~

## *Satay/coconut chicken stirfry*

Jellyfish

I got this idea from another recipe which has been posted called Creamy Coconut Chicken. I took its idea and changed an Annette Sym - Simply Too Good to be True recipe and came up with the following.

Serves 2 - woman  
2 x 120gm chicken breast - cut into strips

4 cups veges, I used: 1 red capsicum, 2 celery sticks, 1 onion, about 3/4 cup broccoli and about 1 1/2 cups of cabbage. Sliced all except the broccoli as left in small florets. You can add any veges you like.

Seasoning: 1 tsp dried coriander, 1/2 tsp dried cumin, 1/2 tsp dried turmeric, 2 cloves crushed garlic, chilli powder to taste, 80gms light philly cheese and about 1 1/2 tsp of coconut essence.

Method:

Cook chicken breast in non stick pan to brown. Put aside.

Add some water to pan and add the dried spices, garlic and onion. Gradually add other veges depending on how long they may take to cook. I added the capsicum and celery after about 1 min and then the cabbage and broccoli after another 4-5 minutes. I did add further water as needed to stop the veges drying out and burning.

Once veges cooked to the way you like add the light philly cheese, coconut essence and chicken. Mix to combine until hot. Serve. (I did not use any oil to cook this)

I made this to serve two as put 1/2 in fridge for another meal in a day or so.

If you do not use cabbage suggest adding some grated cauliflower at the end to serve as pretend rice. This works just as well as the cabbage to create the feeling of pasta or rice.

Hope this make sense, is first time posting a recipe. I had it for dinner tonight and it was very filling and very very yummy. Was very much like a satay and depending on how much chilli you put in it can be mild and creamy or hot and spicy. Enjoy. 🍴

~~~~~

Saucy Chicken Bake

sweetdream

*3 teaspn cornflour
1/2 cup cold water
4 teaspn vegetable oil
4 skinless, single chicken breast fillets
1 clove garlic, crushed
1/4 teaspn black pepper
2/3 cup red wine or salt reduced chicken stock
1/2 cup sliced mushrooms
1/4 cup sliced spring onions/shallots
2 teaspn fresh thyme or 1/2 teaspn dried
1/2 teaspn paprika

Preheat oven to 180* in a small bowl, blend cornflour and water until smooth.

In a large non stick frying pan, heat oil ove rmedium heat. Add chicken. Cook until golden brown. Add garlic and pepper , cook 1 minute. Place chicken mixture into a baking dish.

Add wine (or stock), mushrooms, spring onions, thyme and paprika to frying pan. Cook over medium heat, stirring, until liquid is reduced by on third. Add cornflour mixture to pan. Bring to boil, stirring continuously, then simmer for 2 minutes.

Pour sauce over chicken in dish. Cover tightly with foil and bake until chicken is cooked through (about 15 minutes).

Preparation time ; 30minutes cooking time ; 30minutes

tigana

***Sounds good, but we can't have cornflour!! Try substituting a little cottage cheese or ricotta here?**

Spicy Chicken with Bok Choy

Scorpio_cat

I used to make this low fat recipe before starting TF. It did have rice noodles in it but it still tastes divine without!

Serves 4

700g Breast Fillet
2 cloves garlic, crushed
2cm piece fresh ginger(10g), grated finely
2 teaspoons finely chopped fresh lemon grass
1 tablespoon teriyaki sauce
1 teaspoon sambal oelek
1 teaspoon ground cumin
1 teaspoon ground coriander
2 tablespoons sweet chilli sauce
1 tablespoon peanut oil
500g baby bok choy, quartered

Combine chicken, garlic, ginger, lemon grass, teriyaki sauce, sambal and spices in medium bowl.

Rinse Baby bok choy, combine with sweet chilli sauce

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

Heat remaining oil in wok, stir fry bok choy until just wilted

Serve.

Enjoy!!!

Stuffed Chicken Breast

Mum Of Three

I am probably completely behind on this one but for lunch today I had stuffed chicken breast.

I used 120gm piece of chicken breast, cut a pocket inside and put a heaped teaspoon of Spinach and Ricotta stir through sauce in, closed it up and stuck it on my George Foreman grill.

It was really yum and kept the chicken tender as sometimes I tend to get the chicken a bit dry on that grill! 🍗

Like I said, I am probably behind the eightball with this one but for any of you who are recipe clueless (like me 🤪) give this a go!!

