



DINNER HACKS

FOR MODERN MUMS

TEN EASY WAYS WITH ROAST CHICKEN



EASY CHICKEN STIR-FRY

This recipe quickly became the most popular on my blog! Such an easy weeknight meal.

WHAT YOU NEED:

- 1 tbs olive oil or coconut oil
- 1 onion
- 2 cloves of garlic
- Half a leftover chicken
- 2 tbs peanut butter
- 4 tbs tamari (or soy sauce)
- 1 tbs honey
- 400ml tin coconut cream
- Veggies of choice – broccoli, carrot, peas, capsicum, etc.

WHAT YOU DO:

- Warm the oil over medium heat in a wok.
- Add the onion and garlic and cook until onion is translucent.
- Add chicken and warm through.
- Add peanut butter, tamari and honey to the wok and mix until meat is fully coated.
- Add all vegetables (but if using peas only add them in the last two minutes of cooking) and coconut cream.
- Simmer until reduced and thicker in consistency and veggies are soft. Around 10 to 15 minutes.
- Serve over rice or rice noodles



CREAM CHICKEN PASTA

WHAT YOU NEED:

- 1 packet spelt pasta spirals (or gluten free pasta)
- 1 small container cream
- Leftover roast chicken, thinly sliced
- 1 1/2 avocados – sliced
- 1 tbs butter
- 2 leaves of curly kale, thinly sliced
- 10 button mushrooms thinly sliced
- 100 g fetta
- 1 big handful parmesan cheese – grated
- A pinch of salt

WHAT YOU DO:

- Cook your pasta as per packet instructions
- Heat butter in a pan on moderate heat.
- Once melted, add chicken and mushrooms and cook until chicken is warmed through.
- Add cream and kale and heat gently for five minutes
- Add cheeses, avocado and salt and stir through.
- Add pasta once cooked and combine.

So decadent and delicious!



CHICKEN PIZZA

WHAT YOU NEED:

- Half a roast chicken
- Lebanese Flatbreads (or your choice of pizza base)
- Tomato Paste
- Feta cheese or your choice of cheese (avoid the pre-grated stuff - there's nasties lurking there!)
- Your choice of toppings: red onion, capsicum, tomato, grated zucchini, mushrooms, pineapple

WHAT YOU DO:

- Preheat the oven to 180 degrees.
- Place flatbreads on pizza trays or baking trays.
- Spread tomato paste over the bases.
- Add your choice of toppings (mine favourite is - tomato, red onion, mushrooms, chicken and feta)
- Pop in the oven for 20 minutes or until crispy.
- Enjoy!



CHICKEN WRAP

WHAT YOU NEED:

- Mountain Bread Wraps
- Good quality mayonnaise (I like the Pure Addiction brand)
- Finely diced cucumber
- Avocado
- 1/2 tsp dill (fresh or dried)
- Baby spinach
- Grated carrot

WHAT YOU DO:

- Mix the dill with the mayonnaise.
- Then add chicken, diced avocado and cucumber to the mixture.
- Lay wrap out flat, add chicken/mayo mixture to the wrap.
- Top with baby spinach and grated carrot.
- Wrap and eat!



CHICKEN POTS

OK - this is a bit random and the idea was given to me by the amazing [Tania Hubbard](#). It sounds weird but tastes amazing! And the kids loved it.

WHAT YOU NEED:

- Leftover chicken
- Natural Greek Yoghurt
- Chopped Pineapple
- Mint leaves, thinly sliced
- Salt and Pepper
- Juice of half a lemon

WHAT YOU DO:

- Chop your chicken and add to a bowl.
- Chop your pineapple and add it to chicken.
- Mix in enough yogurt to make it gloopy - but not soup!
- Add mint, a shake of salt and pepper and your lemon juice.
- Serve it in cups and eat with a fork!



RICE PAPER ROLLS

My kids love making their own food! This is a great lunch box recipe or easy dinner. You can really use whatever ingredients you like. Sometimes we add vermicelli noodles - which is always fun...and messy!

WHAT YOU NEED FOR ROLLS:

(amounts will depend on how many you want to make!)

