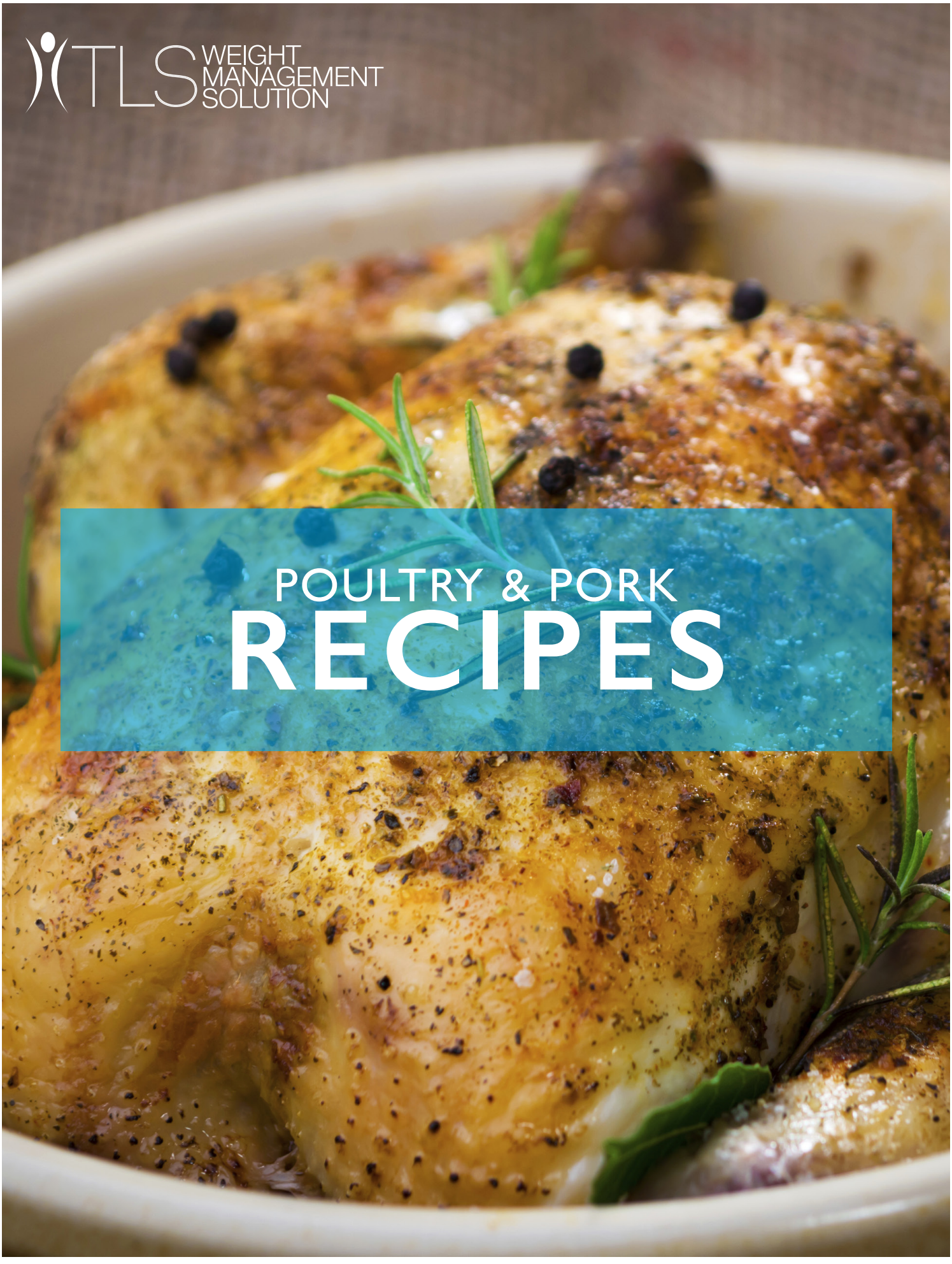
TLS
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POULTRY & PORK
RECIPES

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Asian Chicken Lettuce Wraps

RR, SS
Serves 3

4 TBSP flax seed
2 cup broccoli slaw
4 TBSP sesame light dressing
6 leaves romaine or Boston lettuce
1½ chicken breasts

Combine slaw, dressing and flax seeds in a bowl. Grill chicken, slice and combine with slaw. Refrigerate overnight. Place on lettuce leaves or romaine leaves.

