

# 4 AMAZING CHICKEN DINNERS

## Single-Serve Chicken Wellingtons

Makes 4

### INGREDIENTS

2½ tbsp butter  
2 sprigs thyme  
4 Grain Field Skinless Chicken Breasts, cleaned and dried  
Salt and pepper, to season  
1 onion, finely chopped  
3 cups finely chopped mushrooms  
4 cups baby spinach  
100g feta  
3 tbsp cream cheese  
1 tbsp mustard  
2 rolls store-bought puff pastry, defrosted  
1 egg, beaten

### Serving suggestion:

Mashed potatoes  
Gravy  
Steamed green beans

### METHOD

1. Preheat the oven to 200°C and line a baking tray with baking paper.
2. Melt 2 tbsp butter and thyme in a large pan over medium-high heat. Season each chicken breast with salt and pepper and add to the hot pan. Fry both sides until golden, 3 minutes a side. Remove from the pan and allow to cool completely. *Chef's Tip: Cover and place in the fridge to cool quickly.*
3. Heat remaining butter in the same pan, add the onion and cook over a low heat until translucent. Add the chopped mushrooms to the pan and cook until the mushrooms have browned and soaked up all the moisture.
4. Stir in the spinach and cook until wilted. Crumble in the feta and season with salt and pepper to taste. Allow to cool completely.
5. Combine the cream cheese and mustard in a small bowl.
6. On a floured surface, roll out the pastry sheets and cut both in half. You should have four squares in front of you.
7. Spoon ¼ of the spinach mixture onto each square of pastry, leaving a rim of about 2cm around the sides. Top with a chicken breast and spread a ¼ of the mustard mix over each chicken breast.

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8. Brush the edges of the pastry with some of the beaten egg and fold the corners of the pastry up over the chicken. Press to seal and place the pastry on the lined baking tray, seam side down. Repeat until you have four chicken Wellingtons.
  9. Brush each pastry with the remaining beaten egg, then use a sharp knife to lightly score the pastry.
  10. Bake for about 30 minutes or until the pastry is golden brown and crispy.
  11. Serve the chicken wellington with buttery mashed potatoes, gravy and green beans and ENJOY!



## Crispy Chicken Lollipops with Spicy Mayonnaise Dip

Serves 4



### INGREDIENTS

2 packs (5-6 drumsticks each) Grain Field Chicken Drumsticks, cleaned and dried  
2 cups corn flakes  
1 cup flour  
1 tsp smoked paprika  
½ tsp onion powder  
½ tsp salt  
2 eggs

