



Get Back on Track
RECIPES

Chicken Stew (basic recipe)

Ingredients:

500gms chicken drumsticks – skin removed.
Cabbage sliced
Onion finely sliced
Broccoli finely chopped
Pumpkin chopped into pieces or sweet potato sliced
Lentils optional.
Other vegetables to taste.
Salt & Pepper.

Directions:

Slit around the knuckle of the chicken drumstick to loosen the skin – remove skin and throw away.

Add all ingredients to a large casserole dish. Add salt and pepper to taste.

Boil some water in kettle. Pour the hot water over the ingredients in the casserole dish. Place in oven approx. 180degrees Celsius and cook until meat is falling off the bones. Add more boiling water if needed, check during cooking. Will take between 1.5 – 2hrs+ to cook depending on oven.

Note: removing drumstick skins is optional depending on fat tolerance. If exposed to particular organophosphates then skin removal may be necessary.

Optional: Cook in a large stainless steel cooktop pan with lid. Will take approx. 1 – 1.5hrs to cook right down.