Chicken Tagine with Olives

SS, CC
Serves 4

1 cup onions, chopped
¼ oz. Kalamata olives
4 chicken breasts
1 TBSP extra virgin olive oil
1 cup peas
1½ cup canned no-added-salt diced tomatoes
½ cup low-sodium vegetable broth
½ tsp cinnamon
1½ cup chickpeas
2 TBSP fresh ginger
1½ TBSP ground cumin

Heat oil in large frying pan over medium-high heat. Add onion, ginger, cumin, and cinnamon. Cook, stirring frequently, about 5 minutes. Add tomatoes, chicken breast, vegetable broth, peas and olives; simmer 7 minutes. Add chickpeas; cook 5 minutes or until chicken is tender.

Cool and Creamy Lime Chicken

RR, SS, CC
Serves 4

1 TBSP mustard sauce
2 raw limes
2 TBSP fat free sour cream
4 chicken breasts

Squeeze juice of 1 lime into a nonstick frying pan over medium-high heat. Add chicken and cook. While chicken is cooking, mix together the juice of the other lime, sour cream and mustard sauce. Once the chicken is fully cooked, remove from the frying pan and spoon 2 TBSP of the lime mixture over each breast.

Dea-Seau Chicken Thai Basil

FB, RR, SS, CC, P1, P2
Serves 1

1 TBSP extra virgin olive oil
1 chicken breast
2 TBSP water
1 TBSP basil
⅛ tsp fish sauce
1 TBSP dehydrated red curry sauce/paste

Lightly oil frying pan. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and add 1–2 TBSP water to keep moist. Garnish with basil.

Grilled Jerk Chicken with Red Capsicum Chili and Zucchini

RR, SS, CC
Serves 4

4 chicken thighs, boneless
1 red capsicum, quartered
3 TBSP olive oil
½ onion, finely chopped
1½ TBSP sugar
½ TBSP thyme
¾ tsp ground black pepper
½ tsp cinnamon
½ tsp crushed red chili
1 tsp oregano
1 zucchini, quartered
1½ TBSP basil

Mix basil, oregano and half the oil in a food processor. Brush on the zucchini. In a bowl, combine the rest of the ingredients, and rest of the oil, with the chicken. Spray grill with cooking spray. Grill chicken with pepper and zucchini for about 10 minutes, turning once.

Lemon-Caper Chicken

RR, SS, CC
Serves 4

1 TBSP lemon juice
2 TBSP capers
1 TBSP olive oil
⅛ tsp pepper
2 TBSP butter
⅔ cup vegetable broth
2 chicken breast filets

Season chicken with salt and pepper. Heat oil in a large nonstick frying pan over medium-high heat. Add the chicken; cook for 5 minutes or until underside is browned. Turn and cook other side for 5 minutes. Remove from pan and keep warm. Add broth and lemon juice to pan; boil for 5 minutes, until syrupy. Remove from heat and add in capers and butter; spoon over chicken.

Open-Faced Pork Sandwich

SS, CC
Serves 1

1 lettuce leaf
1 TBSP balsamic vinegar
½ tsp yellow mustard
2 tomato slices
1 onion slice
¼ cup avocado
1 slice whole 9-grain bread
1 slice pork fillet
½ tsp mayonnaise
½ tsp plain Greek yogurt

Grill pork fillet until it is done. Place on bread and add tomato, lettuce, avocado and onion. Mix wet ingredients together and pour on top.