~~~~~

## *stuffed chicken breast*

candice

pre heat oven to 180  
slice chicken breast "butterfly style"  
open up and fill with leggos spinach and ricotta stir through and herb tomato paste  
fold chicken together again using toothpicks to secure area that's been cut  
top with all spice or other seasonings  
bake at 180 for 30-35 mins

variations:

cook some mushroom and onion and add to filling  
do one big cut down end through to middle and fill with spoon (less messy)  
top with more tomato paste after partially cooked

Thinwithin

I have tried something similar to that, except I put the sauce with mushrooms and onion over the chicken. The whole combo is a flavour sensation.  
I try the butterfly thing next time.

~~~~~

Stuffed Chicken

delbry

I made this last night for my first dinner on the progame.. I made it up as I went along and it turned out really well 🤪

Ingredients:Chicken

2 1/2 tomatoes
Small piece of capsicum
Handfull of sliced mushroom
120g chicken breast
Garlic granuals
Olive oil

Salad:

Lettuce
Mushroom
Cucumber
97% Fat free salad dressing

Method:

1:Finely dice 1/2 tomato,capsicum & mushroom add a sprinkle of garlic granuals or fresh garlic and lightly sautee in frying pan for 2mins- remove and set aside

- 2: Cut 1 tomato in half and place on baking tray. Drizzle with a little olive oil and place in oven on 200c for 20mins
- 3: Cut a pocket into the middle of the chicken breast and stuff with half the tomato, capsicum, mushroom mix
- 4: Sprinkle chicken with garlic granules and cook for 20mins on 180 or until cooked through
- 5: Make salad and garnish cooked chicken with left over mix. serve

Nanny3 (now Mallyflea)

I like to stuff mine with cottage cheese (allowed) and baby spinach leaves... and another stuffing is with soft dried apricots and prunes with a little cottage cheese.....

Mal

Texas Chicken Chilli

MummyKitten

I have modified my fave chilli recipe to suit TF. This makes 4-5 serves I guess, based on the amount of protein.

- 1 tsp olive oil
- 500g lean minced chicken
- 1 large onion, chopped
- 1 large carrot, chopped
- 1 red capsicum, chopped
- 1/2 cup green beans, chopped
- 3 cloves crushed garlic
- 2 cups chopped canned tomatoes (watch the sugar content!)
- 1/2 tsp black pepper
- 1/2- 1 tsp hot chilli powder (more if you're game!)
- 6 tsp lemon juice
- 2 tblsp chopped parsley

Heat oil, brown chicken, add all chopped vegies, cook until tender, add garlic, cook another minute or so. Add tomatoes, pepper and chilli powder, reduce heat and simmer for about 30 mins. If it needs more liquid, just add water. Stir in lemon juice and parsley before serving. Beware that flavour intensifies if eaten the next day!! 😊

TaShA's Mince Creation

im not entirely sure what i would call what i just cooked but by golly its yummy. heres the ingredients

- 120g of lean beef mince
- 1 carrot diced
- 1/2 onion diced
- handful of green beans sliced
- 2 small mushrooms diced
- 60 mls of greens roast gravy granules
- 1 beef stock cube.

ok so i cooked up the mince in a pan while making the gravy then added the stock cube to the gravy and dissolved put that aside and cut up vegies and then place in the pan with the mince cook through till however you like ur vegies (i like mine with a bit of crunch) then add gravy and stock mix and stir then eat.

its not something totally exotic im not the greatest cook but it reminded me of a dish my mum used to make when we were little only she added potato and extra things. but i like this dish and its put me back on track cause i was sliding again but a little experiment never hurts lol.

p.s sorry if anyone has already submitted something along these lines i didnt see anything.

Thai green curry

tofattolong

Had this for dinner last night and will again tonight, it is very spicy though and would probably add less than recommended .

Jar of Valcom green curry paste
brocoli
mushrooms
cauli
zucchini(bad speller)
carrot
tomatoe

cook carrot, broc and cauli.
make up curry paste as per the jar.
add all ingredients and simmer for 10mins to uptake flavours and soften the mushis, zucchini and tomatoe. 😊

Thai Chicken Patties

Miss C

500g fresh mince chicken
1 red chilli, roughly chopped
2 cloves garlic, roughly chopped
3 teaspoons of minced ginger
1&1/2 tsp of ground cummin
1&1/2 tsp of ground coriander
bunch of fresh coriander
2 tbsp of fish sauce
1 egg
3 spring onions, chopped finely

Put the whole lot apart from the spring onions in a food processor and blend till mixed well. Stir through the spring onions. Shape into balls/pattys. (Putting a bit

of oil on your hands stops the mix sticking when you shape the balls!) I make mine about golf ball size, they flatten out as they cook. Brown on both sides in non stick frying pan. Then put in the oven for a few mins to finish cooking.

Serve with salad or veggies with soy sauce based dressing. Very tasty and filling. 500g of mince makes about 10 golf ball size patties. I had 3 patties as including the egg this meets the allowed protein serve. Non dieting boyfriend liked these!

I think these would be nice made with fish too - I shall have to try it and let you know!

Mac This sounds yum! Im going to try it with beef mince tonight only cause I have no chicken.

I wonder if it will change the flavor much? I'll let you know.

Cheers,

tigana Another thing you can do to make the meat go further and up your vegie intake is chop up some veggies really finely and add them to the mix; that way you can have more than 3 in a day - take a couple to work for lunch as well!

Fatboy Slim I had these for dinner tonight and they were delicious. 🍴 However I did add in some lemongrass which just added that extra flavour. mmmm. I made sure I loaded my plate with salad so I wouldn't be tempted to eat more patties than I should. 🤔

I will try this recipe again soon but instead of the chicken I will use half prawns and half scallops and see how that goes.

Mike

Fatboy Slim Tried the same recipe with Pork and Crabmeat with lemongrass added and they were delicious. The pork isn't as lean as the chicken so there was a little fat to drain off but the taste was worth it.

Mike 🤔

Sarb YUMMO

I made these for myself tonight as kids & hubby had pizza. I used Turkey mince from Woolies because

it was cheaper than chicken & leaner....I made a whole batch so I can have some with my salad

for lunch tomorrow (my BMI is over 40, so need protein with lunch) & will freeze the others for another meal.

10/10

Sarb 🤔

Klutzy I finally made these the other night & they were so yum. Even though I didn't have fish sauce & left it out and didn't have spring onions so used normal

onions. I used a lime & chilli dressing to go on them, yummo! Thanks for posting this recipe cause I love to cook different things & I feed this to the whole family too!

Tosh Hi Guys,

I too made these on the weekend for a bbq and goodness me, they were awesome! The only problem I found though was the people who aren't on TF ate most of them so those of us that are didn't get as many as we liked!!!! I am not fond of fish sauce so substituted with a good splash of soy (I made a kilo of patties).

