



Roast Chicken: Either a whole bird, or thighs/drumsticks/quarters. Vary the joint, vary the meal. Serve with roast squash and roast carrots, and green vegetables.

Chicken casserole: Put the joints in a large baking dish. Add salt and pepper and sage. Arrange thinly cut carrots around the meat. Fill with water to half way up dish. Put in oven. Long and slow, or quick!

Chicken stir-fry: Great topped up with chicken livers. Cook diced chicken breast in a skillet with onion and herbs and seasoning. Add chicken stock once meat is cooked through. Bring to boil. Serve with mashed veg (cauliflower/carrots/squash/swede) and other vegetables.

Chicken pie: Great for left-over chicken. Sautee an onion. Add cooked chicken, chicken stock (can use half and half water), peas. Bring to boil. Add seasoning/herbs/spices. Meanwhile make a carrot pie topping (see website below). Assemble and bake as per carrot topping recipe.

<http://eatbeautiful.net/2015/10/04/carrot-and-pork-pie-paleo-gaps-non-dairy/>

Turkey bake: Use 2 lbs turkey mince, add 2 tps. salt, pepper, sage, chopped apple. Smoosh together in a baking dish. Flatten out and bake 180 C. (fan) Gas 6, 40 mins or until cooked through. Melt cheese on top for last 10 minutes if tolerated.