Pork Lo Mein Pasta with Peanut Sauce

SS, CC
Serves 4

240 grams pork tenderloin
3 TBSP shallots
½ cup peanut butter, creamy
2 garlic cloves, minced
1 tsp fresh ginger
1 cup beef stock
½ green capsicum, sliced
1 cup broccoli
1 celery stalk, chopped
½ cup mushrooms, sliced
100 grams whole wheat pasta
2 tsp sesame oil
1–2 TBSP soy sauce
½ cup walnuts
1 TBSP cornstarch

Prepare pasta according to directions. Heat olive oil over medium-high heat in a frying pan. Add shallots and stir fry for 2 minutes. Add garlic and ginger and cook for another 2 minutes. Remove them from pan. Add sesame oil and pork and stir fry 3-5 minutes, until nicely browned. Transfer pork to a plate. Add broccoli, celery, mushrooms and capsicum to frying pan and stir fry for 5 minutes. Return pork, onions, garlic and ginger to pan, adding beef stock with them and bring to a boil. Cover, reduce heat and let simmer for 5 minutes. Whisk the soy sauce and peanut butter in a bowl and stir the combination to the frying pan, adding the walnuts. Add cornstarch until thickened. Drain pasta and add to frying pan. Toss to combine.

Sautéed Chicken with Zucchini, Tomatoes and Pine Nuts

RR, SS, CC
Serves 1

Dash black pepper
1 TBSP balsamic vinegar
1 TBSP water
1 TBSP olive oil
1 tomato, sliced
1 TBSP pine nuts
1 chicken breast
1 cup zucchini, sliced
1 tsp reduced sodium soy sauce

Sauté chicken breast in 1 tsp oil in a frying pan. When partially cooked, add soy sauce and water and cook until done. Arrange zucchini and tomato slices on a plate. Sprinkle with vinegar and 1 tsp oil. Top with chicken. Sprinkle with pine nuts and salt and pepper to taste.

Sonoma Chicken

Detox, FB, RR, SS, CC, P1, P2
Serves 4

1½ cup mushrooms, chopped
¼ tsp pepper
4 TBSP olive oil
2 garlic cloves, minced
1 tsp rosemary
1 onion, sliced
4 chicken breasts
½ cup tomatoes, diced
1¼ cup chicken broth

Cut chicken into slices and pound until less than ½ thickness. Sprinkle each piece with some of the rosemary, garlic, salt and pepper and set aside. Coat a frying pan with oil over medium-high heat. Add chicken and cook 2–3 minutes on each side, or until no pink inside. Set aside and keep warm. Add onions, mushrooms and 2 TBSP broth to frying pan. Cover and cook for a few minutes. Add more broth if frying pan becomes too dry. Add remaining broth and tomatoes and bring to a boil. Reduce heat to medium-low, cover and cook for 3 minutes. Raise heat to high and cook uncovered, stirring frequently for 3 minutes, until about ¼ of liquid remains. Sprinkle parsley over and serve.

Spiced Pork Loin

RR, SS, CC
Serves 6

1 cup chicken broth
1 tomato, diced
2 pieces pork tenderloin (yield from 1 pound with refuse)
6 garlic cloves
1 tsp ginger
1 TBSP black pepper
1 TBSP mustard
3 TBSP oil and vinegar mixture
2 cups white onion, chopped
½ oz. cinnamon
½ TBSP coriander
½ TBSP cardamom

Heat mustard, coriander, cardamom, cinnamon and black pepper in a frying pan for 3 minutes. Put spices in food processor and add onions, ginger, garlic and vinegar and process until blended. Combine pork pieces and spices making sure pork is covered. Refrigerate for 30 minutes. Heat a saucepan with cooking spray over medium heat. Add pork mixture and cook until browned (may do separately so you don't overcook the pork). Remove pork and scrape to loosen up residue, and then add broth to pan. Add pork back in and stir in salt and tomatoes. Bring to a boil and cook until pork is tender.

Thai Chicken Stir Fry

Detox, FB, RR, SS, CC, P1, P2
Serves 6

½ yellow capsicum, diced
½ red capsicum, diced
½ cup onion, chopped
1 TBSP reduced-sodium soy sauce
140 grams lean beef, cut into strips

Marinate beef strips in soy sauce for 30 minutes. Heat 1 TBSP of olive in pan. Place beef strips in pan and cook until pink is gone. Add onion, peppers and cook for until tender and serve.

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