~~~~~

## *Thai Chicken Lettuce Wraps*

### Socks

Thai Chicken Lettuce Wraps

Serves 2 Males or 3 Females

360g (female) Chicken Breast fillet halved horizontally

OR

440g (male) Chicken Breast fillet halved horizontally

Salt Reduced Soy Sauce

100g Baby green beans, Slivered

1/4 cup lime juice

1/3 cup finely slivered green onions

1/4 cup chopped coriander, Plus extra leaves, to garnish

2 cloves garlic, finely chopped

1 long red chilli, seeded, finely diced

12 Butter lettuce leaves

1. Poach chicken in gently simmering water with a splash of soy for 12-15mins until tender, adding beans for last 3 mins of cooking time. Remove pan from heat. Using a slotted spoon, transfer beans to a bowl of iced water to cool quickly. Drain dry on paper towels. Allow chicken to cool in cooking liquid. Drain and finely shred.

2. Combine lime juice, hoisin, onion, coriander, garlic and chilli in a medium bowl. Add Chicken and beans; lightly mix to combine. Cover and Chill until needed.

3. Spoon mixture into lettuce leaves on a serving tray. Garnish with coriander leaves.

I checked with TF Staff before posting this and this is fine. It had 2 tablespoons hoisin sauce but it is not allowed. Not sure if there is something to use in its place.