- Rice paper
- Half a chicken, shredded
- Mint leaves (or coriander if you're a fan)
- Cucumber sticks, thinly sliced
- Carrot, grated
- Lettuce, thinly sliced

WHAT YOU NEED FOR DIPPING SAUCE:

- 1 tbs honey
- 1 tbs peanut butter
- 2 tbs tamari (or soy sauce)

WHAT YOU DO:

- Dip the rice paper in a bowl of water until soft (20-30 seconds)
- Then assemble ingredients on the top and wrap into a log shape.
- For dip, mix all ingredients together and place in a bowl for dipping fun.
- Dip, eat, enjoy!



CHICKEN AND VEGGIES TASTING PLATE

Some nights we don't want to cook - I hear you! On those night I boil some eggs and put lots of random stuff on a plate. The kids love when things are in little pots - like the chickpeas or corn. Having leftover chicken to add makes it feel like dinner, haha!

WHAT YOU NEED:

- Eggs
- Leftover roast chicken
- Handfuls of nuts
- Cut up raw veggies
- 400g tin of chickpeas
- Drained and rinsed chickpeas or kidney beans
- Sliced avocado (or smash avocado, juice of half a lemon, salt and 1 crushed garlic clove together to make an easy guacamole for dipping veggie sticks in)
- Cheese
- Frozen corn (my kids call them 'corn lollies!')
- Sourdough bread

WHAT YOU DO:

- Boil eggs
- Slice chicken
- Place ingredients on a big plate and let everyone help themselves!



CHICKEN PARMIGIANA POTATO BAKE

When it comes to easy and delicious dinners - this is awesome! If your kids are more inclined to eat pasta - then replace the potato with pasta.

WHAT YOU NEED:

- 5 large potatoes (peeled and thinly sliced)
- Olive oil
- Leftover chicken
- 400g tin of diced tomatoes
- 1 heaped tsp Italian herbs
- 300g tasty cheese
- 2 slices good quality bacon

WHAT YOU DO:

- Preheat oven to 180 degrees
- Spread potatoes on two baking trays, coat with oil, and place in oven for half an hour or until cooked.
- In the meantime, shred your chicken, grate the cheese, dice the bacon, and mix the tin of tomatoes with the Italian herbs.
- Once potato thins are cooked, layer them on the bottom of a casserole dish, place bacon and chicken on top, pour tomato mixture on top of that, and then finish with your grated cheese.
- Put back in oven for 15 minutes.
- Once cooked, place servings on a plate along with a simple salad of baby spinach, cucumber, snow peas and balsamic vinegar



THE SIMPLEST CHICKEN AND CORN SOUP

I got this idea from Belinda at [The Root Cause](#) - she's travelling around Australia with her family teaching people how to pack healthy lunch boxes - I love her stuff!

WHAT YOU NEED:

- 2 cups chicken stock (directions below) - or as much as you need for your family
- Leftover shredded roast chicken
- 200g corn kernels
- Packet of vermicelli noodles
- Dash of tamari (or soy sauce)

WHAT YOU DO:

- Add stock to a pan and bring to the boil.
- Add chicken and noodles and cook until noodles are soft.
- Add corn and tamari and cook for another two minutes.

***You can add in other vegetables, too - like thinly sliced carrots and onion and peas - but sometimes keeping it simple is okay, too.



CHICKEN STOCK

I know you think it's too hard - but it's crazy easy. And there's a reason it's making a resurgence. It's so damn good for you.

WHAT YOU NEED:

- Leftover chicken carcass
- 4 litres of water
- 2 leeks or 2 onions, chopped in chunks
- 2 carrots, chopped in chunks
- 2-4 cloves of garlic - halved
- 2 tbs apple cider vinegar

WHAT YOU DO:

- Place all ingredients in a large saucepan and bring to the boil.
- If any foam rises to the top, remove it with a spoon.
- Then pop a lid on the saucepan, reduce the heat and let it simmer for 2-3 hours. (You can also do this in a slow cooker and cook on high for 3-4 hours).
- Strain chicken carcass and vegetables and store your chicken stock in the fridge for a week - or freeze it.