



Family Dinner Recipes

Avoid the midweek madness with these delicious dinners

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Italian Style Chicken and Rice

Serves 4-5

Ingredients

Shredded cooked chicken (See note)

1 large carrot diced

1 large celery diced

1 tsp salt

1 heaped tsp smoky paprika

1 mug long grain white rice

2tbsp chopped parsley

Grated parmesan and garlic bread to serve

Method

Heat the oil in a large pot (that you have a lid for) over a high heat add the garlic and stir until it sizzles, turn down to medium and add the onion, carrot and celery and cook until well softening.

Season well with the salt and add in the paprika, dried mixed herbs followed by the puree and passata. Stir well, tip in the stock and the rice and cook lid on until the rice is almost cooked.

Stir in the cooked shredded chicken and finish off the cooking of the rice and make sure the chicken is nice and hot.

Check the seasoning, sprinkle over the chopped parsley and serve with garlic bread and a grating of parmesan.

Note

Poach a whole chick in water – add enough water to cover the chicken, lid on for about 45mins to an hour depending on size and you will have delicious chicken stock plus loads of cooked chicken you can use in this and lots of other recipes. Remove the cooked chicken off the bones and store left over chicken in the fridge.

For 4-5–use half the chicken for a generous meal



Green Curry with Potato & Peanut Butter

Serves 4-5

Ingredients

½ meat Shredded from a cooked chicken (See note)

1tbsp oil

2tsp chopped garlic

1 white onion diced

1 tbsp of green curry paste of choice

100ml chicken stock

1 tin of coconut milk

1tbsp peanut butter

2tbsp chopped coriander

Soy Sauce, Fish Sauce, Palm or brown sugar and Lime juice to season.

Method

Heat the oil in a large pot (that you have a lid for) over a high heat add the garlic and stir until it sizzles, turn down to medium and add the green curry paste and cook out for a few minutes to remove the raw taste. Add in the coconut milk, stock and peanut butter and stir well to combine.

Add the potatoes and cook over a medium heat with the lid slightly ajar until the potatoes are almost cooked and the coconut milk is starting to split and you know this because a lovely film of oil starts to form on the top of the sauce.

Tip in the shredded chicken, stir and finish cooking until potatoes are done and chicken is hot.

Season with a tbsp of soy sauce, fish sauce, juice of half a lime and 1 tbsp of palm sugar or brown sugar if you don't have palm. Taste and adjust as needed.

Sprinkle over some chopped coriander and serve as is or with rice if needed. We also top with some Peanut Rayu our favourite condiment.

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For 4-5–use half the chicken for a generous meal



Spiced Beanpot Hotpot

Serves 4

1 tbsp oil
1 medium white onion, diced
2 garlic cloves peeled, mashed and chopped
1 tin each of red kidney beans, lentils and black beans (or your favourite of choice)
1tsp each of smoked and hot paprika
400ml tomato passata
3 medium potatoes peeled and very thinly sliced
Salt and freshly ground black pepper
4 tbsp chopped flat leaf parsley
3tsp spice butter – below

Heat the olive oil in a pan, then add the onion and garlic. Cook for about 3 minutes until the onion is soft and golden. Increase the heat, and then add the lentils and beans, cook for about 1 minute then add the passata, season well and bring to the boil then tip into an oven proof dish. Cover with a layer of thinly sliced potatoes, season and add another layer until all your potatoes are used. Pat some of the spice butter on top and cook for 30 minutes in the oven until the potatoes are tender and golden brown. Serve with a sprinkle of chopped flatleaf parsley on top.

Spice Butter – This is delicious on any chili dish or stirred into the pan when you are cooking some vegetables or even a slice on the top of some meat or fish before you put it in the oven.

1 tbsp olive oil
2tsp ground cumin
1tsp chili powder
2 tsp smoked paprika
1tsp balsamic vinegar
1 tsp tomato ketchup
1tsp Worcestershire sauce
100g butter or coconut oil, softened to room temperature

Heat the olive oil in a frying pan and lightly fry the cumin, chilli powder and paprika for about a minute. Add a splash of water if needed, add to a bowl and add the rest of the ingredients; mix well and chill until needed. Store in the fridge covered when you aren't using it.