But I think it would still be really yummy without it. 😊

~~~~~

Thai Red Curry (IF friendly)

Lisalix

I really had a craving for a Red curry so I concocted this little thing, someone else may have posted similar, however I couldn't find it in the search

Red Thai Curry

2 Teaspoons of Red Curry Paste

(Red Curry Essentials Continental - Whole jar is 110g..Carbs 4.9g/100g)

2 Tablespoons Tomato Paste

one beef stock cube

garlic powder

corriander

mushrooms

capsicum

onion

One Table spoon of Philli Light Cream Cheese

190 grams Heart smart beef strips

This is how I made this delicious dinner...I fried the onion mushrooms corriander and capsicum in a teflon pan (spray of olive spray)..then put it to one side. I dry fried the beef strips til tender, then added the pastes (tomato and curry)...one that had fried off a bit I added the beef stock cube, dissolved in 50mls of water...I then added the vegetables and cooked a further 5 minutes, At the end I added the cream cheese for a stroganoff effect..

I placed this on top of the steamed green beans and asparagus I cooked..

Voila... Maybe not like a thai curry house but it was sure good, and sooo filling...This made two decent serves....which I will have another night.

Hope you all Enjoy cos I sure did 😊

helenn82

Hey Lisalix,

There is a thai red curry you can buy!! It is called Valcom Authentic Thai Red Curry Sauce. I found it at coles in the indian/asian food section. It is in a red can. It is really nice. Try it some time.

Helen 😊

Lil Ness

I bought Valcom Rendang Curry. I think the tin has a brown label. But it fits in with the 5/100g carbs low in fat and hopefully tastes good as I have not tried that make before.

~~~~~

## *Tomato Chicken*

### Darwin Girl

Hi everyone, I am new to the program and have found this forum very useful (the spinach omelette, stuffed capsicum and zucchini pancakes are delicious)

Last night I made a Tomato Chicken dish that was quite nice but really filling. I had my normal portion but could have halved it I was so full after. Here goes

½ red onion, ½ small capsicum, 2 spring onions, 3 cloves garlic, fresh basil, 1 tomato – finely chop and fry in a pan. Add some water or chicken stock (1/2 cup) and simmer about 5-10 mins then take sauce out of the pan. Add chicken to the same pan (I cut chicken into strips but you don't have to). While one side is browning brush top side of chicken with tomato paste then flip chicken. When chicken is cooked add sauce to pan and coat chicken. Put some basil leaves on top and a lid on top of the pan to wilt basil.

Then I steamed my vegetables and served the chicken over my pile of vegetables.

Hope you like it 😊 Michelle

---

## *Veggie "Pasta" with Chicken*

### Kiwi Devils

- 2 small zucchini
- 1 tablespoon extra- virgin olive oil
- Salt and pepper, to taste
- 1 garlic clove, diced
- 1 1/2 cup diced tomatoes
- 1 cup sliced Mushrooms
- 1 teaspoon oregano
- Allowed amount of Chicken Breast skin/boneless, sliced into small pieces
- Grated Parmesan, to taste

Using a vegetable peeler and turning as you go, slice zucchini into ribbons. In a non stick pan, over medium heat and in a small amount of oil cook sliced chicken and remove from pan, add a little more oil then sauté zucchini until it's soft and the edges are clear. Add salt and pepper to taste. Over medium heat, heat a little oil in another pan, and add garlic. Sauté for a minute, and then add the tomatoes, mushrooms and oregano. Simmer for a few minutes, and then stir in the cooked chicken. Spoon sauce over the zucchini. Sprinkle with a little Parmesan to taste (just a little naughty can be left out if you want).

---

## *Warm Chicken Salad*

Scorpio\_cat

**Serves 4**

1 tablespoon herb mustard  
1 clove garlic, crushed  
juice of 1 lime  
800g chicken tenderloins  
50g snow peas (mange-tout)  
100g rocket(argula)leaves  
12 cherry tomatoes, halved  
1 small avocado, sliced  
1/3 cup basil, roughly chopped  
1/2 red(spanish) onion, finely sliced  
1 tablespoon olive oil  
2 teaspoons balsamic vinegar

Mix mustard, garlic and lime juice in a bowl. Add chicken, turning to coat thoroughly. Cover and chill for 30mins.

Bring a small saucepan of lightly salted water to a boil. Blanch snow peas for 3 minutes. Drain and cool under cold running water.

Preheat griller or a grill plate to hot. Cook chicken for 5 minutes each side.

Remove from heat and set aside for 5 minutes to rest.

Place snow peas, rocket, tomatoes, avocado, basil and onion in large salad bowl.

