

XCentric Ideas



Recipes from the Internet
Photos my own

What to do with
left-over cooked
chicken ...

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Chicken Corn Soup

1 cup cooked chicken, pulled into strands
2 tsp soy sauce / balsamic vinegar
300ml chicken stock
½ tin sweetcorn
2 tsp flour in 2 tbsp cold water
1 beaten egg
spices and salt

Heat chicken stock with soy sauce / balsamic vinegar, add sweetcorn and cornflour and salt and spice. Stir in chicken. Simmer for about 15 minutes. Stir in the beaten egg, simmer till egg is cooked. Serve with toast, buns, crackers or on its own.

Soup can easily be doubled / tripled.



Recipe: Nicole & Elmarie



Recipe origin: unknown

Chicken Balls

1 cup cooked chicken, deboned, cut into small pieces
1 large egg
2 - 3 tbsp breadcrumbs / oats
Spices to taste

Mix together, make balls and bake in oven at 180oC for 15 minutes or fry in oil.

While you're doing this, cook rice on the stove or in microwave, it takes 25 minutes. Or couscous, steamed vegetables or salad.

Chicken Nachos

Packet of BBQ Doritos chips

Cooked chicken, deboned

Tomato pasta sauce (or creamy sauce)

Feta cubes (if you want)

Grated cheese

Jalapeno slices (optional)

Baking sheet



Recipe: my own

Preheat oven to 220 oC. Place Doritos chips on baking sheet, next to each other. Some will overlap, that's okay. Cut chicken into pieces and mix with sauce. Put chicken on top of Doritos, then feta cubes, Jalapeno slices, then grated cheese. Bake for about 10 minutes till cheese is bubbly. Serve with guacamole and sour cream.



Chicken Pancake Cannelloni

Pancakes

Cooked chicken, deboned

Tomato relish / tomato pasta sauce

Cheese sauce

Cheese (Mozzarella, Cheddar or Gouda) grated

Preheat oven to 180 oC. Cut chicken in small pieces. Mix with cheese sauce. Fill pancakes, roll, place in baking dish. Pour tomato relish sauce over, sprinkle cheese on top, bake till cheese is bubbly and golden, about 10 - 15 minutes.

Serve with steamed vegetables/salad.

Chicken Pita Pizza

Pita breads

Tomato sauce / ketchup / tomato relish

Cooked chicken, cubed

Grated cheese

Pizza spices (or just mixed herbs)



Recipe: <http://goodcheapeats.com/2014/03/5-ingredien-t-pizza/>

Preheat oven to 240 oC. Lay pita breads out on baking sheets. Spread tomato sauce, to taste, over each round. (*I used mixture of Greek Yoghurt, Ketchup and chilli sauce*). Season to taste with spices/herbs. Spoon on the chicken and sprinkle on cheese as desired.

Bake for about 15 minutes or until the crust is crisp and the cheese is melted and browned in spots. *Serve immediately with salad / raw vegetables.*

Chicken Red Curry



Recipe: my own

1 cup cooked chicken, deboned, cut into pieces
1 cup frozen mix veg, soaked in warm water for few minutes
1 cup coconut milk / cream
Red curry paste – 2 to 4 tsp, depending on your taste
Salt, pepper
Few drops lemon juice

In pan/pot, add all the ingredients. Bring to a boil. Taste and adjust seasoning. Put lid on and let simmer for at least 20 minutes.

When you start to prepare this, put your rice on, or serve this curry with couscous, bread, poppadums or pasta.

Chicken Bread Pudding

Slices day-old bread (sliced buns)

1 cup cooked chicken, deboned, cubed

1 cup milk

2 large eggs

Spread (for the bread)

Spices

Grated cheese

Preheat oven to 200 oC. Spread the bread and arrange in a baking dish. (I spread my slices with cheese spread - use cottage cheese/butter). Arrange chicken pieces in-between and season. Beat eggs and milk together and pour over. Sprinkle with cheese. Bake for about 40 minutes, till egg-milk mixture is set.

I had tomato, feta, rice, corn and snap pea salad leftovers - spooned that with the chicken in-between my bread.)



Recipe: my own

Chicken Quiche Suggestion

3 large eggs

$\frac{1}{2}$ cup milk

1 - 2 cups chicken, deboned, cubed

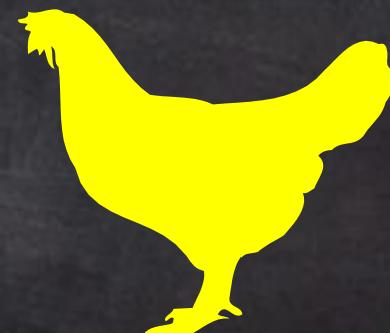
$\frac{1}{2}$ cup fresh baby spinach leaves / raw baby marrow slices *

Cheddar / Feta cheese for the top

*spices if you want

Preheat oven to 180 oC. Beat the eggs and milk together, add the spices. Mix with the chicken and veg, pour into pie dish. Sprinkle cheese on. Bake for 20 - 25 minutes or till centre is set and top golden-brown.

* Any cooked vegetable can be used here.



Chicken Pasta Sauce Suggestion

Cooked chicken, deboned, cubed

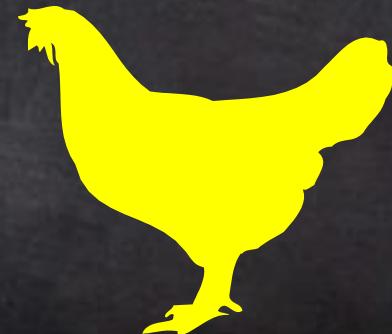
Creamy pasta sauce / tomato pasta sauce / pesto

Spices to taste

Mix the chicken with pasta sauce/pesto and heat. Season and pour over your pasta.

*For gluten intolerant/Banting - use steamed carrot/baby marrow 'pasta'.

You can also add cooked corn, peas, baby tomatoes to the sauce.



Chicken Stuffed Pita Suggestion

Pitas

Cooked chicken, deboned, cubed

Tomatoes, cubed

Cucumber, cubed

Yoghurt

Lettuce, shredded

Cumin, salt, pepper

Heat the pitas. Heat the chicken, mix with tomatoes, cucumber, lettuce, yoghurt and spices and spoon into pita bread.

**If you don't use lettuce in the pita, make a salad to serve with the pita breads.*