#### For the spicy mayonnaise dip:

½ cup mayonnaise  
3 tbsp peri-peri sauce  
1 tsp smoked paprika  
¼ tsp salt

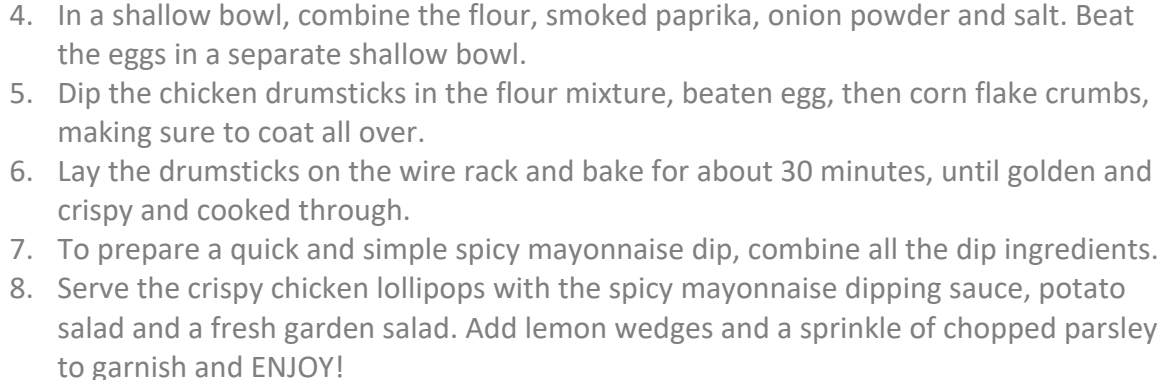


#### Serving suggestions:

Potato salad  
Fresh garden salad  
Lemon wedges  
Chopped parsley



### METHOD

1. Preheat the oven to 180°C and line a large baking tray with tin foil. Place a greased wire rack onto the tray. Set aside.
  2. Using kitchen shears, cut the tendons around the base of each chicken drumstick. Peel, scrape and push the meat to the thick end, making a lollipop shape. Repeat with all the drumsticks.
  3. Crush the corn flakes in a resealable bag until the consistency of breadcrumbs and pour into a bowl.
  4. In a shallow bowl, combine the flour, smoked paprika, onion powder and salt. Beat the eggs in a separate shallow bowl.
  5. Dip the chicken drumsticks in the flour mixture, beaten egg, then corn flake crumbs, making sure to coat all over.
  6. Lay the drumsticks on the wire rack and bake for about 30 minutes, until golden and crispy and cooked through.
  7. To prepare a quick and simple spicy mayonnaise dip, combine all the dip ingredients.
  8. Serve the crispy chicken lollipops with the spicy mayonnaise dipping sauce, potato salad and a fresh garden salad. Add lemon wedges and a sprinkle of chopped parsley to garnish and ENJOY!
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## Sticky Cola Wings

Serves 4

### INGREDIENTS

2 tbsp oil  
12 Grain Field Chicken Wings, cleaned and dried  
3 cloves garlic, crushed  
1 lemon, zested and juiced  
1 cup cola  
½ cup tomato sauce  
1 tbsp Worcestershire sauce  
Salt and pepper, to season

### Serving suggestions:

Sliced spring onion  
Potato wedges, roasted  
Mayonnaise  
Coleslaw

### METHOD

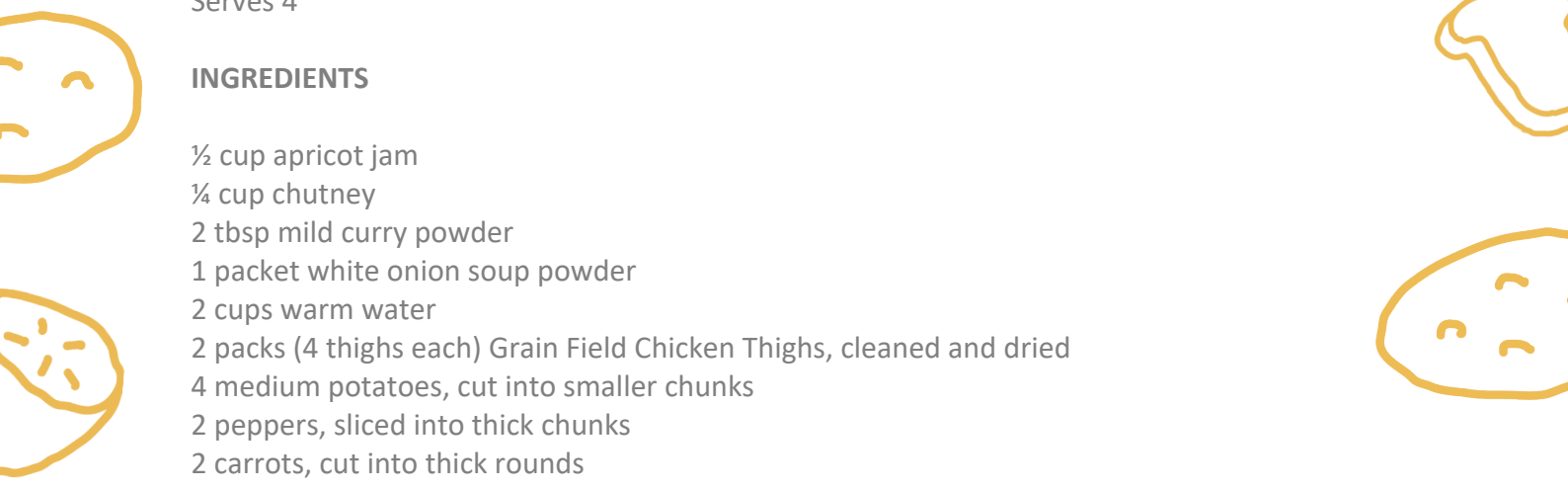
1. Preheat the oil in a large pan over a medium-high heat. Fry the chicken wings in batches until lightly brown, for 1-2 minutes on either side.
2. Add all the wings back into the pan and lower the heat to a medium.
3. Add the garlic, lemon juice and zest and stir through.
4. In a large mixing bowl, combine the cola, tomato sauce and Worcestershire sauce. Pour over the chicken wings and bring to a boil. Turn down the heat to a low and allow to simmer, slightly covered, for 15-20 minutes.
5. Remove the lid and season the chicken with salt and pepper to taste.
6. Turn up the heat to a high and quickly stir the wings until the sauce thickens and coats each piece.
7. Garnish the chicken wings with sliced spring onions and serve with roasted potato wedges, mayonnaise to dip and a delicious coleslaw on the side. ENJOY with the family!