Add oil and balsamic vinegar and gently toss. Arrange salad on serving plates, then top with chicken and serve immediately.

~~~~~

Wonderful chicken dish

Yowie

I hope there was nothing too bad in this, and please someone feel free to tell me if there is.

For dinner tonight made this really nice chicken stir fry / casserole.

Firstly browned off some chicken fillets with an onion and some capsicum. Then added some steamed zucchini, broccoli, cauliflower and carrot.

When this was cooked added half a jar of leggos alfredo sauce and heated through.

This made a really tasty dinner for the 2 of us and still gave a little left over to puree for my 10 month old son

Bye for now,

Chris

~~~~~

## *Yummy chicken*

**dafee007**

Hi All, my daughter and I just cooked dinner for the family and amended a really simple recipe she got from school and they all loved it, so I thought I would share it.

1 kg chicken breast (or tenderloins)  
100 gm almond meal.  
2 tbs paprika  
1tbs garlic salt.

2 egg whites.

Mix all dry ingredients together in a bowl, lightly whisk egg whites.

Slice chicken into pieces or if you have tenderloins just leave them.

Dip the chicken in the egg whites, allow excess to run off and then coat the chicken in the dry mix.

These can then be cooked in the fry pan with a little olive oil or if you have a health grill it works well in that too.

I had mine on a plate with a side salad while the rest of my family had theirs in burgers with salad.

They were a real hit and super easy.

---

## *yummy vege and chicken bake*

**tofattolong**

Had this for dinner tonight and last night, it was a flavour sensation. 🍽️ My family had a pasta bake and I felt like I was too, great. 😄

Cauliflower  
Capsicum  
Brocoli  
Beans  
Carrots(small amout)  
Chicken in small pieces and browned  
Mushrooms  
Woolworths Select pasta sauce with chilli and  
olives(5.6/100 carbs moderators say ok!:w00t 😊)

Cook veges (not mushis or capsicum) in water and chicken stock powder and curry powder to taste.

Mix all ingredients well and add sauce.

Top with parmesan cheese and bake 40mins at 180(mine is fan forced)

---

## *Zucchini "Pasta" with chicken & tomato sauce....*

### Krisso

Hi all another invention i made last night. It was yummy too. Here it is...

Serves 2

Ingredients: Sauce.

- 1 tomato diced
- 1 onion diced
- 2 cloves crushed garlic
- 1/4 cup chicken stock
- 1/2 cup shredded cabbage
- 1/2 teaspoon oregano
- 1/2 teaspoon mixed herbs.

(I used inghams lite chicken breast fillets. but you could grill or pan fry your own. this could also be served or mixed in with mince. anyway cook the meat while your making the sauce and other vegies I also added asparagus.)

saute onions & garlic in a fry pan untill soft, add in cabbage, tomato & herbs let cook untill tomato starts to get mushy. Add chicken stock and let simmer and liquid reduce. add pepper to taste. then blend untill a bit smoother.

Take 3-4 zucchinis and make into "pasta" by shaving it with a vegie peeler. blot on paper towel and give a light sprinkle of salt and pepper. then heat in a fry pan with a small amount of butter/marg untill it becomes a little softer (takes only a minute or so) then simply put together. "pasta" chicken & sauce. NICE



Jess\_2090 that looks fabulous!

I have made a variation on that theme. What I did was cook some chicken, tomatoes, whatever veggies I had around, garlic, a bit of ham, and added cream cheese (the lowest carb one I could find) to the long slices of zucchini and mixed it all up. The cream cheese makes it creamy so that you feel like eating fettuccini with cream sauce. It made me (and everyone else) VERY happy!

~~~~~

Chicken Schnitzel

Serves 4

4 x 120g chicken breast pieces (females)

4 x 220g chicken breast pieces (male)

1 large egg

½ - 1 cup TF Simply Fibre

1 teaspoon dried oregano or mixed herbs

½ teaspoon paprika

Salt and pepper

2 Tablespoons olive oil

Method.

Preheat oven to 180oC

Place each chicken breast between 2 plastic freezer bags and pound until chicken is 1cm thick, trim ant loose edges

Beat egg and place in a bowl

Mix the fibre with the oregano and paprika

Dip each piece of chicken into the egg and then into the fibre mixture until coated and then refrigerate 30 mins

Heat oil in a large frypan over high heat. Pan fry chicken until golden and then bake in the oven for 5-10 mins until cooked

Serve with steamed vegies and a wedge of lemon or salad of your choice...