

CHICKEN



It's hard to beat a good roast chicken. A large chicken, dusted with herbs will make the basis of a great roast dinner for four. If just for two, then there's plenty left over for alternative ways to enjoy a chicken dish.

www.bbcgoodfood.com/classic-roast-chicken-gravy



Roast chicken with stir fry vegetables and new potatoes. (See Vegetarian section for stir fry veg guidelines)



Slow roast sticky soy and mandarin chicken, with potatoes.

www.you.co.uk/slow-roast-sticky-soy-and-mandarin-chicken



Chicken with orange, marmalade and mustard marinade, with potatoes, parsnips and green beans.

www.food.com/marmalade-mustard-chicken

CHICKEN



Chicken schnitzel with stir fry red cabbage and mashed potatoes.

[www.bbcgoodfood.com/
chicken-schnitzel-coleslaw](http://www.bbcgoodfood.com/chicken-schnitzel-coleslaw)



Stir fry chicken with rice, peppers, corn, tomatoes and sugar snap peas.

[www.bbcgoodfood.com/
chicken-stir-fry-recipes](http://www.bbcgoodfood.com/chicken-stir-fry-recipes)



Roast chicken with roast potatoes, courgettes and broccoli. *(Roast potatoes lightly covered in olive oil and baked at 190°C for 60 minutes.)*



Roast chicken with roasted new potatoes, carrots, broccoli and asparagus.

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There are many ways to enjoy chicken cold, and it is worth roasting a big enough bird in the first place to ensure you have enough left over for another meal.

For example, a plain breast of chicken with new potatoes, red cabbage and broccoli.



Cold chicken with a coleslaw of carrot, cabbage, fennel and spring onion, and tomato.



Cold chicken in yoghurt, lemon and coriander sauce with pearl barley and spinach risotto.

www.olivemagazine.com/spinach-and-mushroom-pearl-barley-risotto



Chicken salad with spinach, steamed broccoli, tomatoes, lettuce and olives.

DUCK



Roast duck with roast potatoes and stir fry vegetables.

www.greatbritishchefs.com/how-to-roast-duck



Roast duck with potatoes, broccoli and a pea and edamame bean mix.

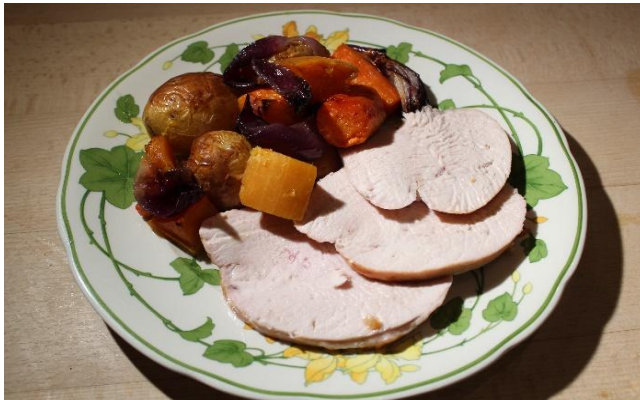


Roast duck with roasted potatoes, cauliflower and carrots.



Roast duck with rice, broccoli, peppers and mushrooms, and with an avocado and tomato salad.

OTHER POULTRY



You need not wait until Christmas for turkey but can buy a delicious turkey crown any time of the year.

Roast turkey crown with roasted new potatoes, squash, carrots and onions.

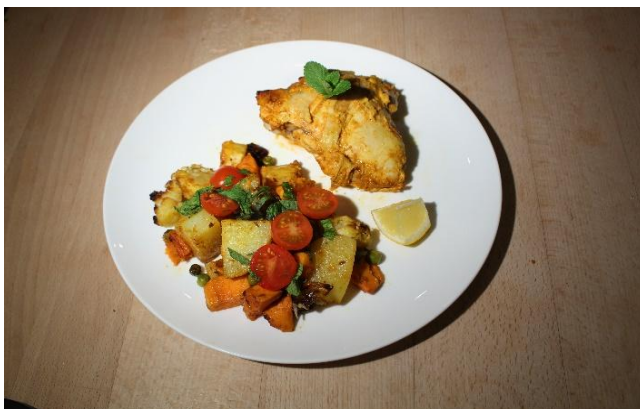
www.bbcgoodfood.com/how-to-cook-turkey-crown



Roast partridge and bacon with roast potatoes, green beans and red cabbage.

Both partridge and pheasant, when in season, make for a great alternative to chicken or duck.

www.bbcgoodfood.com/easy-roast-partridge



'Tandoori' chicken with roast cauliflower, potato, parsnip and tomatoes.

www.bbcgoodfood.com/and-tandoori-chicken



Cold duck & cold chicken on roasted cauliflower, spinach and butter beans.