## One-Pan Curried Apricot Chicken Bake

Serves 4

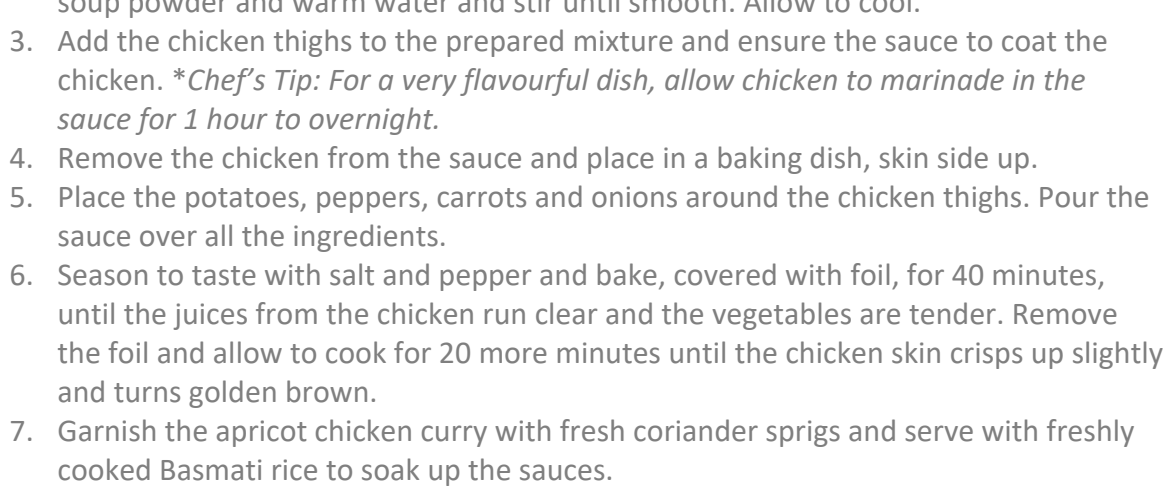
### INGREDIENTS

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- ½ cup apricot jam
  - ¼ cup chutney
  - 2 tbsp mild curry powder
  - 1 packet white onion soup powder
  - 2 cups warm water
  - 2 packs (4 thighs each) Grain Field Chicken Thighs, cleaned and dried
  - 4 medium potatoes, cut into smaller chunks
  - 2 peppers, sliced into thick chunks
  - 2 carrots, cut into thick rounds
  - ½ onion, cut into large chunks
  - Salt and pepper, to season

### Serving suggestion:

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- Basmati rice
  - Fresh coriander sprigs

### METHOD

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1. Preheat the oven to 180°C and grease a baking dish.
  2. In a large mixing bowl combine the apricot jam, chutney, curry powder, white onion soup powder and warm water and stir until smooth. Allow to cool.
  3. Add the chicken thighs to the prepared mixture and ensure the sauce to coat the chicken. *\*Chef's Tip: For a very flavourful dish, allow chicken to marinade in the sauce for 1 hour to overnight.*
  4. Remove the chicken from the sauce and place in a baking dish, skin side up.
  5. Place the potatoes, peppers, carrots and onions around the chicken thighs. Pour the sauce over all the ingredients.
  6. Season to taste with salt and pepper and bake, covered with foil, for 40 minutes, until the juices from the chicken run clear and the vegetables are tender. Remove the foil and allow to cook for 20 more minutes until the chicken skin crisps up slightly and turns golden brown.
  7. Garnish the apricot chicken curry with fresh coriander sprigs and serve with freshly cooked Basmati rice to soak up the sauces.
  8. ENJOY with the whole family!
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